



## HAPPY NEW YEAR!

On behalf of the Board of Directors at SANSAR, we wish you and your family good health and happiness for the new year.

## 2023 HIGHLIGHTS

After a long hiatus due to the pandemic, SANSAR hosted its fundraising event, **Brunch & Bubbly** on October 14 2023. The event took place at à toi, a hidden speakeasy on King Street West in the heart of Toronto. Guests enjoyed top-tier food and beverages, as well as interactive entertainment. Cathy Thorne, a performing poet created individualized poems within minutes on her vintage typewriter as Dylan Ballingall, the magician for the event, enchanted everyone with his magic. With gratitude to all our guests that ventured out on that hazy autumn day, we thank you for your attendance and your generous donations. We would also like to thank all those who made donations through our Canada Helps page. With the money raised from the event, we will be able to revive the South Asian Cardiovascular Risk Assessment Clinic to its pre-pandemic era.



## YOUNG INVESTIGATOR AWARD

This award, generously supported by Burgundy Asset Management, highlights bright young researchers in Canada who are studying an aspect of South Asian Health. **This year's prize of \$10,000 was awarded to Dr. Avinash Pandey**, who is a PGY3 Internal Medicine resident at the University of Ottawa. Dr. Avinash Pandey's winning project was entitled, *Risk Stratification and Uptake of Secondary Prevention Therapies of South Asian Patients with ASCVD in*



Future” was held **November 15<sup>th</sup> and 22<sup>nd</sup> from 7:30PM to 9:30PM EST**. We want to thank all the keynote speakers who dedicated their time and expertise to this year’s symposium topics of discussion. We would also like to thank all the attendees that joined the conference online.

For those who are interested, please click the link below for on-demand viewing of this year's conference:

<https://www.mdlearn.com/program/cardiovascular-disease-in-south-asians-conference-2023>

CCRN's 6th ANNUAL

## CARDIOVASCULAR DISEASE IN SOUTH ASIANS CONFERENCE

PARTNERING FOR A HEALTHIER FUTURE

Recorded  
Live on:

Wednesday, November 15, 2023  
Wednesday, November 22, 2023  
Time: 7:30 - 9:30 pm EST

**Description:**  
This program will equip participants to identify, evaluate and treat South Asian patients with, or at risk for cardiovascular disease.

**Agenda**

**Wednesday, November 15, 2023 - Session 1**

**Learning Objectives:**

- Explore the impact of racism experienced by Canadian South Asians in the healthcare system
- Describe the difference in appropriate risk assessment for South Asian patients
- Identify culturally appropriate assessment and management strategies for South Asians with dyslipidemia and/or diabetes

Time	Topic	Speaker
7:30 pm	Welcome	
7:40 pm	Racism, antiracism and health care in South Asians in Canada	Faisal Khosa
8:00 pm	How does risk assessment in South Asians differ from others?	Amrit Jhaji
8:20 pm	How to best manage diabetes in South Asians	Akshay Jain
8:40 pm	How to best assess and manage lipids in South Asians	Milan Gupta
9:00 pm	Roundtable Discussion	All Faculty
9:30 pm	Closing Comments	

This 1-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 2.00 Maaipro® credits

**Wednesday, November 22, 2023 - Session 2**

**Learning Objectives:**

- Identify culturally appropriate mental health and stress management strategies for South Asians
- Examine gender-specific cardiovascular risks and strategies to mitigate risk for female South Asians
- Explain new treatment options for managing chronic kidney disease or obesity

Time	Topic	Speaker
7:30 pm	Welcome	
7:40 pm	Mental health and stress management in South Asians	Vijay Seethapathy
8:00 pm	Primary care of SA women with GDM and PCOS	Dr. Nisha Haroon
8:20 pm	Chronic kidney disease: new treatment options	Sumeet Suneja
8:40 pm	New frontiers in obesity management	Megha Poddar
9:00 pm	Roundtable Discussion	All Faculty
9:30 pm	Closing Comments	

This 1-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 2.00 Maaipro® credits

**OnDemand Webcast.**

**Planning Committee:**

**Milan Gupta, MD, FRCPC, FCCS,**  
Co-chair  
Assistant Professor, Department of Medicine, University of Toronto  
Medical Director, Canadian Collaborative Research Network  
Brampton, ON

**Nadia Khan, MD, MSc, FRCPC**  
Co-chair  
Head and Professor of General Internal Medicine  
University of British Columbia  
Clinician Scientist CHEOS  
Vancouver, BC

**Anil Maheshwari, MD, CCFP, DABOM, DABFM**  
Executive Health Physician & Medical Director  
Weight & Lifestyle Program Cleveland Clinic  
Canada  
Family Physician & Obesity Program Clinical Lead  
Grandview Medical Centre Family Health Team  
Assistant Clinical Professor (Adjunct), McMaster University  
Medical Advisor for Canada - Unraveling Obesity  
Ontario/MD Peer Leader  
Hamilton, ON

**Humaira Ali, MD**  
Family Practice  
Guelph, ON

**Lopita Banerjee, MSc MD CCFP, FCFP**  
Kennedy Medical Center  
Brampton, ON

**Pooja Raut-Deshpande, B.Sc. MDCM FRCPC**  
Internal Medicine  
Assistant Clinical Professor (adjunct), McMaster University  
Active Staff, Department of Medicine, Joseph Brant Hospital  
Courtesy Staff, Thrombosis Service, Department of Oncology, Niagara Health

**SANSAR** This program is hosted by SANSAR

**CCRN** This program was developed by the Canadian Collaborative Research Network and received an unrestricted educational grant from Novo Nordisk, Amgen, HLS Therapeutics and Janssen.

Watch the recording on MDLearn [Here](#)

**MD LEARN** [www.mdlearn.com](https://www.mdlearn.com) > Webcasts



## **SANSAR SUPPORTS RESEARCH INTO THE IMPACT OF COVID-19 IN SOUTH ASIANS**

A letter from the University of Ottawa Heart Institute:

*Research Participation:*

*COVID-19 Wide Impact is a Research study on the Risk and Resilience in Special Communities of Chinese, South Asian and Black Populations.*

*Dr. Peter Liu, the Chief Scientific Officer and Vice President of Research at the University of Ottawa Heart Institute (UOHI) and his colleagues are engaged in a groundbreaking research endeavor aimed at understanding the unique challenges faced by racialized communities during the COVID-19 pandemic, as well as the hurdles they encounter in managing high blood pressure.*

*Recognizing that racialized communities have a higher risk of developing complications after COVID-19, as well as elevated rates of high blood pressure in Ontario, Canada, Dr. Liu is conducting an inclusive survey and group discussions. The goal is to uncover the specific challenges faced and collaboratively devise community-driven strategies to enhance health outcomes within these communities.*

*We are truly grateful for Dr. Milan Gupta's support in helping to administer the survey to SANSAR members. Some of you may be contacted for participation in the focus group to identify barriers and facilitators to safe and effective health behaviors for COVID-19 and HTN in ethnic groups.*

*Once our study is published, we will be delighted to share the results with SANSAR members.*

*Thank you again for your participation in our research study.*



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**[DONATE NOW](#)**

Ultimately, SANSAR's strength lies in the people who believe in its mission. Please consider joining SANSAR's Board of Directors, or [volunteering](#) for specific activities.

We promise you that your time with SANSAR will be vastly worthwhile. For more information, please email [admin@sansar.org](mailto:admin@sansar.org).

If you would like to make a donation in support of SANSAR, please visit <https://www.canadahelps.org/en/charities/sansar>

