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Welcome to the Tarang, the Annual newsletter of the Association of Indian Neurologists in America. The Tarang complements our website (www.4aina.com) and monthly update emails to provide information about our organization, medical and professional topics, and upcoming professional meetings of interest to our readers. If you have any interesting events, awards, recognitions, activities to report about neurologist of Indian origin, please email a summary along with photographs to aina@badgerbay.co.

President's Message



Let me start by wishing you and your loved ones good health in the times of this pandemic. I want to take this opportunity to celebrate and salute your service to ailing humanity during this pandemic. We are all living through extraordinary times, the kind that literally comes once in a century. It has been my distinct privilege to lead our great organization during these trying times. The pioneering spirit of our founders has guided us during these times, as we had to innovate and have had all our meetings virtually. Our fall meeting was very successful with attendees from both the USA and India. The meeting of our Epilepsy Chapter in December was very well attended, and our annual meeting this year will be via Zoom too. Our organization has adapted well to change due to the commitment of our members.

Post-Covid we are looking forward to resuming our programs, we will be restarting the free training of young Indian Neurologists here in America. I want to thank the people who have endowed the scholarships for these young Indian Neurologists, there is still one opportunity available to sponsor the last scholarship and name it as you please. We will also be planning for the free medical camps in India in the post-covid period. We will carry forward our wonderful partnership with the Indian Academy of Neurology. Our relationship has progressed well with the AAN and we look forward to working together to achieve our mutual goal of improving neurological care in America. AINA is also earnestly planning to start initiatives for serving the patients with neurological disorders here in America for free.

I want to take this opportunity to thank my entire team of office bearers at AINA. I have not seen a more dedicated group of people committed to the mission of AINA. We are passing through some of the most challenging times but our organization will come out of this even stronger and with a clear purpose and vision. An organization is only as strong as the commitment of its members and the vision of its leaders.

Sanjay Pratap Singh, MD, FAAN, FANA
President - AINA



Thank you to our 2021 Annual Meeting Sponsors



AINA 2021 Lifetime Achievement Award

This year we are excited to announcements that there are two co-winners for AINA Lifetime Achievement Award.



Seemant Chaturvedi, MD

is the Stewart J. Greenebaum Endowed Professor of Stroke Neurology at the University of Maryland School of Medicine. He is also the Stroke Program Director at the University of Maryland Medical System. Dr. Chaturvedi received his undergraduate degree from Princeton University. He completed a neurology residency at the University of Massachusetts Medical Center and a stroke fellowship at the University of Western Ontario. Dr. Chaturvedi has authored over 230 peer-reviewed papers and has co-edited two books. He has served on guideline writing committees for the American Academy of Neurology (AAN) and American Heart Association (AHA). Dr. Chaturvedi serves as an Associate Editor of Stroke and is on the editorial board of Neurology and Journal of Stroke and Cerebrovascular Disease. He is also an Associate Editor for NEJM Journal Watch Neurology. He is a fellow of the AAN, AHA, American Neurological Association, and European Stroke Organization.

Personal Note of Thanks:

I am very grateful to the selection committee for the honor of the Lifetime Achievement award. I have participated in AINA activities for more than 15 years and witnessing the growth of the organization has been very rewarding. I would like to acknowledge the support of my previous mentors and many esteemed professional colleagues, especially in the cerebrovascular community. Finally, I would like to thank my wife, children, and other close family members for their unwavering support and encouragement.



Manmohan Nayyar, MD, FAAN

has been practicing Neurology in Apple Valley since 1986. Dr. Nayyar demonstrated his expertise in management by taking on several leadership roles in his community. As president of the Association of Indian Neurologists in America. Dr. Nayyar created the Lifetime Achievement Award for his fellow Indian Neurologist in America through American Association of Neurologist foundation. He has been president of San Bernardino County Medical Society (SBCMS) and Indian American Cultural Society of High Desert. Currently he serves as a member of Dean's Council at University of Buffalo School of Medicine and Biomedical Science. He is President of Choice Medical Group, Inc and provides quality care to his community. His Medical group was selected as the best Medical Group in High Desert by local communities and reported by the local newspaper. He also sits on the board for Victor Valley Global Medical Center.

Dr. Nayyar is focused on improving the healthcare in the High Desert and as such his medical group was one of the first groups in San Bernardino county to offer a COVID vaccine clinic to the community.

Dr. Nayyar's most important role, however, is being a husband, father, father-in-law and grandfather.

Dr. Nayyar is the founding member and the Chairperson of the Board of Trustees of Krishna Valley Temple at Apple Valley. This Temple is a jewel of the High Desert and it promotes interfaith activities on regular basis.

Dr. Nayyar was awarded Patron of the Year by St. Mary Hospital Foundation. His volunteer work with High Desert Community earned him Community Service Award by San Bernardino County Medical Society in 2010. He was awarded President Award by SBCMS in 2007. Dr. Nayyar is a Paul Harris Fellow through the Rotary Club International. He also started a Nayyar Family Scholarship at the University of Buffalo which gives one scholarship a year to an underserved student.

Personal Note of Thanks:

I am honored to receive the 2021 Association of Indian Neurologists in American (AINA) Lifetime Achievement Award. I would like to thank AINA, American Brain foundation, the nominating Committee, previous AINA lifetime achievement award recipients and my nominators. During my career, I had the opportunity to collaborate with many fine and smart people and I would like to thank them all for productive interactions and prolific exchange of ideas. I cannot name them all here but each one of you have influenced me in a positive way. Thank you.

Past recipients of the AINA Lifetime Achievement Award

- 2020** Prakash Kotagal, MD
- 2019** Ram Ayyar, MD
- 2018** Vinay Chaudhry, MD
- 2017** Kapil Sethi, MD, FRCP, FAAN
- 2016** Mark Hallett, MD
- 2015** Pradeep Sahota, MD, FAAN, FAASM, FAES
- 2014** Avindra Nath, MBBS, FAAN
- 2013** Sakkubai Naidu, MD, FAAN
- 2012** Thomas R. Swift, MD, FAAN
- 2011** Omkar N. Markand, MBBS, MD, FRCP(C), FACP, FAAN
- 2010** Sudhansu Chokroverty, MD, FAAN
- 2009** Shrikant Mishra, MD, FAAN
- 2008** Walter G. Bradley, DM, FRCP, FAAN

In 2007, the AAN Foundation partnered with the Association of Indian Neurologists in America (AINA) to create an award recognizing those who have been committed to advancing the Indian neurologic community. The AINA presented the AAN Foundation Chair Austin Sumner, MD, with a \$50,000 check to endow the award. The AINA Lifetime Achievement Award recognizes a leader in neurology by her/his peers. The recipient will be a North American neurologist chosen based on her/his dedication in advancing the training of North American neurologists of Indian origin and promoting innovation and research in the field of neurology. The recipient will have supported Indian neurologists over a significant period of time in achieving meaningful progress toward expressed goals.

2021 American Academy of Neurology Award Recipients

Congratulations to the following AINA members who received awards from the American Academy of Neurology. These awards are a cornerstone of the AAN's largest conference for neurologists and neuroscience professionals.



AINA President, Sanjay Pratap Singh, MD, FAAN, FANA
Mridha Spirit of Neurology Award

Dr. Sinjay Singh was awarded the 2021 Mridha Spirit of Neurology Award from the AAN-ABF. The award will be given at the Annual AAN Meeting in April. The Mridha Spirit of Neurology Award is a humanitarian award for a neurologist or neuroscientist who is dedicated to improving the lives of others. The Award recognizes a neurologist or neuroscientist working in an impoverished community of the world.



Mandhu Soni, MD, FAAN
Clerkship Director Teaching Award

Received the Clerkship Director Teaching Award, sponsored by the AAN. This award recognizes individuals who have dedicated themselves to neurology education, not only creating future generations of neurologists but also teaching neurology to students choosing other disciplines.



Vijay Kuchroo, MD
John Dystel Prize for Multiple Sclerosis Research Award

This prize recognizes outstanding contributions to research in the understanding, treatment, or prevention of multiple sclerosis. Dr. Vijay Kuchroo, received this prize for his work determining the mechanisms that underly autoimmune activity in the central nervous system has been transformative to our understanding of multiple sclerosis. Dr. Kuchroo has made seminal contributions to the field including the recognition of novel myelin antigens (PLP and MOG) in the immune response in EAE, as well as identifying a new set of cell markers that differentiate immune cell phenotypes. Importantly, his work in understanding the balance of regulatory processes in the TH17 pathway that go awry in CNS autoimmunity has led directly to potential therapeutic interventions in MS. He continues to maintain an active lab, mentoring the next generation of researchers and extending his work to better understand the regulation of B cells in MS pathogenesis.

A.B Baker Teacher Recognition Awards

Congratulations to the follow AINA Members who received the A.B. Baker Teacher Recognition Award from the AAN. The Award recognizes excellent teachers for their contributions to improving neurology now and in the future. Teaching binds students, residents, faculty, other clinicians, researchers, and even patients, together and helps make our daily work more meaningful. This award demonstrates respect and appreciation for neurologic teaching.

Geetanjali Rathore, MD

A.B. Baker Teacher Recognition Award

Chilvana Patel, MD

A.B. Baker Teacher Recognition Award

Aman Deep, MD

A.B. Baker Teacher Recognition Award

Pazhani Ranganathan, MD, DM

A.B. Baker Teacher Recognition Award

Aravindhan Veerapandiyam, MD

A.B. Baker Teacher Recognition Award

Dinesh V. Jillella, MD

A.B. Baker Teacher Recognition Award

Arpan Patel, MD

A.B. Baker Teacher Recognition Award

Zabeen Kaizar Mahuwala, MD

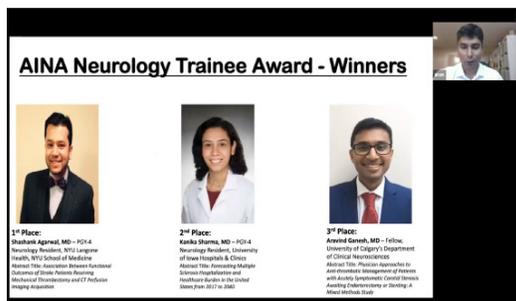
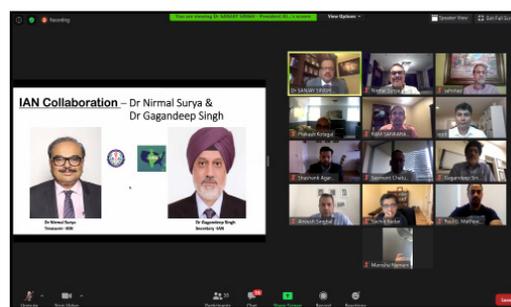
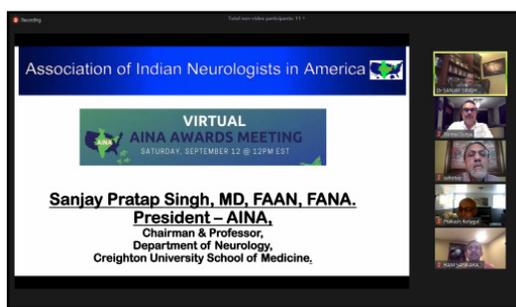
A.B. Baker Teacher Recognition Award

2020 Virtual Awards Ceremony

With the cancellation of the 2020 AINA Annual Meeting and Dinner that was schedule to take place in April, AINA wanted to take an opportunity to recognize the accomplishments of AINA members virtually. Over 70 people registered for the meeting on September 12, 2020 to hear AINA updates and congratulate these individuals. AINA President, Dr. Sanjay Singh, welcomed everyone and gave brief overview of AINA. Chair of the nominating committee, Dr. Pradeep Sahota, recognized 2020 AINA Lifetime Achievement Award winner, Prakash Kotagal, MD for his accomplishments and contributions to AINA and the field of Neurology.

Dr. Arun Antony congratulated the AINA Neurology Trainee Awards Winners selected by the review committee based on abstract submissions. The award winners included 1st Place, Shashank Agarwal, MD Neurology Resident at NYU Langone Heath and NYU School of Medicine; 2nd Place, Kanika Sharma, MD, Neurology Resident at University of Iowa Hospitals & Clinics; and 3rd Place, Aravind Ganesh, MD, Fellow at University of Calgary's Department of Clinical Neurosciences.

Dr. Singh shared updates on the AINA-IAN Observership Program and Dr. Deepti Vibha shared her experience in the program in 2019. He recognized Indian Academy of Neurology (IAN) Treasurer, Dr. Nirmal Surya and IAN Secretary, Dr. Gagandeep Singh for their outstanding contributions to the vital collaboration between the IAN and AINA and for their contributions to the field of Neurology. He thanked those individuals who have agreed to endow/sponsor and name a scholarship award for the AINA-IAN Neurology Observership. Thanks to Raghav Govindarajan, MD, Thyagarajan Subramanian, MD and Sanjay Pratap Singh, MD for your contributions. Dr. Singh ended the meeting thanking the AINA board and AINA members. If you missed the Virtual Awards Ceremony the recording is available on the AINA website.



2020 AINA Virtual Epilepsy Annual Meeting

Since the American Epilepsy Society Annual Meeting was presented virtually AINA had made the decision to move their Epilepsy Annual Meeting virtual as well. Over 70 registered and on December 6, 2020 AINA held their first ever Virtual Epilepsy Annual Meeting. AINA President, Dr. Sanjay Singh and President Elect, Dr. Prakash Kotagal shared various AINA updates.

Dr. Singh shared updates on partnerships that AINA members have been participating in within India including training physicians in India to treat a Japanese Encephalitis, Epilepsy Camp in Maharashtra started by Dr. Nirmal Surya, and also held camps to see patients in government hospitals in India. AINA is hoping after COVID-19 there will be additional opportunities to participate in these programs in India.

Dr. Anuja Patil shared her experience in the AINA-Ian Observership Program and the new treatment programs she helped to initiate in India after the time she spent in the US. Dr. Surya shared updates from the Indian Academy of Neurology and the programs they have been working on.

The meeting was a great success! Thank you to SK life science for your support of this important program. If you missed the AINA Virtual Epilepsy Annual Meeting you can view the recording on the AINA website.

This program was supported by:



2021 AINA Neurology Trainee Awards Announced

AINA is pleased to announce the winners of the 2021 AINA Neurology Trainee Awards. There were over 25 abstracts that were reviewed this year – an AINA record! The applications this year were of high quality and the scoring process was very competitive to determine the final winners. These winners are presented during the 2021 AINA Virtual Annual Meeting on Sunday, April 18, 2021.



Aravind Ganesh, MD, PhD

Fellow, University of Calgary

Abstract Title: Quantifying Changes in Acute Stroke Presentations and Associated Workflow During the COVID-19 Pandemic: A Population-based Study



Sushma Kola, MD

Resident, Mayo Clinic

Abstract Title: Survival Based on Genetic and Clinical Features in Parkinson's Disease



Nirav Sanghani, MD

Fellow Cleveland Clinic

Abstract Title: Adapting the Neurology Resident Clinic Workflow in a Large Urban Hospital During the COVID-19 Pandemic: Did it Work?



Congratulations on your award!!

Become a Member of AINA!

AINA is a dynamic organization that was set up to bring together neurologist of Indian origin for a common goal of promoting patient care, teaching and research. Your feedback into the ongoing efforts of the association to achieve this goal is extremely important to us. For any feedback about the organization, website, newsletter or your wish to contribute, please email below or use the link through the AINA website.

Association of Indian Neurologists in America (AINA)

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AINA Welcomes New Life Members

*These individual members are new since September 1, 2020

Shubhi Agrawal, MBBS

Sonika Agarwal, MD

Shachie Aranke, MB

Chirantan Banerjee, MD

Ninad Desai, MBBS

Shreya Gandhi, DO

Suparna Krishnaiengar, MBBS

Eva Mistry, MBBS

Nirjal Nikhar, MD

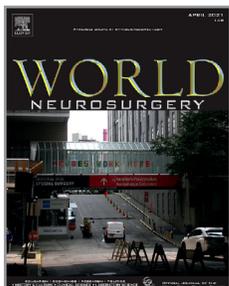
Geetanjali Rathore, MBBS

Jivir Singh Rathorem MD

Sudha Seshadri, MD

Vishak Shah, MBBS

Neurologists of Indian Origin in the News



Congratulations to Drs. Shashvat M. Desai Tudor G. Jovin, and Ashutosh P. Jadhav for their work published in the World Neurosurgery Journal.

[Read the full paper here](#)



Congratulations to AINA member, Dr. Divya Singhal MD, FAAN, for the paper, Representation of women plenary speakers at the American Academy of Neurology annual meeting, published in Neurology, the most widely read and highly cited peer-reviewed neurology journal.

[Read the full article here.](#)



Congratulations to Abhimanyu Mahajan, MD, MHS along with members of the education committee and graduate education committee. Their paper was published in the in the Green Journal.

[Read the paper here.](#)



Dr. Vinay Chaudhry has received the 2020 Distinguished Researcher Award for his outstanding contributions to Clinical, Neurophysiological, Neuromuscular or Musculoskeletal Research. Congratulations Dr. Chaudhry!



Dr. Shashvat Desai received a grant from the Society of Vascular and Interventional Neurology (SVIN) to be used to start and complete the Doppler Study. Timely and efficient reperfusion after acute ischemic stroke in the setting of a large vessel occlusion is essential to achieving good outcomes however at least 50% of patients continue to have poor outcomes despite receiving endovascular therapy. Post-procedural blood pressure management is a modifiable therapeutic target, however current parameters are largely arbitrary and are not routinely tailored to a specific patient or clinical scenario. The Doppler Study aims to use transcranial doppler technology based collateral status evaluation to guide blood pressure management in the post thrombectomy patient. Congratulations!



AINA President, Dr. Sanjay Singh is featured in Creighton University's 16th Annual Asian Culture Week. View the video interview with Dr. Singh, Devotion through Science.

[View the video here.](#)

In Remembrance of Dr. Ram Ayyar

It is with great sadness that we share the passing of AINA member and 2019 Lifetime Achievement Award Winner, Dr. Ram Ayyar. AINA is proud to have honored Dr. Ayyar for his contributions to science and the field of Neurology. He is a true inspiration and will be greatly missed.





ANNOUNCING A NEW INDICATION

BRILINTA is indicated to reduce the risk of stroke in patients with acute ischemic stroke (NIH Stroke Scale ≤ 5) or high-risk transient ischemic attack (TIA).

THE FDA HAS APPROVED A NEW INDICATION FOR BRILINTA 90 MG, FOLLOWING THE RESULTS OF THE THALES TRIAL¹

INDICATIONS

BRILINTA is indicated to reduce the risk of cardiovascular death, myocardial infarction (MI), and stroke in patients with acute coronary syndrome (ACS) or a history of myocardial infarction. For at least the first 12 months following ACS, it is superior to clopidogrel. BRILINTA also reduces the risk of stent thrombosis in patients who have been stented for treatment of ACS.

BRILINTA is indicated to reduce the risk of a first MI or stroke in patients with coronary artery disease (CAD) at high risk for such events. While use is not limited to this setting, the efficacy of ticagrelor was established in a population with type 2 diabetes.

BRILINTA is indicated to reduce the risk of stroke in patients with acute ischemic stroke (NIH Stroke Scale ≤ 5) or high-risk transient ischemic attack (TIA).

IMPORTANT SAFETY INFORMATION FOR BRILINTA® (ticagrelor) 60-MG AND 90-MG TABLETS

WARNINGS:

A. BLEEDING RISK

- ▶ BRILINTA, like other antiplatelet agents, can cause significant, sometimes fatal bleeding
- ▶ Do not use BRILINTA in patients with active pathological bleeding or a history of intracranial hemorrhage
- ▶ Do not start BRILINTA in patients undergoing urgent coronary artery bypass graft surgery
- ▶ If possible, manage bleeding without discontinuing BRILINTA. Stopping BRILINTA increases the risk of subsequent cardiovascular events

B. ASPIRIN DOSE AND BRILINTA EFFECTIVENESS IN PATIENTS WITH ACS

- ▶ Maintenance doses of aspirin above 100 mg reduce the effectiveness of BRILINTA and should be avoided

IMPORTANT SAFETY INFORMATION FOR BRILINTA® (ticagrelor) 60-MG AND 90-MG TABLETS (CONT'D)

CONTRAINDICATIONS

- ▶ BRILINTA is contraindicated in patients with a history of intracranial hemorrhage or active pathological bleeding such as peptic ulcer or intracranial hemorrhage. BRILINTA is also contraindicated in patients with hypersensitivity (eg, angioedema) to ticagrelor or any component of the product

WARNINGS AND PRECAUTIONS

- ▶ Dyspnea was reported more frequently with BRILINTA than in patients treated with control agents. Dyspnea from BRILINTA is often self-limiting
- ▶ In patients being treated for coronary artery disease, discontinuation of BRILINTA will increase the risk of MI, stroke, and death. When possible, interrupt therapy with BRILINTA for 5 days prior to surgery that has a major risk of bleeding. If BRILINTA must be temporarily discontinued, restart as soon as possible

- ▶ Ticagrelor can cause ventricular pauses. Bradyarrhythmias including AV block have been reported in the post-marketing setting. Clinical trials excluded patients at increased risk of bradyarrhythmias not protected by a pacemaker, and they may be at increased risk of developing bradyarrhythmias
- ▶ Avoid use of BRILINTA in patients with severe hepatic impairment. Severe hepatic impairment is likely to increase serum concentration of ticagrelor and there are no studies of BRILINTA in these patients
- ▶ In patients with Heparin Induced Thrombocytopenia (HIT): False negative results for HIT-related platelet functional tests, including the heparin-induced platelet aggregation (HIPA) assay, have been reported with BRILINTA. BRILINTA is not expected to impact PF4 antibody testing for HIT

ADVERSE REACTIONS

- ▶ The most common adverse reactions (>5%) associated with the use of BRILINTA included bleeding and dyspnea

DRUG INTERACTIONS

- ▶ Avoid use with strong CYP3A inhibitors and strong CYP3A inducers. BRILINTA is metabolized by CYP3A4/5. Strong inhibitors substantially increase ticagrelor exposure and so increase the risk of adverse events. Strong inducers substantially reduce ticagrelor exposure and so decrease the efficacy of ticagrelor
- ▶ As with other oral P2Y₁₂ inhibitors, co-administration of opioid agonists delay and reduce the absorption of ticagrelor. Consider use of a parenteral anti-platelet in ACS patients requiring co-administration
- ▶ Patients receiving more than 40 mg per day of simvastatin or lovastatin may be at increased risk of statin-related adverse events
- ▶ Monitor digoxin levels with initiation of, or change in, BRILINTA therapy

SPECIAL POPULATIONS

- ▶ Lactation: Breastfeeding not recommended

DOSING

In the management of ACS, initiate BRILINTA treatment with a 180-mg loading dose. Administer 90 mg twice daily during the first year after an ACS event. After one year administer 60 mg twice daily.

In patients with CAD but no prior stroke or MI, administer 60 mg twice daily.

In patients with acute ischemic stroke or high-risk TIA, initiate treatment with a 180-mg loading dose of BRILINTA and then continue with 90 mg twice daily for up to 30 days. The treatment effect accrued early in the course of therapy. Use BRILINTA with a loading dose of aspirin (300 to 325 mg).

Use BRILINTA with a daily maintenance dose of aspirin of 75-100 mg.

NIHSS=National Institutes of Health Stroke Scale.

Reference: 1. BRILINTA® (ticagrelor) [package insert]. Wilmington, DE: AstraZeneca Pharmaceuticals LP; 2020.

Please read additional Important Safety Information on front and accompanying full Prescribing Information, including Boxed WARNINGS, and Medication Guide. Prescribing Information is also available at BrilintaPI.com



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