

BANGLADESH MEDICAL ASSOCIATION OF NORTH AMERICA CAROLINA CHAPTER

A Publication for Members and Friends of the Carolina Chapter of BMANA



18th annual conference



26
march

2022

Promoting Health, Education, Culture, Fraternity, and Charitable Work Within
Bangladeshi Medical Professionals and the Global Community

Executive Committee 2020-2022

Position	Name	Resident
President	Maleka Z. Ahmed, MD	Eastover, NC
Past President	Abu Sharifuzzaman, MD	Raleigh, NC
Vice President	Najmul Chowdhury, MBBS	Knightdale, NC
General Secretary	Humayun Kadir, MD	Cary, NC
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Cultural Secretary	Kishore R. Chowdhury	Morrisville, NC
Educational Secretary	Sayed Hossain, MD	Greenville, NC
Member 1	Salma Syed, DO	Greenville, NC
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Member 3	Shamsul Alam Khan, MD	Durham/Rockingham, NC
By Laws Committee Member 1	Abu Salahuddin, MD	Fayetteville, NC
By Laws Committee Member 2	Mohammad D. Hossain, MD	Raleigh, NC
By Laws Committee Member 3	M. A. Hannan, MD	Fayetteville, NC

Editor, Layout Design, Graphics & Publishing
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Convener and Co-Convener
Abu Sharifuzzaman, MD
Abul F. Imam, MD



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Raleigh, NC 27612-2676

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

2022 BMANA-CC 18TH ANNUAL CONVENTION--AGENDA AT A GLANCE

Embassy Suites By Hilton, 201 N Harrison Oaks Blvd, Cary NC 27513

Date: March 25 THROUGH MARCH 27

FRIDAY-MARCH 25, 2022

Start	End	Time Hrs	Program Description	Room Location or Contact
5:00:00 PM	8:00:00 PM	3:00	Arrival of Members and Family Meet and Greet Members	Hotel Rooms and Lobby
8:00:00 PM	8:30:00 PM	0:30	Break--Pizza and Tea/Coffee	Pinehurst /Tanglewood
8:30:00 PM	11:00:00 PM	2:30	Adult and Children Performance	Pinehurst /Tanglewood
Total Friday Hours		6:00		

SATURDAY-MARCH 26, 2022

Start	End	Duration-Hrs	Program Description	Room Location or Contact
8:00:00 AM	8:30:00 AM	0:30	Breakfast, Welcome and opening remarks Sayeed Hossain, MD, FACP, FCCP , Education Secretary	Tanglewood/Pinehurst
8:30:00 AM	12:30:00 PM	4:00	Scientific Session and Exhibits Booth	Tanglewood/Pinehurst
12:30:00 PM	2:00:00 PM	1:30	Conference Luncheon	Tanglewood/Pinehurst
2:00:00 PM	4:00:00 PM	2:00	Business Meeting	Tanglewood/Pinehurst
4:00:00 PM	6:00:00 PM	2:00	Networking and family social hours	Lobby and Individual Guest Rooms
6:00:00 PM	8:00:00 PM	2:00	Conference Dinner and announcement of new officials	Tanglewood/Pinehurst Blowing Rock
7:30:00 PM	8:00:00 PM	0:30	Prayer Break	Pre-Convene area
8:00:00 PM	9:30:00 PM	1:30	Cultural program by Local artists Cultural program 1st session (starting with children program)	Tanglewood/Pinehurst Blowing Rock
9:30:00 PM	10:30:00 PM	1:00	Guest Artist Cultural program 2nd session	Tanglewood/Pinehurst Blowing Rock
10:30:00 PM	11:00:00 PM	0:30	Break/Shingara and Snack time	Tanglewood/Pinehurst Blowing Rock
11:00:00 PM	12:00:00 AM	2:30	Guest Artist Cultural program 3rd session	Tanglewood/Pinehurst Blowing Rock
Total Saturday Hours		18:00		

SUNDAY-MARCH 27, 2022

Start	End	Time	Program Description	Room Location or Contact
10:00:00 AM	1:00:00 PM	3:00	Brunch and Members day planning meeting Plan for the future	Pinehurst /Tanglewood

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

Title:	2022 BMANA-CC 18TH ANNUAL CONVENTION--SCIENTIFIC SESSION
Location:	Embassy Suites By Hilton, 201 N Harrison Oaks Blvd, Cary NC 27513

SATURDAY-MARCH 26, 2022

AGENDA for SCIENTIFIC SESSION of BMANACC 2022 CONFERENCE (Pinehurst / Tanglewood)

Start	End	Time Hrs	Clinical Topic and Presenter
8:00:00 AM	8:30:00 AM	0:30	Breakfast, Welcome and opening remarks Sayeed Hossain, MD, FACP, FCCP , Education Secretary
8:30:00 AM	9:00:00 AM	0:30	“Diabetes – Rybelsus : when should you use GLP-1 RA for Type-2 Diabetes?” Michael Soboerio , MD, Internal Medicine
9:00:00 AM	9:30:00 AM	0:30	“Testing for Hereditary Cancer - What , why and when?” Maleka Z. Ahmed, MD Assistant Professor of Duke Oncology
9:30:00 AM	10:00:00 AM	0:30	"How to get older in a healthy way" Humayun Kadir , MD Family Physician and Geriatrician WakeMed Garner Primary care. Sufia Siddique , MD Family physician and Medical Director of UNC primary care at Cary
10:00:00 AM	10:30:00 AM	0:30	Break and Exhibit Booths
10:30:00 AM	11:00:00 AM	0:30	“COVID-19 infection in children” Salma Syed, DO, FAAP ,Associate Professor, ECU, Greenville
11:00:00 AM	11:30:00 AM	0:30	"Review of Migraine" Muhammad A Khasru, MD, Neurologist, Fayetteville
11:30:00 AM	12:00:00 PM	0:30	“Pulmonary involvement of COVID-19” Sayeed Hossain, MD, FACP, FCCP, Pulmonologist, Wilson Medical Center
12:00:00 PM	12:30:00 PM	0:30	"Medical Management of Obesity: A structured review" Dr. Shehab Imam, 2nd Year Resident in Internal Medicine, University of South Carolina Hopsital, Columbia.
Total Scientific Session Hours		4:00	



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Telephones: 336 207 4305 (Mobile)

CONVENER'S MESSAGE



2019-2021 Executive Committee

President
Maleka Ahmed, MD

Past President
Abu S Sharifuzzaman, MD

Vice President
Najmul Chowdhury, MBBS, MPH

General Secretary
Humayun Kadir, MD

Treasurer
Abu A. Zahidur Rahman, MD

Cultural Secretary
Kishore R. Chowdhury, MD

Educational Secretary
Sayeed Hossain, MD

Bylaw Committee
M A Hannan, MD, FACP
Abu Salahuddin, MD, FACP
Mohammad Hossain, MD, FACP

Members
Salma Sayeed, MD
Farida Yasmin, MBBS
Shamsul Alam Khan, MD

Dear Friends,

I am honored to serve as the Convener of the 18th Annual Convention of BMANACC. On behalf of the convention committee, I welcome you and your family at the annual convention in the diversified Town of Cary at Triangle on 26th March 2022.

I have received all supports of the members of Convention committee and Executive committee to make it a successful event, especially our president Dr. Maleka Ahmed who has given her advice time to time.

I want to mention our co-convener Dr. Abul Imam, our founding president, who is helping me with his support and advice all the time. He has taken the task to make it smooth and successful.

My thanks to all the members of convention committee for their hard work. Thanks to Dr. Sayeed Ahmed, our education secretary for organizing informative scientific session, Dr. Kishore Roy Chowdhury, cultural secretary and his team for the colorful cultural program. Dr. Nusrat Ara and Dr. Habib Masood did wonderful job as member of Food committee. My especial thanks to Dr. Najmul Chowdhury for updating convention activities and editing/publishing a unique souvenir.

Thanks to our members for your time and effort for fundraising in pandemic time. I am grateful to our sponsors to support us; without your support we could not do this event.

Thanks again for your participation with your family at our annual convention. Hope you will enjoy your time in our convention.

Best wishes.

abu sharifuzzaman, MD

Abu Sharifuzzaman, MD, FACP
Convener, Convention Committee





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PRESIDENT'S MESSAGE

March 26, 2022

Dear Friends,



2019-2021 Executive Committee

President
Maleka Ahmed, MD

Past President
Abu S Sharifuzzaman, MD

Vice President
Najmul Chowdhury, MBBS, MPH

General Secretary
Humayun Kadir, MD

Treasurer
Abu A. Zahidur Rahman, MD

Cultural Secretary
Kishore R. Chowdhury, MD

Educational Secretary
Sayeed Hossain, MD

Bylaw Committee
M A Hannan, MD, FACP
Abu Salahuddin, MD, FACP
Mohammad Hossain, MD, FACP

Members
Salma Sayeed, MD
Farida Yasmin, MBBS
Shamsul Alam Khan, MD

It seems like an eon, since last BMANACC convention of 2019. We had happy time of get together and exchanging ideas in scientific sessions, had good food sitting together and of course Cultural program starting from impromptu jokes to well-rehearsed songs, poems and drama. Life has changed forever with the COVID-19 pandemic! We have not seen some of our friends over two years and some of them, we will never see again.

I would like to mention that our friend and at the time current president of BMANACC Dr. Taslim Ahmed, who left us very early on during COVID-19 pandemic in May 2020. We all miss him, as he was a good human being, great friend, loving father and very actively invested on mission of BMANACC.

He worked hard to get the N-95 masks to our members at the time of scarcity of masks. He started efforts to fundraising for Bangladesh for COVID-19 help but he left us too suddenly and too early. We pray for his eternal peace.

As the current vice-president, I was asked by the EC to become the president of the organization, as per the constitution. I have answered the call and have tried my best to lead the organization. Since then we have tried our best to face this utterly new world together and learned to live and carry on with our daily work and interact with each other in a totally different way.

We have done meetings over zoom, or conference calls, have increased our interaction over on line, have become skilled at virtual medical visits at work, which by the is a Godsend to the medical community throughout the world.

We, the Executive Committee, have kept up with our efforts to help both at Bangladesh and in USA. We have worked on our own and also jointly with Central BMANA to send money and help to Bangladesh COVID-19 victims, flood victims and victims of communal violence.

The organization did a special effort of fund raising to help the young family of our brother Dr. Taslim Ahmed, through the hard work of " Dr. Taslim Ahmed fundraising committee". They have reached out to friends not only to our community, but nationally and internationally and coordinated with other organizations. Detailed will be posted in write up of organizations activities.

I want to recognize that specifically and thank them heartily. I also want to thank all the members of BMANACC who helped, participated, and gave moral support to all these endeavors and undertakings.





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The pandemic has exposed us to stresses from so many areas, including loss of family members, friends, colleagues, patients, loss of job security, security of our own lives. Loss of family members back at home and here was extra hard as most of us could not visit them because of pandemic related restrictions. The dreams of travel, recreation even wedding plans for children had to be cancelled or postponed or done in a minimalist way. I really feel like that we are not going back to our old peaceful days and norms ever.

So, the challenge is how to stay together and keep working on our mission of helping both here in our adopted homeland and our ancestral homeland, Bangladesh, while keeping camaraderie and friendship in this new world order!

I am glad we are getting together for first post-pandemic annual convention, and this is a good start. We as physicians, have the obligation of staying vigilant, follow guidelines to keep our patients, families and ourselves safe during this hard time. So, lets follow the current health guidelines as we are doing this daily at work and try to have good time with our friends and family and find the best way to continue to work on our mission.

As this is our election year, by the end of convention, we will have a new president along with a new set of executive members.

I wish all the best to the new president, along with the promise of ongoing help for continued success.

Thanks,

Maleka Ahmed, MD
President.
BMANA-CC





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GENERAL SECRETARY'S MESSAGE



2019-2021 Executive Committee

President

Maleka Ahmed, MD

Past President

Abu S Sharifuzzaman, MD

Vice President

Najmul Chowdhury, MBBS, MPH

General Secretary

Humayun Kadir, MD

Treasurer

Abu A. Zahidur Rahman, MD

Cultural Secretary

Kishore R. Chowdhury, MD

Educational Secretary

Sayed Hossain, MD

Bylaw Committee

M A Hannan, MD, FACP
Abu Salahuddin, MD, FACP
Mohammad Hossain, MD, FACP

Members

Salma Sayeed, MD
Farida Yasmin, MBBS
Shamsul Alam Khan, MD

March 26, 2022

Dear friends,

It is a great pleasure and honor to write a few words and welcome all BMANA-CC members and their families to this 18th annual convention.

We, the Triangle area physicians in North Carolina feel proud to have this opportunity to organize our program this year.

As you know, we have not had a Convention for the past two years because of the pandemic. We have lost many, and our hearts are still bleeding from the demise of our beloved friend Dr. Taslim Ahmed in May 2020. We are still mourning his loss. However, during this pandemic, but we have done a tremendous job rallying together as a group. We have raised money to donate several thousands of US Dollars for COVID-19 infected patients in America and Bangladesh.

This year, as the coronavirus infection has slowed its pace, I welcome you to the convention. Let's all reflect on our many blessings and cherish the good time we have together. We will have educational activities followed by a business meeting in the afternoon and an evening cultural program. As we look in the future, we hope to continue our endeavor of building community, supporting society, and doing good for others both here and in Bangladesh. Please enjoy the convention and stay safe wherever you are.

Thank you also to our Executive Committee members, Convener of the convention, and present Madame President for relentlessly working for this convention.

Last but not the least- My sincere gratitude to the sponsors of the meeting; without your support we could not have done it. We hope to have continued support from you in the coming years.

Thank you to all the BMANA CC members and families.

Sincerely,

h. kadir, md

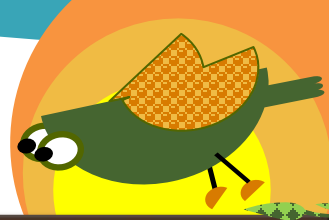
Humayun Kadir, MD
General Secretary BMANA CC.



2022-2023 BMANA-CC 18th Convention Team Members and Potfolio

Tasks and Role	Team Members
Convention Convener	Dr. Abu Sharifuzzaman (Convener), Dr. Abul Imam (Co-convener)
Venue Selection	Drs. Abu Sharifuzzaman, Abul Imam, Humayun Kadir
Souvenir Development	Drs. Najmul Chowdhury and article contributors
Food Catering	Drs. Habib Masood, Nusrat Ara, Abu Sharifuzzaman
CME	Drs. Sayed Hossain, Mamun Shahrier
Entertainment/Cultural for Adults	Drs. Kishore Roy Chowdhury, Mahfuzul Haque, Humayun Kadir, Sufia Siddique, Sabina Hannan, Shyamal Palit, Ms. Dilruba Rosy, Ms. Nita Roy Chowdhury
Entertainment/Cultural for Children	Drs. Zakia Karim, Fatima Hossain, Nusrat Mujib, Razia Hafiz, Shireen Islam.
Young Physician Communication	Dr. Salma Syed
Audio Visual	Drs. Shamsuddin Ilias, Mahfuzul Haque.
Sound Systems	Drs. Mahfuzul Haque, Kishore Roy Chowdhury, Humayun Kadir, SM Jafrul Islam.
Fundraising	Drs. Habib Masood, Asif Wahid, Dabiruddin Humayun, Sufia Siddique, Zahed Karim and ALL MEMBERS
Chief Guest Selection	Dr. Riaz Chowdhury
Awards	Drs. Abul Imam, Dabiruddin Humayun, Sagir Ahmed, Delbahar Hossain and Najmul Chowdhury
Badge/Name tag/Invitation	Drs. Abu Sharifuzzaman, Najmul Chowdhury
Accounts Management	Drs. Abu Zahidur Rahman, Abul Imam
Communication	Drs. Abu Sharifuzzaman (cell 919-889-3345), Abul Imam (cell 336-207-4305)
Registration	Drs. Abu Zahidur Rahman, Abu Sharifuzzaman, Mohammad A K Khan, Dr. Shamsul Alam Khan
Web Management	Dr. Najmul Chowdhury

A Tribute to our Ex-President



M. Ashraful Hannan, MD, PhD, FACP

We meet and we greet, we learn and we teach, we dine and we donate, we act and we sing. We buy *Sarees* and we do *addas*. That's what we had been doing in BMANACC years after years. Never we thought even in our nightmares that our journey would be shattered to its core so unexpectedly by an event that would be so grave and so profound. Yes, that was exactly what happened on the fateful night of May the 11th 2020. A deadly contagion struck our beautiful family and took away the selfless soul from our midst.

Dr Taslim Ahmed was not only a general member of this organization, but he was the duly elected president of BMANACC at the time of his death. It was not by an accident that Taslim reached the crescendo of the organization. It was only by his unrivaled, magnificent, and splendid leadership qualities that he earned the position and respect from each member of the organization.

Since the inception of modern Medicine Physicians are regarded as healers not martyrs. Hippocrates taught us "Do no harm" but Nowhere in the Hippocratic oath, one will find that doctors have to lay their lives for their patients. Florence Nightingale, the mother of modern Nursing teaches the care givers compassion, kindness and care but do not subscribe that the nurses be the sacrificial lambs. We, Doctors and nurses, did not sign up for this. Yet the Pandemic has made it the reality. The world has lost so many talented physicians and nurses in the line of duty. Taslim was one of them. Let's not forget them as statistics.

At the beginning of the Pandemic, human race was unprepared against a novel virus, we had zero immunity against COVID 19, we did not have vaccines, we did not have monoclonal antibodies, we knew nothing about systemic effects of COVID including Thromboembolism, we did not have knowledge how to treat this illness effectively, we did not have oral medications to treat the virus. The medical science has made astounding progress in this short period time but one has to put himself/herself to those early days of pandemic to appreciate the sacrifices made by Dr Ahmed. When the whole population confined them into the safety of their homes, brave hearts like Dr Taslim did not flinch, did not backtrack knowing full well the dangers of self-demise.

My life was enriched knowing Taslim. He embodied all the goods in humanity. He was intelligent, articulate, simple and witty. He knew the dangers, but the strong sense of duty and compassion did not falter him in executing his responsibilities and protecting the vulnerable with courage and dignity. He was a great organizer and an accomplished leader. He was self-sacrificing and waited for his turn to become the President. He did lots of benevolent works during his life. During the early days of pandemic, he spearheaded the drive to collect \$11000 from BMANACC members for purchasing PPE for the Bangladeshi physicians in Bangladesh, \$3000/ for local community need. Until 48 hours before his death he was busy in distributing face masks for Bangladeshi community and N95 masks for Bangladeshi physicians in NC. He was a blend of Islam and Bengali culture. While he was a practicing Muslim, he was a singer and a natural Actor. He showed us how to make people laugh and cry thru his brilliant on-stage performances. By any standard he was a caring husband and a loving father of two beautiful children. Oh, my dearest friend Taslim, Rest in peace knowing well that you would be missed forever by your family, friends, community and the BMANACC family.



LIFE AND DEATH HANG ON A DELICATE BALANCE

RAISA AHMED



Life and death hang on a delicate balance. All of the beautiful moments pile up on the scale of life, and for the sake of balance, every painful moment jumps onto the scale. Each smile, each moment of peace and delight, and every second of happiness. Every heartache, every shred of pain in the body, and every tear that passes the cheek. All of which tip down the scale of life-filling the scale with the love that Baba gave to his soulmate, the laughs shared with his friends, and the soft touch of caring for his children. These experiences shape who he was when Allah decided it was time for his soul to join Him into the mystery of life after death. What is grief if not just love living on? The weight of the grief we carry when someone passes is but a mere reflection of the love we hold for the dearly deceased.

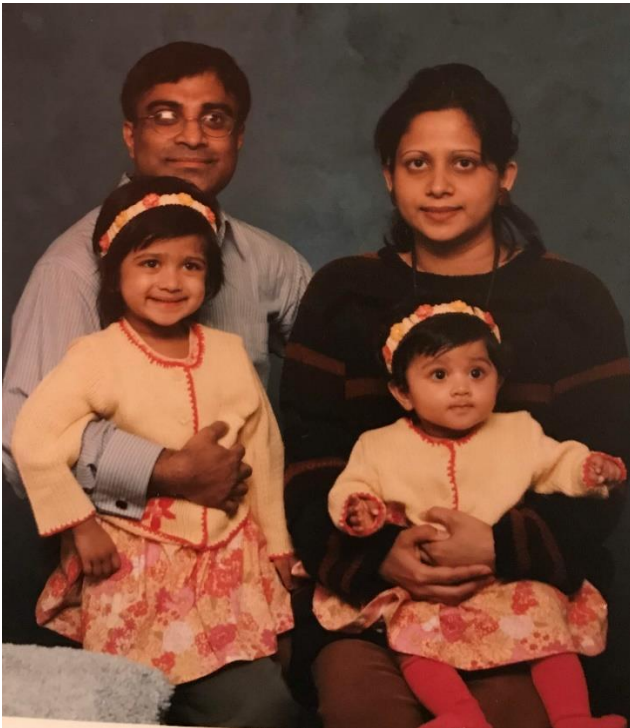
Taslim bhai, Taslim uncle, Dr. Ahmed, or simply-Baba. Whichever way you have come to know my father, I can tell you a few things. He is smiling at you right now, as you read this piece we have written on his behalf. He is giving you the warm touch of a hug as you remember a memory or two of him. Whether you think about the way his eyes lit up when we was happy, or whether you remember how much he loved to help those in need- you carry a piece of Baba inside of you. I like to think that when Baba passed, Allah placed a little piece of his soul into every person he loved. We are all walking around with our memories and love for him, and this, *this* very love is what keeps him among us.

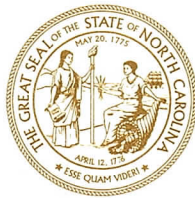
When I remember Baba, I think of the tress in the springtime growing back after a cold winter. He was a strong and tough man. Life was difficult to him, but with the teeth of a tiger he clawed his way into the life he wanted to live. He was a caring husband to my mother. I cannot think of a single day where they did not share their afternoon tea by the pond he made in our backyard. The sound of their conversations still fill my ears when the wind blows by. Baba was a

loving and protective father. He played with us as children, spoke to us about the meaning of life, and taught us how to build a future full of love and blessings. Baba raised Labbi and I to be caring, soft, and resilient people. Baba taught us how to see the love Allah has for mankind through the beauty of His creations on earth. Baba taught us how to see the power of Allah in the strength of a tide in the ocean. Baba taught us how to see the delicacy of life by drawing our attention to the wings of a bird. Baba taught us how to find peace and refuge from how hard life can be by telling us to look at the moon and notice how calming and healing it is.

There was one thing that made Baba the man he was when he died. It is not his big laugh or his sweet brown eyes or his beautiful smile. It was the love he shared with the world even when he did not have enough love to give himself. He worked hard, day and night, to provide a good life for his family. We are so grateful for the life he laid out for us. Though there may be a hole in our hearts now that he is gone, the memories of our love fill us up when we miss him. Baba is forever among us. He is the bird in the sky that flies by when you think of him. He is the wind through the trees. He is the rain that falls from the clouds. He lives on through the people who love him. We cannot wait to see you in Jannah, Insha'Allah, Baba.

To the BMANACC, our family extends the biggest gratitude for your love, help, and support. Because of your care, we are able to move through this pain with lightness. Thank you so much for your support, and we intend on paying this support back with great love and eternal thanks.





Roy Cooper, Governor
State of North Carolina

August 4, 2020

Abu Sharifuzzaman, MD
Dept. of Veterans Affairs
Fayetteville Veterans Medical Center
2300 Ramsey Street
Fayetteville, N. C. 28301

Dear Dr. Sharifuzzaman:

Thank you for your letter concerning the passing of Dr. Taslim Ahmed. I am so sorry for his loss. Medical workers all across our state and our nation are putting their health and well-being at risk every day to make sure that others have the best medical care possible during this pandemic.

I sincerely appreciate your work with our veterans. They deserve the best care that we can provide for them.

With kind regards, I am

Very truly yours,

A handwritten signature in black ink, consisting of the letters "RC" in a stylized, cursive font.

Roy Cooper

RAC/sm

Tips for Conducting Family Meeting in a Difficult Clinical Situation

Maleka Ahmed MD, Board Certified Internal Medicine, Medical Oncology, Hematology, Hospice and Palliative Care. Asst Professor of Medicine. Duke University Health System Duke Oncology Network

As physicians, our work makes us face markedly varied emotional situations on daily basis. Depending on the clinical course of the disease process, our interaction with patients and their families may vary greatly. We may on one hand get thanked profusely, on the other hand we may get blamed and ostracized for any negative outcomes of a patient, either death or worsening of disease process.

This is more applicable in patients with serious illnesses. Life threatening illnesses may run unpredictable courses in different individuals. So difficult clinical situations are faced daily by treatment teams. In hospitalized patients ongoing family meetings and in outpatient situation periodic family meetings helps a lot.

These meetings are also needed with worsening medical condition of patient, when there is a need to make treatment decisions, or to address the disagreements among family members and clinicians about the patient's prognosis and treatments.

The benefits of a family meeting include preparing the family for bad outcomes, supplying the information needed to make informed decisions and to be able to give emotional support. It helps to build connections with the family, by giving real time clinical updates on the patient's status, enables to discuss prognosis, to make sure that treatments are consistent with the patient's goals.

Because of dealing with different people who may have varied perspective or varied opinions, family meetings are dreaded as arduous task both by treating team and even by the family members. That is why all family meetings should be structured and well planned. Inclusion of few essential steps described below is a necessity for a successful outcome.

Step I: Preparation

- Prepare for each family meeting by naming and discussing agenda items with the care team.
- Need to review the clinical data including current medical status, prognosis, and treatment options, as well as a discussion of any wishes, treatment decisions, and surrogate decision makers and presence of health care directives.
- Decide who should attend the meeting and where it will be held.

Tips for Conducting Family Meeting in a Difficult Clinical Situation

Maleka Ahmed MD, Board Certified Internal Medicine, Medical Oncology, Hematology, Hospice and Palliative Care. Asst Professor of Medicine. Duke University Health System Duke Oncology Network.

- if the patient can make decisions, then the patient should figure out who should be present. If not, a proxy or next of kin must be involved.
- In hospital setting, the clinical team should include key consultants and the primary care provider, social worker, bedside nurse, and chaplain.
- In outpatient setting, social worker, chaplain, and the physician usually makes up the team.
- If the patient or any family member is not fluent in English, a professional interpreter should be used. Family members should not be used as interpreters.

Step 2: Introductions and Agenda

- Begin the meeting by introducing yourself and asking all participants to introduce themselves and to explain their relationship to the patient.
- If the patient has chosen a surrogate decision maker, that person should be named to the group.
- State the agenda for the meeting and ask family members what they hope to get out of this.

Step 3: Discussion of Patient's Status and Prognosis

One main goal of the meeting is to understand the perspectives and views of family members, so families should have at least as much time to speak as clinicians do.

- “Allowing families more time to speak is associated with higher satisfaction and less conflict with physicians.” (“Family Meetings on Behalf of Patients with Serious Illness ...”)
- A useful method for ensuring that family members can speak and be understood is the “Ask–Tell–Ask” communication technique.
- “Ask family members to describe their understanding of the patient’s illness and prognosis and their expectations and concerns regarding current treatments.
- Tell/ share the clinical assessment of the patient’s status and prognosis. Focus on the larger picture of how the patient is doing instead of giving detailed medical information. Use best case -worst case scenario to describe next phase of illness.
- Ask again about the understanding of the situation to clarify and answer any questions.

Step 4: Clarification of Goals

- After discussing the patient’s medical status and prognosis, next crucial step is to clarify the overall goals of care.
- Start by exploring the patient is as a person.

Tips for Conducting Family Meeting in a Difficult Clinical Situation

Maleka Ahmed MD, Board Certified Internal Medicine, Medical Oncology, Hematology, Hospice and Palliative Care. Asst Professor of Medicine. Duke University Health System Duke Oncology Network.

- Let someone describe him/her in daily life before the illness. (A teacher, scout leader, grand ma, loving father etc.).
- Explore what quality of life means to the patient and discuss any previously stated his/her preferences for care.
- Examples of goals are, spending time with family, keeping independence in the activities of daily life, returning home, or living as long as possible.

Step 5: Discussion of Treatment Options

- Once the prognosis and overall goals of care have been clarified, discuss treatment options.
- Summarize the family's hopes and worries and the things they identified as important for the patient's care.
- Name if any of their wishes are not aligning with the patient's goals of care.
- After reviewing treatment options, ask the family for their perspectives on these and remind them to focus on what the patient would have wished. Keep reminding to stay with patients' own goals.
- It is often helpful to offer a specific recommendation from the treating physician, mentioning pros and cons.
- Give families time to reflect and discuss before making a major decision, such as withdrawing or withholding life-sustaining therapies. It is important to make them feel heard by naming the emotions displayed and confirming their emotions ("yes, it is very upsetting / disappointing").
- Always ask them to verbalize the understanding for clarification.

Step 6: Summary and Discussion of Next Steps

- Conclude the meeting by reviewing decisions made and telling the next steps.
- Establish a date and time for feedback, and discuss the timing of the next meeting, as multiple meetings may be necessary.
- Establish a method of sharing the information with rest of family members, who are not present at the meeting and supply contact information and written materials when available.
- End the meeting by thanking the family and acknowledging that this is often a challenging task.
- Once you get out of the room, consider having chaplain or social worker to spend extra time with family to help them debrief. This type of debriefing can help clear up any uncertainty in any remaining areas of concern.

Tips for Conducting Family Meeting in a Difficult Clinical Situation

Maleka Ahmed MD, Board Certified Internal Medicine, Medical Oncology, Hematology, Hospice and Palliative Care. Asst Professor of Medicine. Duke University Health System Duke Oncology Network.

Step 7: Debriefing and Documentation

- Immediately after the meeting, debrief with the clinical team.
- This helps the clinical team to review changes to the treatment plan.
- Document a summary of the family meeting in the patient's medical record as soon as possible.

Family meetings are an essential part of the treatment of seriously ill patients. The use of a structured approach is key to get it done efficiently, uniformly, and least stressful way in a difficult situation.

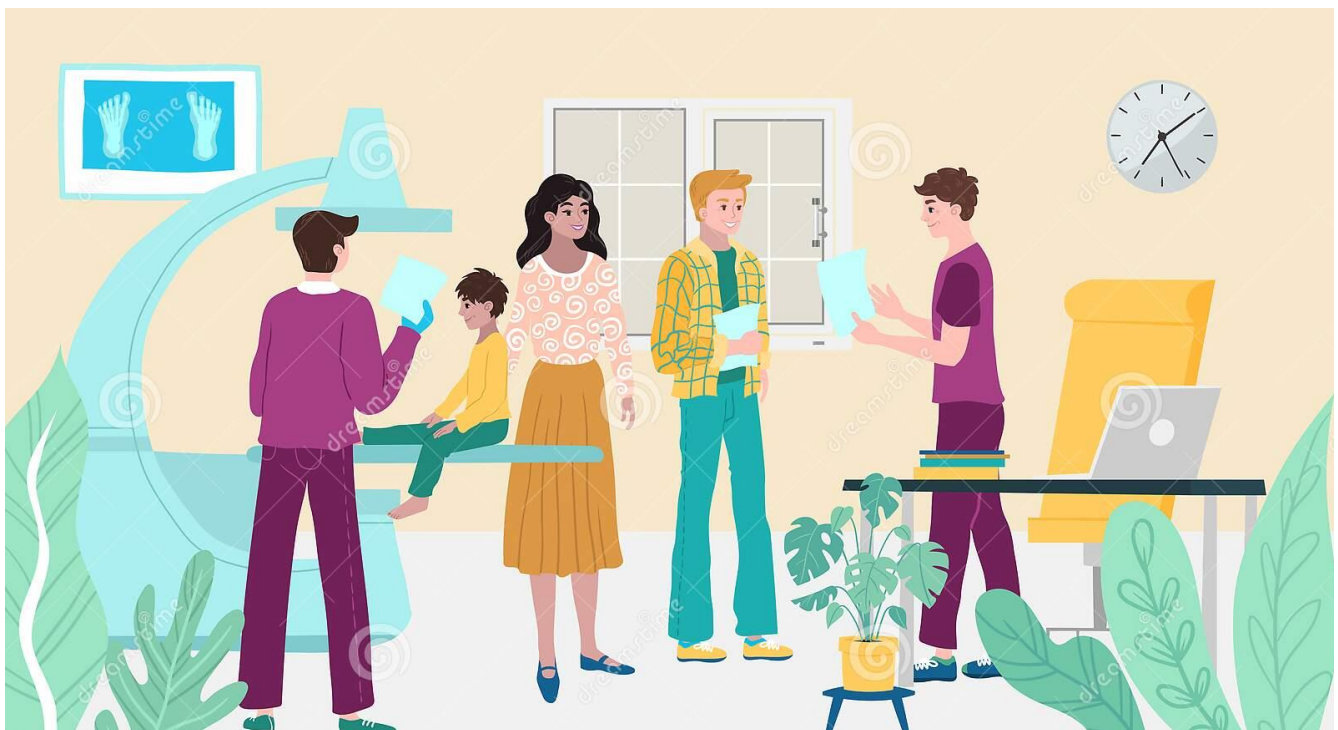
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Family Meetings on Behalf of Patients with Serious Illness. Eric Widera, et al, September 10, 2020, *N Engl J Med* 2020; 383: e71



Rising Temperatures in Cities Threaten Public Health

Tasmia Zaman (Arani)

Climate change is a hot topic these days, and for good reason. Globally, temperatures are on the rise as increased greenhouse gas emissions trap more and more solar radiation in the atmosphere. We feel this rising heat particularly in the summertime, when the days are hottest, and our built environment is contributing to this effect. Changes in land use are a driving force behind rising temperatures on the ground. Increased urbanization and suburbanization require converting vegetated areas into paved roads and buildings. This change reduces the amount and quality of plant life that can absorb heat and cool ground-level temperatures. In this article we will discuss a phenomenon known as the urban heat island effect, where temperatures within urban areas are significantly higher than in surrounding natural lands. This effect is spread unevenly within cities, often concentrated in areas with the most vulnerable populations. Exposure to high temperatures contributes to poor health outcomes among these populations, and it is crucial to mitigate that effect with access to natural spaces.

The Urban Heat Island Effect

Trees and other plants draw in carbon dioxide and solar radiation as it filters through the atmosphere by converting it into more plant matter. On the other hand, road pavement and concrete common in urban and suburban spaces simply absorb solar heat and radiate it back, raising local temperatures. Increased pavement and heat absorbing surfaces raise temperatures by 1 to 7 degrees Fahrenheit in urban areas compared to nearby forested areas.

Increased temperatures in the places where people live have serious health consequences. The urban heat island effect can lead to higher instances of asthma and other respiratory illnesses, heatstroke, exposure to air pollution, and overall shortened lifespans. The elderly are particularly vulnerable to heat-related ailments. This effect is only increasing in intensity and frequency as summers get hotter due to climate change

However, there are ways to mitigate the urban heat island effect. Trees and green spaces within urban areas reduce temperatures by providing shade, drawing in moisture, and converting solar heat energy into more vegetation. This is the main argument for planting more trees and creating more parks within cities as a strategy to boost climate resiliency.

Where is this happening?

While we have established that the urban heat island effect raises temperatures in cities compared to surrounding forests, these increased temperatures are not evenly distributed within a given city. In fact, researchers can draw parallels between demographics and the risk of increased heat in neighborhoods in the United States, with the brunt of heat island effects concentrated in low-income, minority communities. What could be the cause of this correlation?

Historical Redlining and the Legacy of Segregation

The divisions we see today, particularly in older cities, can be attributed to historical redlining. Redlining was a policy in the 1930s to segregate white and black/minority neighborhoods by designating minority neighborhoods as risky for private and city investment. As a result, certain neighborhoods received more funding, including parks and trees planted decades ago that now provide shade and reduce temperatures, while others are struggling to keep up with newly planted trees. This spatial inequality persists today and the negative health effects of the urban heat island effect are disproportionately affecting minority groups and impoverished people.

What Can We Do?

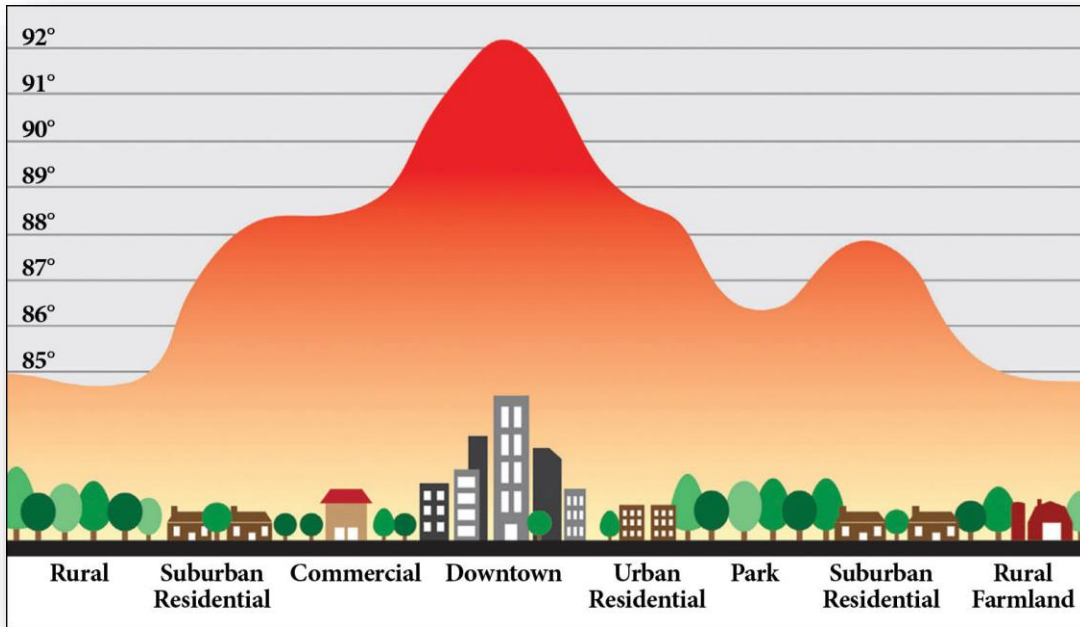
The main thing that doctors should recognize with the urban heat island effect is the disparity in health impacts faced by low-income and minority patients. Environmental factors have a significant impact on people's wellbeing, and we all have a responsibility to fight for change that reduces exposure to harmful conditions. This involves getting active in our communities and making our voices heard with actions, votes, and dollars. Consider donating to organizations that support climate action, land conservation, and enabling access to nature for all people. A few local nonprofits include: City of Oaks Foundation in Raleigh, The Conservation Fund, and Raleigh City Farm.

Sources

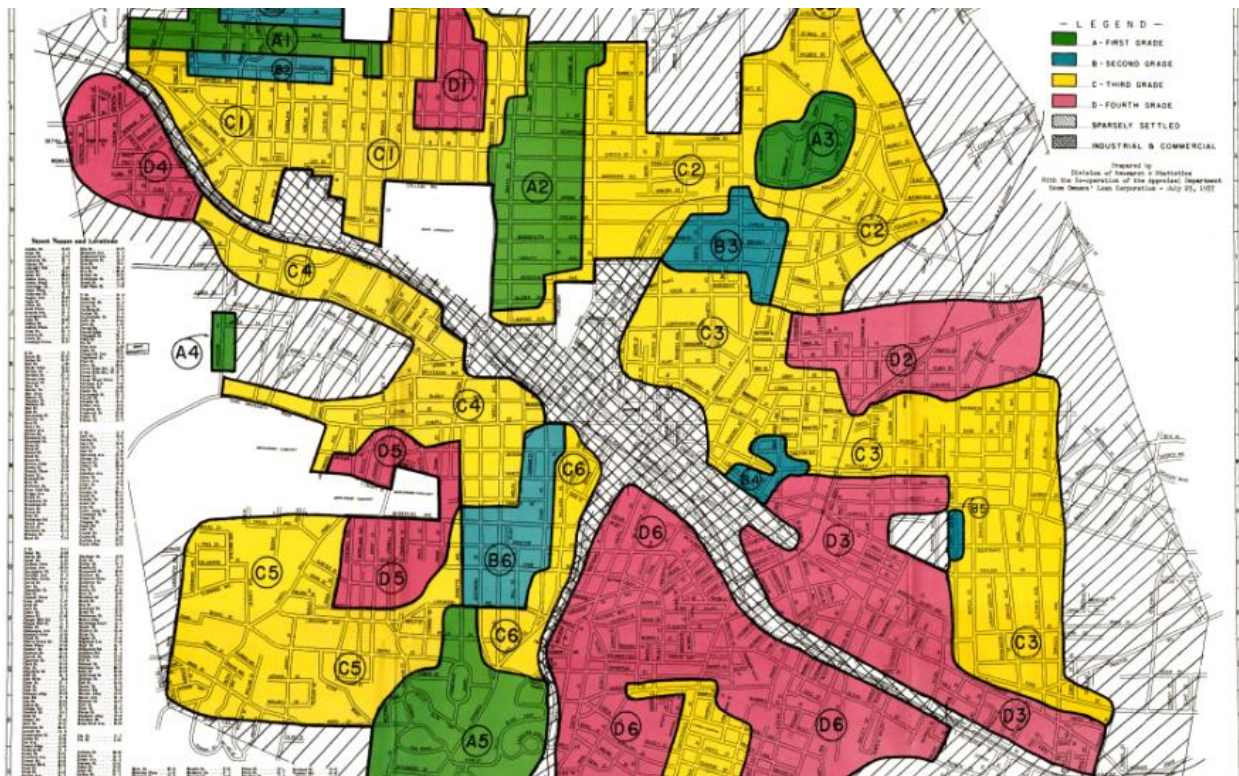
"How Decades of Racist Housing Policy Left Neighborhoods Sweltering", Plumer and Popovich, New York Times

"Mapping Inequality: Redlining in New Deal America", Digital Scholar Lab, University of Richmond

"'Turn Off the Sunshine': Why Shade Is a Mark of Privilege in Los Angeles", Tim Arango, New York Times



A graph showing the rise in temperatures associated with the urban heat island effect. (Source: Bay Area Monitor)



A redlined map of Durham from the 1930s. Red neighborhoods are primarily African-American and therefore were marked as undesirable places for investment. (Source: Mapping Inequality <https://dsl.richmond.edu/panorama/redlining/#loc=5/39.1/-94.58>)



A formerly redlined neighborhood in Yonkers, New York City, without any trees to shade residents from the sun. (Source: Brian Cronin)



A wealthy neighborhood in Los Angeles, shaded by a canopy of mature trees. (Source: New York Times)

WHEN THE BODY BECOMES YOUR BURDEN

DR. SUFIA SIDDIQUE

Aging is inevitable and frailty comes with it. We have all probably heard that a million times. But if you have seen somebody you love withering away right in front of your eyes, only then do you realize this fact as reality. As we age, our changes are both on the inside and outside. We watch with extreme dismay that youthful vigor is leaving us in the cruelty of an aging body. My dear father – my superhero – that I grew up knowing as the strongest man on Earth - showed me just how the body becomes your burden in old age.

He always held his head high and made his family very proud. Growing up, my siblings and I always saw him as a highly energetic person, working relentlessly and running all across Bangladesh bringing the gift of sight through education and treatment by eliminating preventable blindness at a grassroots level. He used to hunt, loved music, and really loved us. He was a man we had who had a fulfilling life and that I wanted to be just like! However, he certainly did not have or make the time to take better care of himself. He never had time to exercise, sit down, eat proper meals, or sleep.

So, before long, frailty won. The biggest disappointment he had before his death was his inability to bear his own weight any longer – a man who once traveled the Earth and commanded a room found his biggest dream to be standing on his feet one more time.

Seeing this, I decided to resist, fight, and try to win over frailty in my own life.

Life takes unknown turns, and immediately following his death the COVID-19 pandemic came – another force to keep us confined and feeling defeated and win over our independence. At the onset of the pandemic, coupled with my newfound vigor for physical fitness, I wanted to walk miles on my feet until I could not any longer – to carry my own weight and enjoy my newly realized privilege.

With that, I collaborated with several wonderful friends, and we formed the **walking buddies** – a group dedicated to enjoying our blessings, the privileges given to us, and making friends with our own bodies. We do not want this body to give up on us. We will continue to take the path less taken, share our positivity, and spread the light of each of our souls for the benefit of others. Through physical activity, pushing our boundaries,

and building strong bonds, the walking buddies has made a huge impact on each of us while getting physically fit. Coping with the pandemic became easier with this group by my side.

As a primary care physician, I preach to everyone coming through the door, no matter how old they are: Act when you have time, love yourself, and make time for YOU. Nature has the ultimate power, but we are precious creatures of nature ourselves with enormous capacity. Limitations exist, but your willingness to push yourself will find a way to work around those.

Hopefully I will keep walking paths both known and unknown without letting my body become my burden - walking alongside all of you!

Much love





ACCOMPLISHMENTS

Monetary Donations:

We have donated \$50,050 from our organization during 2019-2021 period.

- ◆ \$6,000 to BdesH Foundation for Bangladesh flood relief activities in 2019.
- ◆ \$11,000 to the BMANA Disaster Fund to support the COVID activities in Bangladesh and USA in 2020.
- ◆ \$9,050 to BdesH Foundation for Bangladesh flood relief activities in 2020.
- ◆ \$10,000 to BdesH foundation to run the COVID activities in Bangladesh in 2021 (supply oxygen cylinders to COVID patients) during COVID surcharge with Delta variants in 2021.
- ◆ \$10,000 to the NABIC to fund the COVID activities in Bangladesh in 2021 (financial support to COVID affected populations).
- ◆ \$4,000 to Ankur International to support affected people by Communal Violence in Bangladesh in 2021.
- ◆ We raised and donated over \$207,000 to the family of Dr. Taslim Ahmed, our sitting president who died due to COVID infection while working at 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)**

Voluntary donations by our members:

- ◆ \$6,500 raised by Dr. Sufia Siddique, one of our valued member and donated to COVID affected populations in Satkhira, Bangladesh in 2021 during COVID surcharge with Delta variants.
- ◆ Over \$4,000 raised by our spouses in Triangle area in collaboration with local community members and donated to Zakat Foundation for COVID-19 activities in Bangladesh in 2021.
- ◆ \$3,500 raised by Dr. Shyamal Palit and donated to Dr. Anik Chanda for COVID-19 related expenses in Bangladesh in 2020.
- ◆ \$4,500 raised by Dr. Shabbir Chowdhury and donated to SOMC Alumni for Dr. Lincolns' family who died with COVID infection in Bangladesh in 2021.

Voluntary Activities:

- ◆ BMANA-CC procured and distributed K95 masks to local doctors and community members.
- ◆ Dr. Zakiya Karim and Dr. Zahed Karim, 2 of our valued members arranged 2 large community COVID vaccine camps in collaboration with Nepal Center of North Carolina (NCNC) in Triangle in 2021.
- ◆ They also arranged multiple Community COVID vaccine camps for our Bangladeshi populations in Raleigh and Cary.
- ◆ They are helping our community members with COVID vaccination and COVID testing at their medical offices, ALLMED clinics at Raleigh and Cary.
- ◆ Dr. Zahed Karim has been advising our community members when they become sick with COVID-19 infection.
- ◆ Voluntary contributions by our members to respective Medical College ALUMNIs and Batch wise/personal donations for COVID pandemic in Bangladesh.

Academic:

- ◆ Conducted Annual educational event. Last one was held in 2019 at Fayetteville (postponed due to COVID-19 in 2020 and 2021).
- ◆ 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 has given lectures at Annual BMANA conventions.
- ◆ Dr. Mohammad Hossain gave 2 lectures on 4/30/20 on Coronavirus Pandemic and on 6/2/20 SARS-COV2 Pandemic update for our community members.

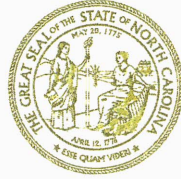
Cultural and Diversity:

Very high-quality cultural events are presented by our members every year to enrich the culture and customs of society.

- ◆ Due to COVID pandemic we could not do any activities during 2020 and 2021, but we arranged several virtual cultural meetings, where our members had active participation.
- ◆ We celebrated 50th anniversary of our glorious Independence day and Victory Day virtually in 2021, where members and our kids learned about our independence and war victory from member speakers. We arranged Members Day Gathering at Myrtle Beach from 17th to 19th September 2021, where we had fun filled activities.

*Office of the Governor
State of North Carolina*

*Roy Cooper
Governor*



*20301 Mail Service Center
Raleigh, N.C. 27699-0301*

December 3, 2018

Bangladesh Medical Assoc. of
North America
5013 Clyden Cove
Raleigh, N. C. 27612

Dear Friends:

I am writing to personally thank you for your contribution \$10,000 to the North Carolina Disaster Relief Fund.

The devastation from Hurricane Florence is widespread and I am grateful to you for expressing your support and partnership in such a meaningful way. Your generous gift will help individuals, families and communities with immediate unmet needs. This includes food and water, clothing, temporary housing, utility bills and other needs.

This is an opportunity to come together and care for our neighbors and communities who will feel Florence's impact for years. The recovery and rebuild process will take time. My team and, I along with our local and federal partners, volunteer organizations and many others, will continue to work hard every day to make sure North Carolina comes out even stronger than it was before.

We are North Carolina, we are resilient and we will get through this. Thank you again for your generosity and for being an important part of the Hurricane Florence recovery process.

With kind regards, I am

Very truly yours,

A handwritten signature in black ink that reads "Roy Cooper". The signature is written in a cursive style with a large, prominent "R" and "C".

Roy Cooper

2020-2022 BMANA-CC Active Member's List *

No	PHYSICIANS NAME	SPECIALITY	RESIDENT CITY
1	A.B.M.Enayet Ullah, MD	Internal Medicine	Cary
2	Abu Ahmed Zahidur Rahman, MD	Internal Medicine	Cary
3	Abu Salahuddin, MD	Internal Medicine	Fayetteville
4	Abu Sharifuzzaman, MD	Internal Medicine	Raleigh
5	Abul K. Azad, MD	Internal Medicine	Fayetteville
6	Abul F. Imam, MD	Internal Medicine	Raleigh
7	Anisur Rahman, MD	Internal Medicine	Charlotte
8	Ashraful Hannan, MD	Internal Medicine	Fayetteville
9	Asif Wahid, MD	Cardiology	High Point
10	Dabiruddin Humayun, MD	Internal Medicine & Pediatrics	Cary
11	Farida Yasrmin, MD	Non-Practitioner	Fayetteville
12	Fatima Hossain, MD	Internal Medicine	Fuqua Varina
13	Ferdousi Chowdhury, MBBS	Non-Practitioner	Fayetteville
14	Habib A Masood, MD	Internal Medicine	Cary
15	Humayun Kadir, MD	Family Medicine & Geriatrics	Cary
16	Iqbal Bhuiyan, MBBS	Nurse Practitioner	Fayetteville
17	Khwaja Hussain, MD	Family Practice	Goldsboro
18	Kishore R. Chowdhury, MD	Internal Medicine	Morrisville
19	Ishtiaque Mohiuddin, MD	Cardiology	Cary
20	Mahfuzul Haque, MD	Gastroenterology	Durham
21	Maleka Z Ahmed, MD	Hematology/Oncology	Eastover
22	Mamum Shahrier, MD	Gastroenterology	Raleigh
23	Md. Abu Zahid Karim, MD	Internal Medicine	Cary
24	Mizanur Rahman, MD	Psychiatry	Fayetteville
25	Mohammad A. Kalam Khan, MD	Internal Medicine	Raleigh
26	Mohammad D Hossain, MD	Internal Medicine & Pediatrics	Raleigh
27	Mohammed A. Khasru, MD	Neurology	Fayetteville
28	Moushumi Shumi Ahmed, MD	Internal Medicine	Pinehurst
29	Nafisa Saleem, MD	Internal Medicine	Fayetteville
30	Najmul Chowdhury, MBBS, MPH	Public Health Epidemiology	Knightdale
31	NurJahan Begum, MBBS	Non-Practitioner	Morrisville
32	Nusrat Ara, MBBS	Non-Practitioner	Cary
33	Nusrat Mujib, MD	Internal Medicine	Cary
34	Paritosh Chowdhury, MD	Psychiatry	Kinston
35	Razia Hafiz, MD	Family Practice & Geriatrics	Cary
36	Riaz Chowdhury, MD	Gastroenterology	Raleigh
37	S. M. Jafrul Islam, MD	Anesthesiology	Durham
38	Sabina Hannan, MBBS	Non-Practitioner	Fayetteville
39	Sagir Ahmed, MD	Cardiology	Cary
40	Salma Syed, DO	Pediatrics	Greenville
41	Sayeed Hossain, MD	Pulmonology	Greenville
42	Shabbir Chowdhury, MD	Psychiatry	Fayetteville
43	Shah Alam, MD	Nephrology	Shelby
44	Shahnaz Ilias, MBBS	Non-Practitioner	Grensboro
45	Shamsul A. Khan, MD	Pediatrics	Rockingham
46	Shireen Islam, MBBS	Non-Practitioner	Raleigh
47	Shyamal Palit, MD	Nephrology	Fayetteville
48	Sufla Siddique, MD	Family Medicine	Cary
49	Tahmida Jahangir, MD	Pediatrics	Fayetteville
50	Tanvir Islam, MBBS	Non-Practitioner	Fayetteville
51	Tapan K. Gayen, MD	Internal Medicine	Winterville
52	Tarek Aziz, MD	Psychiatry	Greensboro
53	Tasneem Ishrat Islam, MD	Non-Practitioner	Cary
54	Zakiya Karim, MD	Pediatrics	Cary

* If your name is not listed here or you wish to make any changes, please contact the President of BMANA-CC



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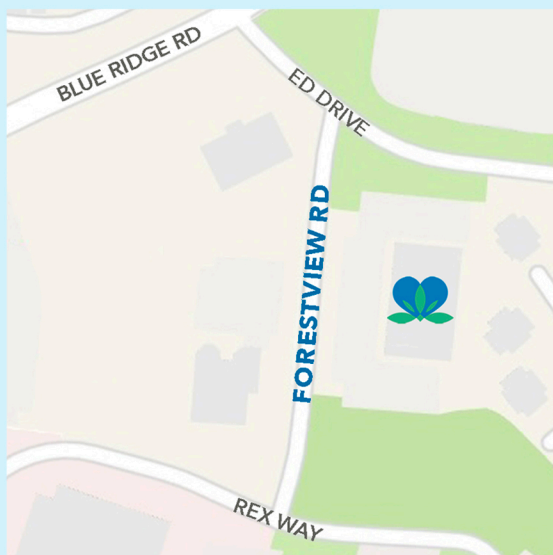
Md A Karim, MD, MPH
Valerie Jackson, FNP-C

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Zakiya Karim, MD, FAAP
Theresa Steimle, PA-C

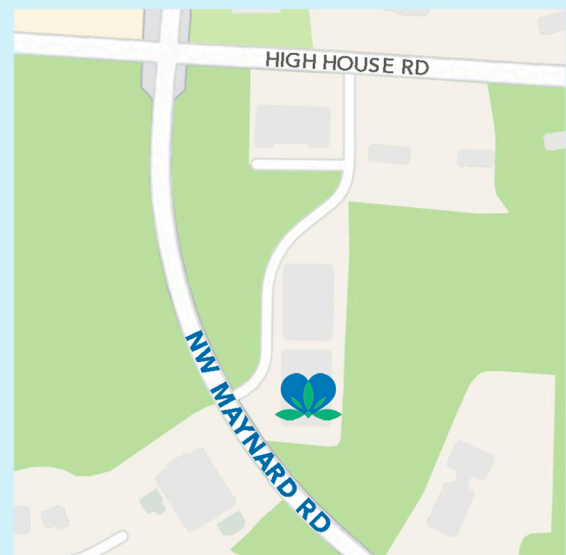
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TO INSPIRE A HEALTHIER COMMUNITY.



For more than five-and-a-half decades, WakeMed has stood for exceptional care for all. It's our heritage. It's in our DNA. At the same time, we know that health care is constantly changing. We recognize that, along with healing the sick and injured, it is both our role and our mission to improve the health of our community. To prevent as well as to intervene. To encourage healthy choices. And to do so with the passion, compassion and commitment that has always been our hallmark.

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Working together for our community

Novant Health is proud to partner with the Bang-ladesh Medical Association of North America, Carolina Chapter (BMANA-CC) to improve the health of our community. Collaborations like this make a remarkable impact on the lives of those around us, providing individuals with the tools they need to get better and stay healthy.

Making healthcare remarkable

