

Greater
HOUSTON

Physicians

Directory 2024 | By APPNA STC





ONE STEP DIAGNOSTIC

Finally, one step for all your imaging needs

We strive to be the best option for scanning and imaging tests. The comfort and safety of our patients are the pillars upon which we work. The quality and cutting edge technology of our equipment make a great and trustworthy service.



**ALL YOUR IMAGING
NEEDS IN ONE PLACE**



713-461-7272

OUR SERVICES



MRI



DEXA SCAN



DIGITAL X-RAY



ULTRASOUND



PAIN MANAGEMENT



CT SCAN



11221 KATY FREEWAY,
STE 201,
HOUSTON, TX 77079



www.onestepdiagnostic.com



customerservice@onestepdiagnostic.com



Table of Contents



APPNA

Association of Physician of Pakistani
Descent of South Texas Chapter

APPNA STC

President's Message	5
Executive Committee	6
BOT Committee	6
APPNA STC Committees 2024	7

Articles

APPNA STC Annual Report 2024	10
APPNA House	34
Asthma Overview	37
Diabetes Mellitus	38
Addiction to Staying Awake	64

Directory Listings

Anesthesiology.....	31	Interventional Radiology	31
Cardiology.....	21	Nephrology	27
Clinical Research.....	21	Neurology	35
Dentistry	31	Obstetrics/Gynecology	31
Dermatology	35	Ophthalmology.....	35
Emergency Medicine.....	31	Pain Management	31
Endocrinology	23	Pathology.....	35
Family Medicine	17	Pediatrics	17
Gastroenterology	23	Podiatry	31
Geriatric and Palliative	21	Psychiatry	35
Hematology/Oncology.....	23	Pulmonary/Critical Care	27
Hospitalist.....	35	Rheumatology.....	27
Hyperbaric Medicine	31	Sleep Medicine.....	27
Infectious Diseases	23	Surgery	31
Internal Medicine	15		



Riaz Ul Haque, M.D. Physician

Comprehensive Medical Care
for adults and children 6mo+

Call and
Schedule Your
Appointment
Today!

Stafford Family Practice

Primary Healthcare Center

203 Brand Ln , Stafford, TX, 77477

+1 (281) 598 6614

staffordprimarycaretx.com

Hours of Operation

Monday to Friday: 10:00 am-6:00 pm
Saturday Sunday Closed



PEARLAND
HEALTHCARE CENTER

WALK-IN CLINIC/ PRIMARY CARE

Pearland Healthcare Center has been servicing the residents of Pearland and surrounding areas for over 10 years! Our friendly and knowledgeable office staff take great pride in providing quality healthcare for every patient that visits our facility.

OUR SERVICES

- ✓ General Health
- ✓ Wellness Exams/ Physicals
- ✓ Xray & Ultrasounds
- ✓ Weight Management
- ✓ Minor Procedures (stitches, staples, Laceration repair)
- ✓ Laboratory Testing
- ✓ Suboxone Provider
- ✓ Well Women's/ PAP Smear
- ✓ Trigger Point Injections
- ✓ Chronic Disease Management
- ✓ COPD & asthma care

HOURS OF OPERATION

Monday to Friday : 8:30am - 5:30pm
Saturday : 9:00am - 3:00pm
Sunday : CLOSED

COMPREHENSIVE MEDICAL CARE

for adults and children 6mo+



Riaz Ul Haque, MD

Family Medicine
Pearland, TX

LOCATION

Heights Family Practice
Pearland Healthcare Center
2404 Smith Ranch Rd. Suite 200 Pearland, TX 77584

Call us at

713-436-4333

www.pearlandhealthcare.org

the
PRESIDENT'S MESSAGE

Riaz Ul Haque, M.D.
President APPNA STC 2024



APPNA
Association of Physician of Pakistani
Descent of South Texas Chapter



Dear APPNA STC Members,

It is an honor and a privilege to serve one of the largest chapters of Association of Physicians of Pakistani-origin of North America. I am thankful and humbled for the trust and support provided by you all.

We are proud of our third edition of APPNA STC directory. We started the directory project three years ago. The purpose of the directory is to have the names, office addresses and phone numbers of physicians of Pakistani origin compiled together in a book form. The directory includes a list of primary care providers as well as specialists and it will serve the physicians and community for years to come hopefully in many different ways.

I am also excited to welcome the new EC for 2024 (Naveed Saquib, Mansoor Zaidi and Murtaza Arif), who I am certain will successfully fulfill their predecessors' shoes. I would like to welcome the new BOT team chaired by Dr. Haider Afzal as well. We will need the help of every STC member in achieving our goals for 2024.

Please do not hesitate to share with us any ideas or concerns.

Sincerely,

RIAZ UL HAQUE, M.D.

President APPNA (South Texas Chapter)



APPNA

Association of Physicians of Pakistani
Descent of South Texas Chapter

Executive Committee



Dr. Riaz-ul-Haq
President



Dr. Naveed Saqib
President Elect



Dr. Mansoor Zaidi
General Secretary



Dr. Murtaza Arif
Treasurer

BOT Committee



Dr. Haider Afzal
Chair



Dr. Tanveer Khan
Secretary



Dr. Syed Arman Raza



Dr. Mahmood Mehkri



Dr. Naveed Zafar



APPNA

Association of Physician of Pakistani
Descent of South Texas Chapter

APPNA STC Committees 2024

Directory Committee

DR. BILAL AHMED LODHI (Chair)
DR. ATIF QURESHI
DR. MUSKA ULLAH

Cruise Committee

DR. NAVID SAQIB (Chair)
DR. FAIZA TAHIR
DR. IRFAN JAWED

Sports Committee

DR. JUNAID KAMAL (Chair)
DR. ASHAR GHORI (Advisor)
DR. HUMAIRA NAQVI
DR. NOMAN AFZAL

CME Committee

DR. LUBNA KHAWAJA (Chair)
DR. M AHMED MUJTABA JAJJA (Co-Chair)
DR. SYED AHSAN RIZVI (Co-Chair)

Health Fair Committee

DR. SHAHID HASNAIN (Chair)
DR. ALI GARDEZI (Advisor)
DR. IMRAN NATHANI
DR. ASAD ABBAS
DR. HIBA HAIDER

Social Media and Website Committee

DR. FABIA YOUNIS (Chair)
DR. ASHAR GHORI

YPC Committee

DR. ATIF AKHTAR (Chair)
DR. SIDDIQUE KHURRAM (Advisor)
DR. MUHAMMAD ALI
DR. TARA RIZVI
DR. MUJTABA JAJJA
DR. SALMAN MALLICK

Membership Committee

DR. ZEENAT SAFDAR (Chair)
DR. MURTAZA ARIF (Advisor)
DR. MIRWAT SAMI
DR. SARA ANDRABI
DR. NAILA SURTI

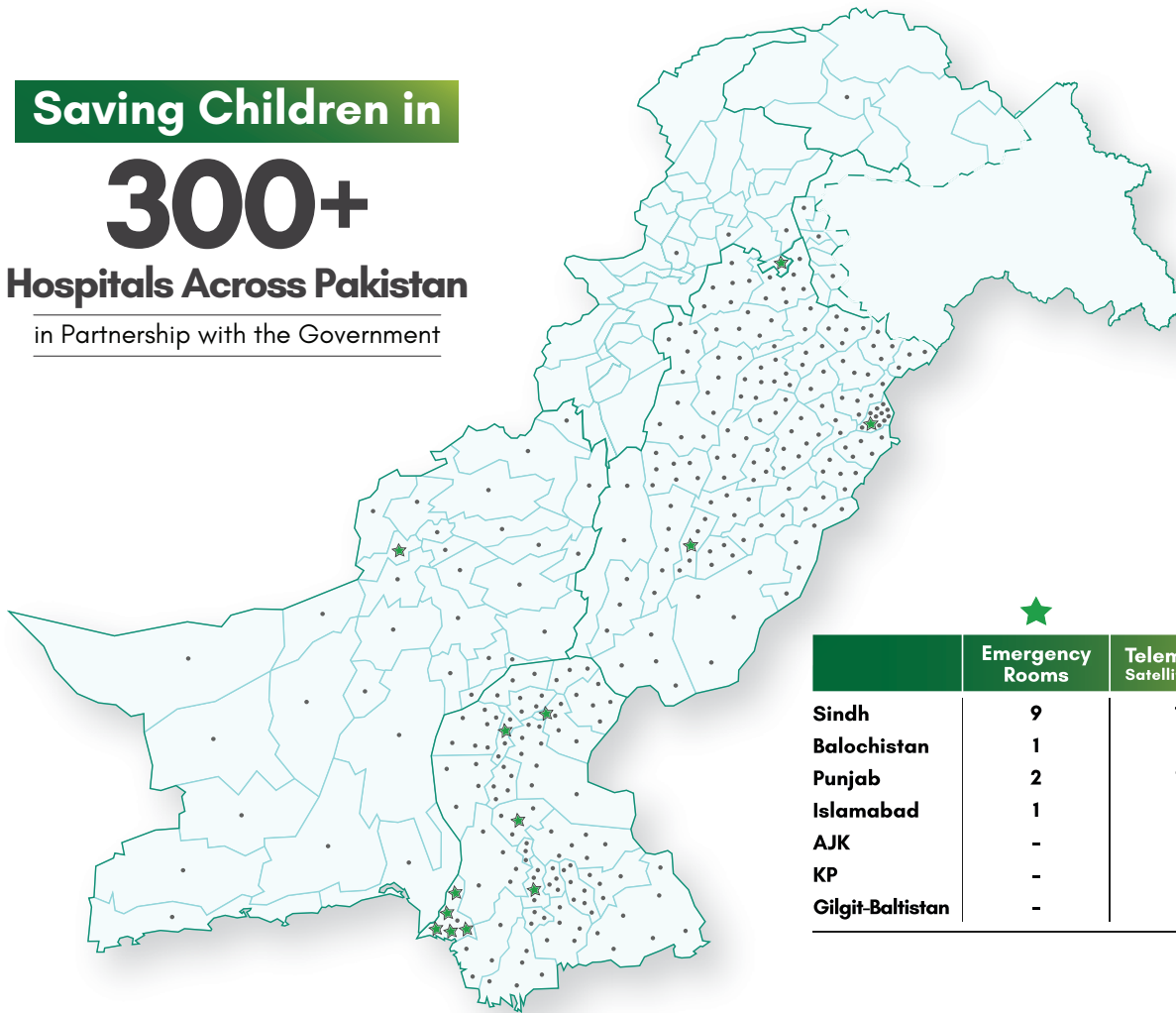
QUALITY EMERGENCY CARE REDUCES CHILD MORTALITY BY 50%

Saving Children in

300+

Hospitals Across Pakistan

in Partnership with the Government



ChildLife Foundation is providing quality emergency care to children in **Emergency Rooms (ER)** and **Telemedicine Satellite Centres**, 24/7 - free of charge.

ChildLife's life-saving efforts for the children have been recognized internationally. A study by **US-based PALISI Global Health** evaluated pediatric mortality in 19 countries. Mortality of critically-ill children in ChildLife ERs was **1.2%**, which is comparable with the best private hospital in Pakistan.

*ChildLife Foundation is a registered 501(c)3 organization. EIN No. 81-3687828.
Donations made to ChildLife America are tax exempt and zakat eligible.*



Scan to Donate

www.childlifefoundation.org



BAYTOWN HEALTH

WE PROVIDE THE BEST HEALTHCARE FOR YOU AND YOUR FAMILY

www.baytownhealthgroup.com



HAIDER AFZAL, M.D.

Fellow of American Board of Family Medicine.
Baytown, TX

About Us

Our goal is to give an expert up-to-date treatment in a professional environment. At all family clinics, in house lab services and ultrasounds can be provided. At the Baytown location we provide muscle therapy.

Our Services

- ✓ Primary & Preventive Medicine
- ✓ Intra articular Joint Injection with Fluoroscopy
- ✓ On Site Ultrasound
- ✓ Weight Management
- ✓ School / Work Physicals
- ✓ Clinical Research
- ✓ Allergy testing

BAYTOWN FAMILY CLINIC

1690 WEST BAKER ROAD,, SUITE B
BAYTOWN, TX 77521
TEL: 281-428-8203

EAST SIDE FAMILY CLINIC

15119 WALLISVILLE ROAD,
HOUSTON, TX 77049
TEL: 832-538-0243

APPNA SOUTH TEXAS CHAPTER ANNUAL REPORT 2024

Author: Riaz Ul Haque, M.D.



APPNA South Texas chapter is one of the largest and most vibrant chapters of APPNA and includes the greater Houston area. The South Texas chapter of APPNA has been busy organizing many different activities all year round.

APPNA STC House located in Baytown suburb of Houston was inaugurated in November 2023. It's being primarily used for boarding of the young physicians from Pakistan who are coming for attachments and observations. It has been a phenomenal success and we are hosting about twelve young physicians a month who are able to do their rotations in different specialties, thanks to our dedicated physicians. Dr Atif Akhtar is doing a phenomenal job along with APPNA YPC chair Dr Siddique Khurram in arranging their rotations and boarding.

A free health fair is arranged by APPNA STC every year. This year's health fair was held on Cinco Demayo and was a resounding success, thanks to the dedication and hard

work of our members and volunteers. Attendees had the opportunity to receive free health screenings besides consultations from the participating physicians from all fields. We are especially grateful to Masjid Al-Sabireen for letting us use their facility. We express sincere gratitude to Dr Shahid Hasnain and his team for a job well done.

APPNA STC also hosted the APPNA Fall 2024 meeting in Houston that was very well attended by physicians from all across the USA. The three day program included CME, health walk, Qawwali, musical night, dinner and various administrative meetings. It was the largest non-summer meeting in the history of APPNA. Special thanks to Dr Syed Arman Raza (chair of the Fall meeting) and his dedicated team who worked day and night to make it possible.

One of the highlights of the year 2024 was the first ever cruise from Houston to Cozumel (Mexico). We had fun navigating through the treacherous sea and conquering every wave that came our way. Together, we created a voyage filled with laughter, adventure, and unforgettable moments. We witnessed the pure joy on the faces of our little buccaneers as they enjoyed the never-ending activities on the cruise ship. In Cozumel, we sailed bhangra style, we dove into the crystal-clear waters for some exhilarating snorkeling. We





explored vibrant coral reefs, swam alongside stingray, and discovered the hidden wonders beneath the surface. We built sandcastles, went kayaking, water bike, and soaked up the warm rays while sipping on refreshing drinks. When the moon cast its gentle glow over the ship, we gathered around tables, shuffling decks of cards, and engaging in friendly competitions. As Pakistani cricket enthusiasts, we huddled 'round the big screen, cheering on our favorite Team Green. The energy in the room was contagious as we witnessed the intense battle on the pitch. Amongst the many blessings of our journey, we were fortunate to have the opportunity to pray namaz together. With hearts filled with gratitude, we stood shoulder to shoulder, bowing in unison, and seeking solace in the presence of the Divine. We also had four hours of CME. Credit goes to our very own Dr Naveed Saqib (president elect for 2025) who made all these arrangements with his dedicated team.

Every year APPNA STC organizes an outdoor cricket tournament and an indoor sports event. Our annual indoor sports event took place on August 4th 2024 and was a great success. It was attended by more than 100 participants (men and women). The indoor tournament included men's and women's table tennis, badminton and squash. The annual APPNA STC cricket tournament was

held in October 2024. We had great participation from all across the greater Houston area. We had eight men's teams and two women's teams who participated in this tournament. Our sincere appreciation goes to Dr Junaid Kamal and our sports committee for their dedication and hard work.

The annual Gala for APPNA STC is scheduled for November 16th 2024. It is one of the largest events in Houston where physicians and their families come together and celebrate as the year comes to an end. This year's highlights include morning CME, all day bazaar and live performances by Ahmad Jehanzeb, Saima Kashif and Ahmed Butt. We are looking forward to an amazing evening of celebration and recognition. Special thanks to our Gala chair Dr Ashar Ghorji, and co-chairs Dr Mirwat Sami, Dr Atif Akhtar, Dr Bilal Lodhi and the entire Gala committee for helping with all the arrangements.

Riaz Ul Haque, M.D.
 President APPNA South TX Chapter
 (Greater Houston area)

AMIR RASHEED, MD

HEMATOLOGY & MEDICAL ONCOLOGIST

Amir Rasheed, MD is a Board Certified Hematology & Medical Oncologist in Sugar Land, Baytown, Houston, TX. He is affiliated with medical facilities such as HCA Houston Healthcare Clear Lake and HCA Houston Healthcare Southeast. Houston Methodist Sugar Land Hospital, Methodist Baytown Hospital, Methodist West Hospital.



SUGAR LAND

17510 W Grand Pkwy S.
Ste. 460
Sugar Land, TX 77479
Tel: 713-239-2347
Fax: 832-767-5388

HOUSTON

1140 Westmount Dr.
Ste. 340
Houston, TX 77015
Tel: 713-239-2347
Fax: 832-767-5388

BAYTOWN

1610 West Baker Rd,
Ste. A
Baytown, TX 77521
Tel: 281-837-2288
Fax: 281-837-2252



Houston Rheumatology Center

Sabeen Najam, MD, PA



Houston Rheumatology Center is striving to create a pain free environment by evaluating and treating acute and chronic Rheumatologic Conditions. We are working hard to help educate patients in overcoming the discomforts and disabilities that might be created by these diseases.

Our Rheumatologist is board certified and is highly regarded for her knowledge, diagnosis and treatment of Rheumatoid related diseases in the Houston, TX area.

At Houston Rheumatology Center, we have specialized in the diagnosis and treatment of Rheumatologic conditions including:

Osteoarthritis, Osteoporosis, Rheumatoid Arthritis, Lupus, Gout, Arthritis, Back pain, Fibromyalgia, Bursitis, Scleroderma, Vasculitis, Sjorgen's Syndrome, Reactive Arthritis, Raynauds Phenomenon, Polymyalgia Rheumatica, Ankylosis Spondylitis, Bechet's Disease, Wegener's Granulomatosis, Uveitis, Carpel Tunnel Syndrome & others.

OUR SERVICES

- Ultrasound Guided Joint Injections
- Extremity MRI
- In Office Infusion Therapy
- Clinical Trials

Baytown Office

3800 Emmett Hutto Blvd.
Baytown, TX 77521

Tel: 281-422-7179
Fax: 281-422-7177

Sugar Land Office

17510 W. Grand Parkway - Suite 460
Sugar Land, TX 77479

Tel: 281-422-7179
Fax: 281-422-7177



DIRECTORY LISTING

GREATER HOUSTON PHYSICIANS DIRECTORY

BY APPNA STC



- Internal Medicine
- Family Medicine
- Pediatrics
- Geriatric and Palliative
- Clinical Research
- Surgery
- Anesthesiology
- Obstetrics/Gynecology
- Pain Management
- Podiatry
- Interventional Radiology
- Emergency Medicine
- Hyperbaric Medicine



- Cardiology
- Endocrinology
- Gastroenterology
- Infectious Diseases
- Hematology/Oncology
- Nephrology
- Pulmonary/Critical Care
- Rheumatology
- Sleep Medicine
- Dentistry
- Dermatology
- Ophthalmology
- Neurology
- Psychiatry
- Pathology
- Hospitalist





INQUEST CLINICAL RESEARCH

professionals with a vast range of
experience & expertise

www.inquestclinicalresearch.org



INTRODUCING INNOVATIVE MEDICINES



Dr. Mahmood Mehkri
C.E.O



Dr. Naheed Mehkri
Research Director

What Inquest Clinical Research, LLC Offer To Its Participating Physicians And Their Patients

We enable the physicians to increase revenue without significantly increasing their office staff workload.

We give physicians the opportunity to introduce new therapies to their patients, establishing the physicians as a leader in diagnosis and treatment.

We provide full indemnification to the physician and the practice thus taking away the risk associated with doing clinical research.

HOUSTON:
2656 S Loop W. Suite 560, Houston, TX 77054,

BAYTOWN:
1690 W Baker Rd, Suit B, Baytown, TX 77521

HOUSTON: (346) 218-0363

BAYTOWN: (832) 641-8718

INTERNAL MEDICINE

▶ AHMED K. QADRI

Internist Associates of Texas
22999 Hwy 59, Ste. 218,
Kingwood, TX 77339
(281) 361-4600

▶ ALI AKBAR BHURIWALA

Hospital Docs PA
504 Medical Center Blvd., Ste. 300,
Conroe, TX 77304
(936) 588-6300

▶ AMER ZAHEER

Main Medical Plaza
10019 south Main St, Ste. A-1,
Houston, TX 77025
(888) 712-8804

▶ ASLAM LOYA

Coastal Medical Group
11920 Astoria Blvd, Ste. 110,
Houston, TX 77089
(281) 464-8484 (281) 464-8432
thecoastalmedicalgroup.com

▶ AZAM KUNDI

Kelsey-Seybold Clinic
2727 W Holcombe Blvd,
Houston, TX 77025
(713) 442-0000
www.kelsey-seybold.com
azam.kundi@kelsey-seybold.com

▶ BAZGHA KHALID

Kelsey Seybold Clinic
25553 Highway 59,
Porter, TX 77365
(713) 442-2100

▶ BEENISH SIDDIQUI

Hospitalist at Memorial
Hermann
921 Gessner Rd,
Houston, TX 77024
(713) 242-3000

▶ FAIZA TAHIR

Sim Care, PLLC
2225 Williams Trace Boulevard,
Ste. 110, Sugar Land, TX 77478
(281) 491-1911

▶ FEHMIDA VEJLANI

Center for Pulmonary and Seep
721 James St, Tomball, TX 77375
(281) 351-5100 (281) 351-5630

▶ FEROZE HUSSAIN

North Houston Hospitalist
St Lukes Hospital, Woodlands
17198 St Lukes Way, Conroe, TX 77384
(832) 551-7786

▶ HIBAH AIJAZ

23900 Katy Fwy.,
Katy, TX 77494
(516) 653-1405

▶ HUMERA NAQVI

Medical office of Katy
23960 Katy Fwy ste 320,
Katy, TX 77494
(281) 599-9979 (281) 599-3540
Info@medicalofficeofkaty.com

▶ IMRAN SIDDIQI

4632 E. Nasa Pkwy,
Seabrook, TX 77586
(281) 326-5525 (281) 326-2950

▶ IMRAN NATHANI

Family Diagnostic Clinic
27721 Tomball Pkwy, Ste. 200,
Tomball, TX 77375
(281) 351-6800
familydiagnosticclinic.com

▶ JAWEED AKHTER

Steward Medical Group
3570 Merrick Lane,
Beaumont, TX 77701
(409) 833-9797

▶ KAMRAN KHAN

Primecare MDs
Urgentcare MDs
2655 West Baker RD,
Baytown, TX 77521
(281) 425-9205 (281) 628-7438
UrgentcareMDs.com
Khan@urgentcaremds.com

▶ LUBNA KHAWAJA

Internal Medicine/ Hospitalist
Baylor College of Medicine
One Baylor Plaza,
Houston, TX 77030
(713) 873-3560
Lkhawajamd@gmail.com

▶ MUHAMMAD IRFAN

Family Diagnostic Clinic
27721 Tomball Parkway, Ste. #200,
Tomball, TX 77375
(281) 351-6800
familydiagnosticclinic.com

▶ MUNIR LOYA

Coastal Medical Group
150 E Medical Center Blvd, D,
Webster, TX 77598
(281) 990-9979
thecoastalmedicalgroup.com

▶ NADIA ABBASI

Sim Care
2225 Williams Trace Blvd, Ste.
110, Sugar Land, TX 77478
(281) 491-1911 | (281) 491-1912
Simcarepllc.com

▶ NADIA ABBASI

Premier Internal Medicine
Associates of Houston
1331 West Grand Pkwy North,
Ste. 345, Katy, TX 77493
(281) 398-8044

▶ NAUEEN SAFDAR

EHE Health Houston
5555 San Felipe Road, Ste. 800,
Houston, TX 77056
(713) 622-9900
www.ehe.health

▶ PERNIA LATIF

Connect Primary Care
6300 W Loop S, Ste. #300,
Bellaire, TX 77401
(713) 568-3348 (713) 357-5493
Connectprimarycare.org
pernia@connectprimarycare.org

▶ RASHID KHAN

Al-Noor Medical Care
134 Eldridge Rd,
Sugar Land, TX 77478
(832) 992-6465 (832) 565-7971
Alnoormedicare1@gmail.com

▶ SABA AHMED

Memorial Hermann Hospital
Sugarland
17500 W Grand Pkwy S,
Sugarland, TX 77479
(281) 725-5026

▶ SAMIRA KHAN

LifeCare Primary Medical
Associates PLLC
633 E Fernhurst drive,
Katy, TX 77450
(281) 712-7757 (281) 712-7758
Lifecareprimarymedical.com
Lifecareprimary1@gmail.com

▶ SARWAT MAKKANI

Internal Medicine
Katy-Fulshear Internal
Medicine
23410 Grand Reserve Dr,
Ste 605, Katy, TX 77494
(346) 500-5342 (346) 500-5335

▶ SEHRISH KAMAL

Hospitalist Memorial Hermann
23900 Katy, Fwy, TX 77494
(419) 973-5860

▶ SHAMOON AHMED

4632 E. Nasa Pkwy,
Seabrook, TX 77586
(281) 326-5525 (281) 326-2950

▶ SHAZIA SHEIKH

Crescent Clinic
23211 Red River Dr.,
Katy, TX 77494
(832) 437-2427 (281) 396-4798
Crescentclinic.us
Crescent.clinic.us@gmail.com

▶ SIDRA YOUNUS

Encompass Rehab Hospital
Pearland/ Methodist
(713) 561-3392
syounus@houstonmethodist.org

▶ SYED RAZA

22999 US Hwy 59 N,
Kingwood, TX 77339
(281) 348-8832

▶ SYED ABRAR

Fulshear Medical Associates
19255 Park Row Dr., Ste. 105,
Houston, TX 77084
(346) 200-7388 (832) 321-3516

▶ SYED A. GARDEZI

Greatwood Primary &
Preventive Care
1628 B Crab River Road,
Richmond, Texas 77469
(281) 545-8090 (281) 343-9890

▶ SYED ALI MADNI

Medical Colleagues of Texas
21700 Kingsland Blvd, Ste. 201,
Katy, TX 77450
(281) 398-7954

▶ SYED IMTIAZ ANWAR

Southeast Texas Medical
Associates
3570 college St,
Beaumont, TX 77701
(409) 833-9797 (409) 654-6803
Syed.Anwar@steward.org

▶ SYED MOID ZAIDI

Southwest Health Associates, P.A
1229 Creek Way Drive, Ste. 101,
Sugar Land, TX 77478
(281) 980-2100
www.swhapa.com

▶ ZAHIDA SIDDIQI

VA

Primary Care

Internal Medicine

Corporate Care

Weight Loss Support

Covid Vaccination

PCR COVID Test

Dr. Samira Khan



Lifecare Primary Medical Associates

Internal Medicine and Adult Primary Care Practice in Richmond, TX for Chronic Disease Management, Women's & Wellness Care.

- DIAGNOSIS, TREATMENT, AND PREVENTION OF DISEASES AT KATY & RICHMOND, TX
- GENERAL AND VASCULAR ULTRASOUND
- PAIN INJECTIONS
- JOINT INJECTIONS
- ALLERGY TESTING
- USCIS IMMIGRATION
- CIVIL SURGEON

**7103 South Peek Road, Suite 520,
Richmond, TX 77407
281-712-7757**

www.lifecareprimarymedical.com

SHARIQ J RAUF, MD
BAYOU CITY INFECTIOUS DISEASE
shariqraufmd.com

**BOARD CERTIFIED INFECTIOUS DISEASE SPECIALIST
CLINICAL ASSISTANT PROFESSOR OF MEDICINE
SAM HOUSTON STATE COLLEGE OF OSTEOPATHIC
MEDICINE CONROE, TX**

DR RAUF BRINGS OVER 30 YEARS EXPERTISE IN TREATING COMPLEX INFECTIONS, INCLUDING THOSE THAT LEAD TO SEPSIS AND HOSPITALIZATION. WITH ACCESS TO CUTTING-EDGE RESOURCES AND ADVANCED MEDICAL KNOWLEDGE, HE PROVIDES EXCEPTIONAL CARE AT HOUSTON'S PREMIER HOSPITALS, INCLUDING HOUSTON METHODIST WEST, THE WOMEN'S HOSPITAL OF TEXAS, HCA SOUTHEAST, AND CLEAR LAKE REGIONAL MEDICAL CENTER.

DR RAUF ALSO PROVIDES COMPREHENSIVE CLINIC CARE FOR (BUT NOT LIMITED TO) HIV/AIDS, HEPATITIS C, MRSA AND OTHER ANTIBIOTIC RESISTANT INFECTIONS, FEVER IN RETURNING TRAVELERS, TUBERCULOSIS SCREENING AND TREATMENT, DIABETIC FOOT INFECTIONS, OSTEOMYELITIS, WOUND CARE, AND OUTPATIENT INTRAVENOUS ANTIBIOTIC INFUSIONS.



BEAUMONT

2955 HARRISON ST
SUITE 204
BEAUMONT TX 77702

BAYTOWN

1602 W BAKER RD
SUITE A
BAYTOWN TX 77521

KATY

1311 W SAM HOUSTON PARKWAY N
SUITE 100
HOUSTON TX 77043

APPOINTMENTS

**(O) 832-219-3385
(F) 832-219-3374**

FAMILY MEDICINE

▶ ABDUL WAHEED

Family Medicine/Urgent Care
Awaam Urgent Care Clinic
6108 Gulfport Rd.,
Houston, TX 77081
(832) 491-1506 (832) 481-1508
awam22@outlook.com

▶ AFSHAN KHAN

Village MD
4005 Barker Cypress Rd.
Houston, TX 77084
(713) 461-2915 (713) 242-1856

▶ AMBER ZULFIQAR

Steward Primary Care
1315 St Joseph pkwy. # 806.
Houston, TX 77002
(713) 756-4780
amzulf@ yahoo.com

▶ AMNA WAQAR

Baylor College of Medicine
Houston, TX 77012
(713) 495-3760
dramnalodhi@gmail.com

▶ ASAF QADEER

Q Family Care, MD
17070 Red Oak Drive Ste. 402,
Houston, TX 77090
(713) 692-6191 (713) 692-6922
www.asafqadeer.com
Drasaf@aol.com

▶ AZIZA HASAN

4418 Green Tee Dr.,
Baytown, TX 77521
Aziza.q@gmail.com

▶ GHAZAL ZAFAR

11800 Astoria Blvd.,
Houston, TX
(832) 266-8006
ghazal.b@gmail.com

▶ HAIDER AFZAL

Baytown Family Clinic
1690 West Baker Rd., Ste. B,
Baytown, TX 77521
(281) 428-8203
hafzal@baytownhealthgroup.com

▶ HAMMAD A QURESH

Creekside Family Practice
14502 Spring Cypress Rd.,
Ste. 500, Cypress, TX 77429
(832) 662-6290

▶ JAVERIA FAROOQUI

Willow Brook Medical Center
18310 Tomball Parkway, Ste. 200,
Houston, TX 77070
(832) 698-4377
willowbrookmedical.com
dr.jfarooqui@gmail.com

▶ KHALID M. CHAUDHARY

DOCTOR'S CLINIC
1217 1St,
Rosenberg, TX 77471
(281) 342-8761

▶ LUBNA CHAUDHRY

Houston Methodist
League City Clinic
2220 E League City Pkwy,
Ste. 200, League City, TX 77573
(281) 523-3110
www.houstonmethodist.org

▶ NIHAL SIDDIQUI

Preventa Family Clinic
15200 SW FRWY,
Ste. 285,
Sugarland, TX 77478
(281) 634-7800

▶ NOUREEN ZOHRA

A-Z Primary Care and
Walk-in Clinic
5037 Farm to Market 2920 B,
Spring, TX 77388
(281) 801-4286
www.azprimaryclinic.com

▶ RIAZ UL HAQUE

Pearland Healthcare Center
2404 Smith Ranch Rd Ste. 200,
Pearland, TX 77584
(713) 436-4333
PearlandHealthCare.com

▶ SHAHINA ALI

Baytown family practice
1618 W Baker Rd, Ste. B,
Baytown, TX 77521
(281) 837-0846
(281) 837-6186

▶ SHAZA KHAN

Village Medical
Memorial Hermann
(281) 255-3838

▶ SHAZIA AMINA

Squatty Lyons Health Center
1712 First St, Humble, TX 77338
(281) 446-4139 (281) 446-4860

▶ TANVEER KHAN

Preventa Family Clinic
15200 SW FRWY, Ste. 285,
Sugarland, TX 77478
(281) 634-7800

▶ TARIQ MANSOOR

University of Texas Health
Science Center
1602 Garth Road, Baytown, TX 77520
(281) 837-2700

▶ TEHMINA SAMI

Sugarland Physicians Family
Medicine
13440 university Blvd. Ste. 180,
Sugarland, TX 77479
(281) 994-7911 (281) 994-7921

▶ TEHMINA ASIF KHAN

Partners in Primary Care/
Hiram Clarke
4435 W Fugua St, Houston, TX 77045
(713) 848-1910

▶ WAJIHA QAMAR

Family Medicine/Wound Care Gulf
Coast Primary Care, PLLc
11914 Astoria Blvd, Ste. 550,
Houston, TX 77089
(281) 506-8884 (832) 770-9039
drqamar@gcprimarycare.com

▶ ZEBA BARLAS

Fuqua Medical Center
4407 W. Fuqua,
Houston, TX 77045
(713) 433-2500

▶ ZEESHAN IQBAL SHAIKH

Southwest Urgent Care and
Family Practice
5900 Chimney Rock Rd Ste. X,
Houston, TX 77081
(713) 640-5754
Swurgentcare@hotmail.com

PEDIATRICS

▶ ABDUL HASEEB

Children's Specialty Care Clinic
18602 FM 1488, Ste 700.
Magnolia, TX 77355
(281) 252-0013 (281) 252-4644
Pediatricclinic.com
ahaseeb3457@yahoo.com

▶ ABDUL QADIR HASEEB

Pediatrics and Allergy/Immunology
Children's Specialty Care Clinic
18602 FM 1488, #700,
Magnolia, TX 77354
(936) 931-3448 (281) 252-0013

▶ ALIA Z. HUSSAIN

Creekside Kids Pediatrics
25420 Kuykendahl Rd., Ste. A 300,
Tomball, TX 77375
(832) 639-8920
info@creeksidekidspediatrics.com

▶ ALIYA AHMED

Sugar Land Pediatric Clinic
13440 University Blvd. Ste. 150,
Sugar Land, TX 77479
(281) 207-9191 (281) 207-9533
Sugarlandpediatricclinic.com

▶ ASMA RAZAVI

Pediatric Critical Care Medicine
Texas Children's Hospital
6651 Main St, Houston, TX 77030
(832) 826-6359

▶ ASMA SIDDIQUI

Kelsey-Seybold Clinic
106 Vision Park Blvd,
Shenandoah, TX 77384
(713) 442-1800 (713) 442-1816
nihalasma@sbcglobal.net

▶ HUMA SHAIKH

Pediatric Emergency Medicine
Texas Children's Hospital - West
Campus Woodlands Medical Center
(832) 824-5497

▶ KOKAB SAEED

Community Health Network
2360 Gulf Freeway,
League City, TX 77573
(281) 245-7348
Kokabsaeedmd@yahoo.com

▶ M. YOUSUF HASAN

Pediatric Intensive Care
The Women's Hospital of Texas
7600 Fannin St.,
Houston, TX 77054
(713) 363-5593

▶ MAHMOOD KHICHI

Pediatric Critical Care Medicine
Peds Intensivists of America
5214 Chamblers Court,
Houston, TX 77069
(405) 226-5015
www.pedsintensivists.com

▶ NAILA SOORTY

Spring Branch Community
Health Center
15555 Kurkundahl Road
(281) 885-4630

▶ SABINA KHAN

Pediatric Anesthesiology
Children's Memorial Hermann
Hospital/UT Houston
6411, Fannin St, Houston, 77030
(832) 784-3228
sabina.ali.khan@gmail.com



SINCE 1985
WE KNOW
TEXANS
BY HEART.



Texas Cardiology Associates is committed to clinical excellence and offers state-of-the art, comprehensive cardiovascular care in our North Houston locations. Led by a team of renowned experts, our practice offers complete cardiology and vascular care with the goal of helping our patients work towards improved health and quality of life.



DR. IRA H. LIEBER

M.D., F.A.C.C



DR. SHAKEEL UDDIN

M.D., F.A.C.C



DR. SYED A. RAZA

M.D., F.A.C.C, F.S.C.A.I.



**DR. XIANFENG
(GREG) WEN**

M.D., F.A.C.C



**DR. ROBERT L.
SALAZAR**

M.D., F.A.C.C



**DR. MOHAMED FAHER
ALMAHMOUD**

M.D., F.A.C.C



DR. MARLOE PRINCE

F.S.C.A.I., F.A.C.C., M.D.



**DR. WILLIE E.
ROBINSON III**

F.S.C.A.I., F.A.C.C., M.D.



**DR. OKECHUKWU
MGBEMENA**

M.D., R.P.V.I.



DR. AHMAD KHAN

M.D.

WWW.TCAHOUSTON.COM || 281.358.1950

@TCA.HOUSTON

FACEBOOK.COM/TEXASCARDIOLOGYASSOCIATESOFHOUSTON



KATY DIGESTIVE CENTER



Murtaza Arif, MD



Dr. ARIF was selected as the **TOP DOCTOR** for Gastroenterology in 2020 and 2021 by **HOUSTONIA!**

REQUEST APPOINTMENT

832-437-8619

410 W. Grand Pkwy. S, Suite 4B, Katy, TX 77494
Fax: 832-437-2958



Abdominal Pain



Blood in Stool



Irritable bowel syndrome



Colonoscopy



Constipation



Diarrhea



Endoscopy



GERD (Gastroesophageal Reflux Disease)



Katy Digestive Center
Murtaza Arif, MD



832-437-8619

www.katydigestivecenter.com

ASAD ABBAS, MD



HOUSTON
OPHTHALMOLOGY
ASSOCIATES

**Ophthalmologist
Cornea & External Diseases Specialist
Laser Vision Correction**

Dr. Asad Abbas, Houston Ophthalmology Associates,
Sugar Land and Bay Town, TX

Dr. Asad Abbas is a Board Certified Ophthalmologist with a Medical Degree from Aga Khan University. He attended and graduated from medical school in 1989, having over 29 years of diverse experience especially in Ophthalmology. He completed his Residency in Ophthalmology and General Surgery at Brookdale Hospital Medical Center and his Fellowship in Cornea External Diseases at Tulane University Medical Center. He is affiliated with many hospitals including San Jacinto Methodist Hospital, Memorial Hermann Northwest Hospital. Dr. Asad S Abbas also cooperates with other doctors and physicians in medical groups including Methodist Sugar Land.

Sugar Land:

6909 Brisbane Court, Suite 400, Sugar Land, TX 77479

Phone: (281) 552-8900

Baytown

1618 W Baker Rd a, Baytown, TX 77521

Phone: (281) 420-3937



Your Vision is
our Focus

www.txeyesurgery.com



**Family dental care
is the cornerstone of
our dental practice**



Dr. Mussadiq Iftikhar

Dr. Zameer Ali Khan

Our Services:

- General Dentistry
- Kid's Dentistry
- Sedation Dentistry
- Dental Implants
- Wisdom Teeth Extraction
- Invisalign

☎ 832.924.2666
✉ info@sairdentalgroup.com
📍 8410 Fondren Road, Houston, TX 77074
🌐 www.sairdentalgroup.com



Irfan Jawed, M.D
Hematology / Oncology Specialist

Dr. Irfan Jawed specializes in the use of novel molecular tools and targeted therapies to treat patients with cancer.

Dr. Jawed trained and practiced at the Georgetown University Hospital, National Naval Medical System and National Institute of Health where he served as a "Chief fellow" in the Medical Oncology fellowship program. In addition, Dr. Jawed is trained at Memorial Sloan-Kettering Cancer Center and Weill Cornell University Hospital where he completed fellowship training in Pain medicine and Palliative/Hospice care. He was part of the teaching faculty at University of Washington School of Medicine and now serves as a co-director of National Institute of Medical Research. He is presently serving as an Assistant Professor at University of Texas, Medical Branch.

Services

Oncology Conditons

- ✔ Lung Cancers
- ✔ Breast Cancers
- ✔ Colon Cancers
- ✔ Prostate & Kidney Cancers
- ✔ Gastric & Esophageal Cancers
- ✔ Uterus & Ovarian Cancers
- ✔ Skin Cancers
- ✔ Neuro-endocrine Cancers

Hematology Conditons

- ✔ Bleeding & Clotting Disorders
- ✔ Deep Vein Thrombosis & Pulmonary Embolism
- ✔ Iron Defenciency Anemia
- ✔ Pregnancy Related Anemia
- ✔ Rare Hematologic Disorders
- ✔ Sickle Cell Anemia

Other Serivces

- ✔ Access to Clinical Trials
- ✔ Bone Marrow Biopsy
- ✔ Cancer Related Pain Management
- ✔ Genetic Testing
- ✔ Infusion Center
- ✔ Palliative & Hospice Care



☎ **832-879-2942**

📞 **832-962-4937**



HCTC-HOUSTON

13310 Beamer Rd Suite B
Houston, Tx. 77089

HCTC-PASADENA

4102 Woodlawn Ave Suite 160
Pasadena, Tx. 77504

HCTC-PEARDLAND

10905 Memorial Hermann Dr Suite
211 Pearland, Tx. 77584

▶ SAHAR SIDDIQUI

Pediatric Nephrology
Texas Children's Hospital
1102 Bates Ave., Houston, TX 77030
(832) 824-3800

▶ SHAHID RAFIQ

Best Care Pediatrics Beaumont PLLC
87 Interstate 10 N., STE 127,
Beaumont, TX 77707
(409) 860-8181 (409) 860-8184

▶ SHAHID HASNAIN

Gentle Pediatrics, PLLC
22001 Southwest Freeway, Ste. 115,
Richmond, TX 77469
(832) 222-5437
www.gentlepediatrics.com

▶ TAJ M.KHAN

Pediatric Medicine and Critical
Care Peds Intensivists and
Teledoc4kids
6623 FM 1960, Ste. 302,
Houston, TX 77069
(832) 888-8990
Pedsintensivists.com

**GERIATRIC AND
PALLIATIVE****▶ NASIYA AHMED**

Village Physicians
9090 Gaylord Dr, Ste 200,
Houston, TX 77024
(832) 930-7877 (832) 408-8575
villagephysicians.com
villagephysicians@gmail.com

**CLINICAL
RESEARCH****▶ AIJAZ HUSSAIN**

Spring Clinical Research
2000 Crawford St., Ste 1125,
Houston, TX 77003
(281) 888-5564 (281) 888-5574

▶ FAISAL H. CHEEMA

University of Houston College
of Medicine
1313 Hermann Dr.,
South Tower, Ste. 436,
Houston, TX 77004
(917) 499-5115

▶ GHOUS WAHAB KHAN

Clinical Research and Quality
Assurance Consultant
2738 Eldridge Park Way,
Sugar Land, TX 77498
(832) 512-0270

▶ MAHMOOD MEHKRI

Inquest clinical Research
2656 S Loop W, Ste. 560
Houston, TX 77054
(832) 606-2053 (201) 246-6648
Inquestclinicalresearch.org
Inquestclinical@gmail.com

▶ NAHEED MEHKRI

Inquest clinical Research
1690 W Baker Road, Ste. B,
Baytown, TX 77521
(832) 606-2053 (201) 246-6648
Inquestclinicalresearch.org
Inquestclinical@gmail.com

▶ NAWAB BALOCH

Clinical Trial Network LLC
(832) 640-8001
nawabfarooqbaloch@gmail.com

▶ NAJMA AIJAZ

Baylor College of Medicine.

CARDIOLOGY**▶ ADNAN KHALID**

410 W Grand Pkwy S, Suite 4D
Katy, TX 77494
(713) 258-6111
(346) 387-6084

▶ AFAQ MOTIWALA

Interventional Cardiology-UTMB
301 University Blvd, JSA 5.106,
Galveston, TX 77555
(409) 772-1533 (409) 772-4982
afaqmotiwala@gmail.com

▶ AMIN H KARIM

Main Heart Clinic
10021 S. Main St. Ste B-1,
Houston, TX 77025
(713) 797-6000 (713) 797-9090
www.mainheartclinic.com
globelinker@gmail.com

▶ AHMAD ADNAN ASLAM

Northwest Houston Heart Center
308 Holderrieth Blvd.
Tomball, TX 77375
(281) 351-4911 (281) 351-4915
Houstonheartcenter.com
houstonheartcenter@yahoo.com

▶ AHMED ANSARI

Interventional Cardiology
Memorial Hermann Medical Group
7737 Southwest Fwy, Ste 700,
Houston, TX 77074
(713) 272-1600
(713) 272-1615
ahmed.s.ansari@gmail.com

▶ AMIR AZEEM

Cardiac Electrophysiology
Specialists, PA
19002 Park Row Drive, Ste 105,
Houston, TX 77084
(713) 489-2045
CardiacRhythmTx.com

▶ ANWAR AHMAD

East Texas Cardiology
2000 Crawford St., Ste 1403,
Houston, TX 77002
(713) 651-1787 (281) 325-1005

▶ FAISAL ARAIN

Heart Care Center of
Northwest Houston
13325 Hargrave Road, Ste 150,
Houston, TX 77070
(281) 955-7863

▶ HUMAYUN MIRZA

18300 Katy Fwy, Ste 275,
Houston, TX 77094
(713) 464-7040

▶ JASMINE R KHAN

The Woodlands Heart and
Vascular Center
128 Vision Park Blvd, Ste 145,
Shenandoah, TX 77384
(281) 606-5355
info@twhvc.com www.twhvc.com

▶ KAMRAN SHERWANI

Heart Care Center of
Northwest Houston
13325 Hargrave Road, Ste 150,
Houston, TX 77070
(281) 955-7863

▶ MAHWASH KASSI

Advanced Heart Failure and
Transplant - Methodist Debaquey
Cardiovascular Associates
Houston Methodist Hospital
6550 Fannin St STE 1901,
Houston, TX 77030
(713) 441-1100
kassi.mahwash@gmail.com

▶ MOHAMMED AMIRUL ISLAM

Gulf Coast Cardiology Group PLLC
3921 Twin City Hwy,
Port Arthur, TX 77642
(409) 963-0000

▶ MUKARRAM BAIG

Heart Care Center of
Northwest Houston
13325 Hargrave Road, Ste 150,
Houston, TX 77070
(281) 955-7863

▶ REEHAN SHAHZAD

Acclaimed Heart and
Vascular Center
929 Graham Drive, Ste B,
Tomball, TX 77375
(281) 290-0222 (281) 290-0233
Care4heart.com
welcome@care4heart.com

▶ SHAKEEL UDDIN

Texas Cardiology Associates
of Houston
2627 Chestnut Ridge Rd.,
Kingwood, TX 77339
(281) 358-1950 (281) 358-1953
www.tcahouston.com

▶ SHEHZAD SAMI

Houston Cardiovascular Institute
6051 Garth Road, Ste 300
Baytown, TX 77521
(281) 839-7949

▶ SYED ARMAN RAZA

Texas Cardiology Associates
of Houston
2627 Chestnut Ridge Road,
Kingwood, TX 77339
(281) 358-1950 (281) 358-1923
www.tcahouston.com

▶ WAQAR KHAN

Lone Star Heart and
Vascular center
400 Holderrieth Blvd, Ste 104,
Tomball, TX 77375
(281) 766-8800
www.lonestarcardiology.com

▶ YASIR AKRAM

Epic Heart and Vascular Center
17070 Red Oak Dr., Ste 405,
Houston, TX 77090
(832) 432-1951 (832) 626-7010

▶ M. USMAN KHAN

Epic Heart & Vascular Center
17070 Red Oak Dr. STE 405.
Houston, TX 77090
(832) 432-1951 (832) 626-7010
www.epicheartandvascular.com

▶ SAAD HUSSAIN

Texas Heart Clinic
1602 W Baker Rd.
Baytown, TX 77521
(281) 428-4024
saadbazmihussain@gmail.com

▶ HASSAN KAMRAN

Texas Cardiology Associates
2627 Chestnut Ridge Dr.
Ste 100, Kingwood, TX 77339
(281) 358-1950 (281) 358-1923



YOUR TRUSTED PRIMARY CARE & INFECTIOUS DISEASE SPECIALIST

Our clinic's services span a variety of treatments including adult medicine, women's health, pediatrics, men's health, mental health, and preventive health care.

2225 Williams Trace Blvd,
Sugar Land, TX 77478, USA

Tel: (281) 491 1911



Dr. Nadia H. Abbasi



Dr. Faiza Tahir

www.simcarepllc.com



6051 Garth Rd, Ste 1100
Baytown, Tx, 77521
Office: (832) 400-9249
Fax: (713) 583-0994

OUR TEAM WORKS TO PROVIDE COMPREHENSIVE CARE AS AN OUTPATIENT INFUSION CENTER. WE SPECIALIZES IN TREATMENT AND MANAGEMENT OF ACUTE AND CHRONIC BACTERIAL, VIRAL, FUNGAL AND PARASITIC INFECTIONS

CONVENIENT HEALTH CARE CLINIC SERVICES

- I HOME INFUSIONS
- I INJECTIONS
- I OFFICE INFUSIONS
- I INFECTIOUS DISEASE CONSULTS
- I STD/HIV MANAGEMENT
- I LINE MANAGEMENT

REFERRAL@TAMCAREINFUSION.ORG
LIAISON: (713) 903-0362



SCAN ME

- ON-SITE LAB
- 24 HOUR NURSE LINE
- OPEN 7 DAYS A WEEK
- INFUSION SUITE

▶ MAHBOOB ALAM

Baylor College of Medicine /
Baylor Heart Clinic
7200 Cambridge St., Suite 6A,
Houston, TX 77030
(713) 798-2545
www.bcm.edu
Mahboob.Alam@bcm.edu

▶ RASHID SIDDIQI

Texas Heart Clinic
1602 W Baker Rd., Suite A,
Baytown, TX 77521
(281) 428-4024 (281) 428-4026
Siddiqimdpa@gmail.com

▶ SALMAN ARAIN

University of Texas
HSC Houston
6431 Fannin Street, MSB
1.246, Houston, TX 77030
(713) 500-6559 (713) 500-6560
salman.a.arain@uth.tmc.edu

ENDOCRINOLOGY**▶ AMIR HASSAN**

11914 Astoria Blvd., Ste 330
Houston, TX 77089
(281) 922-4000

▶ FARHEEN DOJKI

Endocrine and Psychiatry Center
21308 Provincial Boulevard,
Katy, TX 77450
(832) 593-8100 (281) 206-8206

▶ SARA AHMAD

Houston Methodist Academic
Medicine Associates
6550 Fannin St., Smith Tower,
Ste 1101,
Houston, TX 77030
(713) 441-4451 (713) 790-6617
Smahmad@houstonmethodist.org

▶ SHAHID MUHAMMAD

Endocrinology, Diabetes and
Metabolism
10701 Vintage Preserve Pkwy,
Houston, TX 77070
(713) 442-1483 (713) 442-1556
Kelsey-SeyboldClinic.com

▶ SHAHID MUHAMMAD

13105 Wortham Center Drive,
Houston, TX 77065
(713) 442-4000

▶ SYED KHURRAM SHAHID

Wellspire Medical Group
1702 FM 1960 Bypass Rd. East
Humble, TX 77338
(281) 446-7173
www.wellspire.net

GASTROENTEROLOGY**▶ ALI HASHMI**

Gastroenterology Diagnostic
Center
421 School St.,
Ste 110,
Tomball, TX 77375
2813571977 2813571057
www.gicentertexas.com

▶ ANAM OMER

Houston Methodist
Gastroenterology Associates
16651 Southwest Fwy.,
Ste 250
Sugar Land, TX 77479
(281) 276-1960

▶ ATIF SHAHZAD

26103 I-45 Ste 100,
Woodlands, TX 77380
(281) 764-9500 (281) 764-9501
www.Shahzadmd.com

▶ AVAIS CHATHA

Gastroenterology Diagnostic
Center
421 School St. Ste 110,
Tomball, TX 77375
(281) 357-1977 (281) 357-1057
www.gicentertexas.com
chatha.avais@gmail.com

▶ MURTAZA ARIF

Katy Digestive Center
1331 W. Grand Parkway N.,
Ste 350
Katy, TX 77493
(832) 437-8619
katydigestivecenter.com

▶ RASHID KHAN

Houston Methodist
4301 Garth Rd Ste 200,
Baytown, TX 77521
(281) 422-7970

▶ SHAHID ALI

Gastroenterology
Consultants PA
4211 Fairmont Pkwy
Pasadena, TX 77504
(281) 481-9400
gastroconsultants.com

▶ UMAIR SIDDIQUI

HCA Houston Healthcare
2404 Smith Ranch Road #200
Pearland, TX 77584
(979) 292-0033

INFECTIOUS DISEASE**▶ FAIZA TAHIR**

13902 Osprey Court,
Webster, TX 77598
(832) 831-9877
www.drfaizatahir.com

▶ FATIMA ADHI

Infectious Disease, Critical
Care Medicine Baylor St.
Luke's Medical Center
1101 Bates Avenue,
Houston, TX 77030
(832) 355-1000

▶ M. FARHAN KHAN

11914 Astoria Blvd, Ste. 480,
Houston, TX
(832) 554-1005

▶ M. OMER KHAN

19701 Kingwood Drive,
Kingwood, TX 77339
(281) 609-4011

▶ MADIHA ASHRAF

Houston Methodist Hospital TMC
6550 Fannin St. ste1001
Houston, TX 77025
(713) 441-6360

▶ MUHAMMAD FARHAN KHAN

Southeast Infectious Disease
Consultants
11914 Astoria Blvd, Ste. 125,
Houston, TX 77089
(832) 554-1005 (832) 742-0455

▶ SHARIQ RAUF

Southeast Texas Infectious
Diseases
2955 Harrison St., Beaumont, TX
(866) 217-7855 (832) 372-7858

▶ SHARIQ RAUF

1602 W Baker Rd,
Baytown, TX 77521
(281) 428-4024 (281) 428-4026

HEMATOLOGY ONCOLOGY**▶ AMIR A. RASHEED**

1610 West Baker Lane,
Baytown, TX 77521
(281) 837-2288

▶ BUSHRA CHEEMA

Advance Oncology PA
800 Bonaventure Way, Ste. 143
Sugar Land, TX 77479
(281) 201-2355 (281) 201-2356
info@advanceoncology.com

▶ HENNA MALIK

Texas Oncology Willowbrook
Cypress- Houston
13215 Dotson Road Ste. 300
Houston, TX 77070
(281) 894-8822
www.texasoncology.com
Henna.malik@usoncology.com

▶ IRFAN JAWED

Best Cancer Care & Hematology
13310 Beamer Road, Ste. B,
Houston, TX 77089
(832) 879-2942 (832) 962-4937
Bestcancercare.org
bestcancercare@gmail.com

▶ MUDASSAR KHAN

Clinical Research. ICON plc
Deleon Fields Dr. Spring, TX 77386
(832) 385-5742

▶ SAMIR MAZHARUDDIN

Texas Oncology-Kingwood
18955 W. Memorial Drive, Ste. 530
Humble, TX 77338
(281) 296-0365

▶ SHAGUFTA NAQVI

Premier Oncology Consultants
18400 Katy Freeway, Ste. 320
Houston, TX 77094
(281) 556-6622 (281) 647-7766
Premieroncology.com

▶ SHAHAB A. KHAN

North Houston Medicine Tumor
& Blood Clinic
1631 North Loop W, Ste. 100,
Houston, TX 77008
(713) 862-5695

▶ SYED AHSAN MUJTABA RIZVI

Baylor College of Medicine
6501 Fannin, 1st floor,
Ste. NC100IMS: BCM680,
Houston, TX 77030
(713) 798-3967 (713) 798-7665

▶ SYED HASAN RAZA JAFRI

UT Health
6400 Fannin St., Ste. 2900,
Houston, TX 77030
(832) 325-6532
www.thegodandscience.com

▶ TAHIR NAQVI

Golden Triangle Oncology
3555 Stagg Drive,
Beaumont, TX 77701
(409) 212-5982

▶ UZMA IQBAL

11307 FM 1960 West, Ste. 330,
Houston, TX 77065
(281) 897-9400 (281) 897- 9402



Free Standing ER In Baytown

ER Physicians are available on site 24 hours a day with experienced registered nurses and support staff serving Baytown and the surrounding communities. Our 24-hour Emergency Room provides fast and personalized adult and child emergency care and is equipped to treat most major and minor medical emergencies.



Services include:

- Onsite lab with results in minutes
- Full-service radiology department
 - (Xray, CT Scan, and Ultrasound)

Baytown Medical Center
Freestanding Emergency Room
1404 W Baker Rd
Baytown, Tx 77521
281-628-7300

- Open 24 Hours a day
- No wait time
- Most Insurance Accepted

ASIA MOHSIN, MD



PROGRESSIVE WOMENS HEALTH, PLLC

ProgressiveWomensHealthOnline.com

PWH FERTILITY EVALUATIONS

hysterosalpingogramprocedure.com

Asia Mohsin, MD, is a highly respected women's care provider for patients in Friendswood, Texas.

- Fertility Evaluations for Men and Women
- In office Surgical Procedures utilizing state of the art equipment
- Hormone Replacment Therapy
- Prenatal Care and Womens Wellness
- OBGYN Rotation for Nurse Practioners, Physician Assistant and Medical Students

907 South Friendswood Drive, Suite 109
Friendswood Texas 77546

Tel: 281-993-4072

Fax: 281-648-22000

Gulf Coast Primary Care

Living Your Best Life

GET STARTED ON THE PATH TO HEALTH!

OUR MISSION

Our goal is to provide you and your family with compassionate, quality health care that is efficient and easily accessible. We treat patients from ages 18 and up. We accept most insurance plans and offer affordable self-payments.

Services

- 24 Hour Service
- Adult Care
- Senior Care
- Wellness Support



Wajiha Ali Qamar
MD

gpcp@prgmd.com

281-506-8884

832-770-9039

www.drwajihaqamar.com

Gulf Coast Primary Care

11914 Astoria Blvd Suite 550 Houston, TX 77089



Reclaim Your Well-Being with One Behavioral

Our comprehensive behavioral health services are designed to support you at every step of your journey to wellness.

What We Treat

- ADHD
- Anxiety
- Depression
- PTSD
- Insomnia

What We Offer

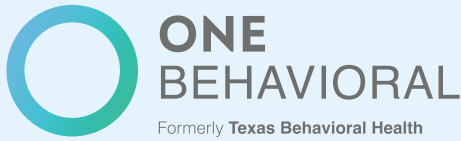
- Psycho Therapy
- Medication Management
- TMS
- Psychological Testing
- Ketamine
- Suboxone



(713) 429-5325

106 Whispering Pines Ave Friendswood, TX 77546

www.onebehavioralhealth.com



Join One Behavioral Make a Difference

Are you a passionate Psychiatrist? At One Behavioral, we provide transformative mental health care. Join our supportive team, enjoy flexible scheduling, and work in cutting-edge facilities.



Apply Now!

contact@texasbehavioral.com

www.onebehavioralhealth.com

(713) 429-5325

106 Whispering Pines Ave Friendswood, TX 77546

► **SAIRAH AHMED**
Lymphoma / Stem Cell
Transplantation
MD Anderson Cancer Center
1515 Holcombe Blvd., Ste. 426,
Houston, TX 77030
(713) 792-3510 (713) 792-1897
Sahmed3@mdanderson.org

NEPHROLOGY

► **AISHA KHATTAK**
University of Texas Health
Science Center at Houston
6411 Fannin St., Suite J1-400,
Houston, TX 77030
(713) 704-6681 (713) 704-6011

► **ATHER KHOKHAR**
Greater Houston Kidney
Specialty
7015 Almeda St.,
Houston, TX 77054
(713) 496-1077
atherrk@hotmail.com

► **HUMAIRA CHAUDHARY**
Nephrology and Hypertension
Texas Nephrology and
Hypertension Specialists PA
15200 Southwest Freeway,
Suite 310,
SugarLand, TX 77478
(281) 205-8900 (281) 898-7615
www.txneph.com
Tnhs@txneph.com

► **MARYAM SAEED**
Kidney and Hypertension
Consultants of Houston, PA
6550 Fannin St., Ste 2137
(713) 790-1032
Saeedm1278@gmail.com

► **MEHREEN KHAN**
Kidney and hypertension care
center
1213 Hermann Dr. ste 700
Houston, TX 77004
(713) 520-6222 (713) 520-6223

► **MOHAMMED ATIQ DADA**
Nephrology Leaders and
Associates, PLLC
200 Medical Court Ctr,
Bay City, TX 77404
(979) 245-2421 (979) 245-6263
atiqdada@yahoo.com

► **ROOHI KHAN**
Heartland Physicians
Associates of Nephrology
150 Pine Forest Dr., Suite 501,
Shenandoah, TX 77384
(936) 270-8011 (936) 270-2012

► **SALMAN MALICK**
Baytown Family Practice
1690 W Baker Rd., Suite B,
Baytown, TX 77521
(281) 428-8203
baytownhealthgroup.com
sal.mallick@2chealth.com

► **SHAHZEB NAQVI**
1120 Medical Plaza Drive
Suite 310,
The Woodlands, TX 77380
(832) 813-8074

► **SYED ZAIDI**
Kidney Specialists of North
Houston
129 South Vision Park Blvd,
Ste 109,
Shenandoah, TX 77384
(936) 273-0836

► **SYED HUSSAIN**
Nephrology Associates of
Greater Houston, PLLC
777 S Fry Rd, Suite 102,
Katy, TX 77450
(281) 823-8680 (281) 823-8681
nephrologyhouston.com
Info@nephrologyhouston.com

► **SYED M. ZAIDI**
17191 St. Lukes Way,
The Woodlands, TX 77384
(936) 321-0808

► **TAHIR HAFEEZ**
Nephrology and Hypertension
Specialists
1642 West Baker Rd, suite B,
Baytown, TX 77521
(281) 422-3000 (281) 422-0937

PULMONARY CRITICAL CARE

► **ATIF QURESHI**
Pulmonary, Critical Care and
Sleep Specialist
Houston Methodist Baytown
4201 Garth Road, Ste 210
Baytown, TX 77521
(281) 428-4510

► **BILAL ZAFAR**
University of Texas Health
Science Center,
MD Anderson
6411 Fannin Street,
Houston, TX 77030

► **FAISAL MASUD**
Houston Methodist Hospital
6565 Fannin,
Houston, TX 77030
(713) 441-6164

► **IQBAL RATNANI**
Houston Methodist Hospital
6565 Fannin St.,
Houston, TX 77030
(713) 441-3620

► **MOHSIN BAJWA**
Millennium Physicians
1125 Cypress Station Drive,
Suite E, Houston, TX 77090
(281) 537-6300

► **MUHAMMAD HANIF**
Northwest Internal Medicine
Specialist
13311 Hargrave Road,
Houston, TX 77070
(281) 890-6800 (281) 890-6865

► **MUHAMMAD FAISAL**
Lung Center Associates
4003 Woodlawn Ave,
Pasadena, TX 77504
(713) 941-0088

► **MUSTANSIR VEJLANI**
Center for pulmonary and
Sleep Disorders
721 James St.,
Tomball, TX 77375
(281) 351-5100 (281) 351-5630

► **RAHAT HUSSAIN**
UT Health
6431 Fannin Street MSB 1.274,
Houston, TX 77030
(713) 500-6833

► **SALMAN ALIM**
North Houston Respiratory
Consultants
9950 Memorial Hwy., Ste. 102,
Humble, TX 77373
(281) 446-6803
Nhrespiratory.com

► **ZEENAT SAFDAR**
Houston Methodist Hospital
Weill Cornell Medicine. HM
Lung Center
Pulmonary Hypertension
Center,
6650 Fannin Street.
Houston, TX 77005
(713) 441-7182 (713) 441-1949
zsafdar@houstonmethodist.org

RHEUMATOLOGY

► **AMBER KHAN**
Houston Rheumatology
Institute
2222 Green House Rd.,
Bldg 800, Houston, TX 77084
(281) 851-7088

► **ARIF ALI**
NW Houston Arthritis
455 School St., Suite 27,
Tomball, TX 77375
(281) 357-0666 (281) 255-2740

► **ASIF COCHINWALA**
Greater Houston Rheumatology
9614 Huffmeister Rd.,
Houston, TX 77095
(832) 237-0400 (832) 237-0405

► **LAILA HASSAN**
11914 Astoria Blvd., Suite 330,
Houston, TX 77089
(281) 922-4000

► **MARYAM KHAWARI**
Rheumatology Associates of
Greater Houston, PLLC
777 S Fry Rd, Ste 102,
Katy, TX 77450
(281) 652-5943 (281) 652-5944

► **MOHAMMAD URSANI**
Millennium Physicians
Association
27700 Northwest Fwy, Ste 580,
Cypress, TX 77433
(346) 345-2400 (346) 345-2501

► **SABEEN NAJAM**
Houston Rheumatology Center
1610 W. Baker Rd, Ste C,
Baytown, TX 77521
(281) 422-7179 (281) 422-7177
HoustonRheumatology.net

► **TARA RIZVI**
Tara J Rizvi MD PLLC
23920 Katy Fwy Suite 240,
Katy, TX 77494
(346) 257-4300 (346) 202-0088
Tararizvimd.com
Trizvi@myhras.com

► **WAJEEHA YOUSAF**
Rheumatology Care Center
6300 West Loop South, Suite
333, Bellaire, TX 77401
(832) 400-2262

SLEEP MEDICINE

► **RIZWANA SULTANA**
UTMB Sleep Clinic
301 University Boulevard,
Galveston, TX 77555
(409) 772-2222
www.utmbhealth.com
risultan@utmb.edu



HOUSTON OCULOFACIAL
PLASTIC SURGERY

EYELID SURGERY AND FACIAL AESTHETICS REFINED

Dr. Mirwat Sami is a board-certified ophthalmologist and fellowship-trained surgeon specializing in Ophthalmic Plastic and Reconstructive Surgery. She is one of a handful of physicians across the country uniquely qualified to treat both medical and cosmetic problems of the face and eyes. Her specialized training in Oculoplastics help Dr. Sami provide her patients with unique and individualized treatment for their facial concerns.

Blepharoplasty

Cosmetic Surgery

Laser Treatment

Asian Eyelid Surgery

Dermal Fillers

Botox



DR. MIRWAT S. SAMI
MD, FACS

📞 713-668-1264
📠 832-280-3654

**Houston Oculofacial
Plastic Surgery**
4747 Bellaire Blvd, Suite 347,
Bellaire TX 77401

🌐 www.HoustonOculofacial.com



A PREMIER CARDIOLOGY PRACTICE IN BAYTOWN, TX

WORLD CLASS CARDIOVASCULAR CARE IN A LOCAL SETTING

OUR SERVICES

- ▶ Ankle Brachial Index (ABI)
- ▶ Cardiac Catheterization or Coronary Angiogram
- ▶ Carotid Doppler Ultrasound
- ▶ Coronary Artery Stenting
- ▶ ECG or EKG
- ▶ Echocardiogram
- ▶ Exercise Treadmill Stress
- ▶ Holter Monitor
- ▶ Mobile Cardiac Telemetry
- ▶ Nuclear Stress Test
- ▶ Preventing Heart Disease
- ▶ Transesophageal Echocardiography

Dr. Shehzad Sami is one of a few handful cardiologists in the US to have 5 board certifications including Internal Medicine, Cardiovascular Disease, Interventional Cardiology, Nuclear Cardiology and Echocardiography. Interventional cardiologists rank among the world's foremost authorities on cardiovascular disease and its treatment. Dr. Sami has received extensive education and specialized training in finding, treating and preventing diseases of the heart and blood vessels.

🌐 www.houstoncardiovascularinstitute.com



SHEHZAD SAMI
MD, FACC, FSCAI

CONDITIONS WE TREAT

- 👉 Cholesterol
- 👉 Heart Failure
- 👉 Prevention
- 👉 Coronary Artery Disease
- 👉 Arrhythmia
- 👉 Hypertension

📍 Baytown • Mont Belvieu • Dayton

📞 281 839 7949

📞 281 839 7929



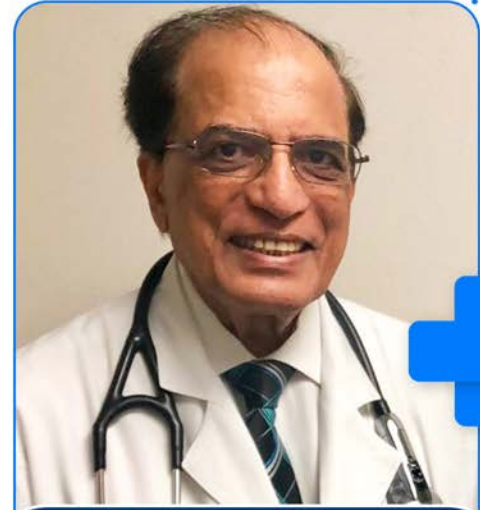
OPEN
MONDAY - SATURDAY

WE TAKE CARE OF YOUR **HEALTH**

DOCTOR'S CLINIC

OUR SERVICES

- ✓ FAMILY PRACTICE
- ✓ MINOR EMERGENCIES
- ✓ SKIN CARE
- ✓ ANNUAL WELLNESS EXAM
- ✓ IMMIGRATION PHYSICALS
- ✓ WEIGHT CONTROL
- ✓ ALLERGY TESTING



KHALID M. CHAUDHARY
MD



DOCTOR'S CLINIC
1217 1ST ST, ROSENBERG,
TX 77471



281-342-8761

Advanced Cardiology Consultants

Welcome to

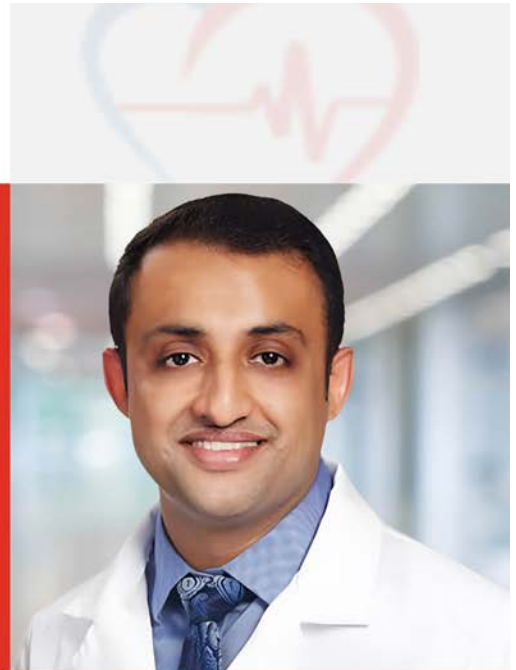
Advanced Cardiology

Impresses with its forward-looking procedures in the field of modern invasive cardiology and excellent patient care in Sugar Land TX and Katy TX.

DISEASES WE TREAT

Advanced Cardiology Sugar Land covers the entire field of heart diseases. We treat patients according according to latest scientific findings using the most modern methods.

- Preoperative cardiac clearance Cardiology
- Chest Pain
- Hypertension
- Hyperlipidemia
- Heart enlargement
- Heart failure
- Atrial fibrillation and atrial flutter
- Varicose veins
- Peripheral arterial disease
- Post stroke cardiac care



ADNAN KHALID
M.D

 **713-258-6111**

 **346-387-6084**

 info@advcardiologytx.com

KATY CLINIC

410 W GRAND PKWY S, STE 4D,
KATY, TX 77494

SUGARLAND CLINIC

17510 W GRAND PKWY S, STE 460,
SUGARLAND, TX 77479

www.advcardiologytx.com



SURGICAL ASSOCIATES of GREATER HOUSTON, PA

GENERAL, LAPAROSCOPIC, AND ROBOTIC SURGERY



Naveed Zafar

MD, FACS

board certified in general surgery



713-453-7197



713-450-1345

Medical Services

General Surgeries

- + Appendicitis
- + Gallbladder Disease
- + Hemorrhoids
- + Hernia Repair
- + Reflux Surgery
- + Skin Lesions/Masses/Cysts



Amir Karni

MD, FACS

board certified in general surgery



HOUSTON

1140 WESTMONT DR SUITE 200
HOUSTON, TX 77015



NORTHWEST

14502 SPRING CYPRESS RD SUITE 500
CYPRESS, TX 77429

SURGERY

▶ATA AHMAD

11740 FM 1960,
Houston, TX 77065
(281) 970-8484 (281) 970-8495

▶ATIF IQBAL

Colorectal Surgery, Baylor
College of Medicine, TMC
7200 Cambridge Street,
7th Floor, Houston, TX 77030
(713) 798-4321 (713) 798-1055
www.bcm.edu
atif.iqbal@bcm.edu

▶KHAWAJA AZIMUDDIN

Houston Colon & Rectal Surgery
1125 Cypress Station Drive,
Ste G3, Houston, TX 77090
(281) 583-1300 (281) 583-1303
www.colonsurgeonhouston.com
kazimuddin@gmail.com

▶MONIRA HAMID-KUNDI

Colon and Rectal Surgery
1682 W Baker Rd., Ste A,
Baytown, TX 77521
(281) 427-7305 (281) 427-8201

▶MURTAZA SHAKIR

Surgical Oncology Surgical
Associates of Southern Texas
18400 Katy Fwy, Ste 320
Houston, TX 77094
(713) 955-9191
www.surgicalstx.com

▶NAVEED ZAFAR

Surgical Associates of
Greater Houston
1140 Westmont Drive, Ste 200
Houston, TX 77015
(713) 453-7197

▶NAVEED SAQIB

UT Physicians Cardiothoracic
& Vascular Surgery II
11914 Astoria Blvd, Ste 280
Houston, TX 77089
(713) 486-1160

ANESTHESIOLOGY

▶FARIHA AHSAN

US Anesthesia Partnered
Houston Methodist Willowbrook

▶MUHAMMAD BABUR RAFIQUE

Adult and Pediatric Anesthesiology
6431 Fannin St. MSB 5.020,
Houston, TX 77030
(832) 278-5454

OBSTETRICS GYNECOLOGY

▶ASIA MOHSIN

308 South Friendswood Drive,
Friendswood, TX 77546
(281) 993-4072

▶AZKA ASHRAF

Pristine Ob/Gyn
6617 FM 2920 #100,
Spring, TX 77379
(281) 206-4496 (281) 206-4487
www.pob-gyn.com
azkaashraf@gmail.com

▶MOHAMMAD SARFRAZ

7037 Capitol Street,
Houston, TX 77011
(713) 660-1880

▶TAHSEEN HAMEED QADEER

ON/GYN of Houston
6410 Fannin Street Ste 200,
Houston, TX 77030
(713) 796-8334
Tessqadeer@aol.com

PAIN MANAGEMENT

▶AZIM A. KARIM MD

Greater Texan Health Care
10021 S. Main St. B-2
Houston, TX
(713) 554-4915

▶JUNAID KAMAL

21st Century Pain Management
1628 Crabb River Road, Ste A
Richmond, TX 77469
(832) 614-9845 (832) 644-9193
www.21centurypm.com
Info@21centurypm.com

▶REHAN MEMON

M&M Clinical Group, PLLC
3711 Garth Rd, Ste 180
Baytown, TX 77521
(713) 369-1969

▶SHAHNAZ AMIN KARIM

Pain Management/Physical
Medicine and Rehabilitation
OneStop Medical Care
10019 Main Street, Suite A-1
Houston, TX 77025
713 668 7200
www.onestopmedcare.com
rehabplus@yahoo.com

▶ZAID MALIK

Superior Pain Relief
9100 Forest Crossing, Ste A,
the Woodlands, TX 77381
(281) 296-0188 (281) 419-9205
www.superiorpainrelief.com
zaid.b.malik@gmail.com

PODIATRY

▶Hina Shafqat Hassan

McKinney Podiatric Associates
4000 Garth Road, Suite 200,
Baytown, TX 77521
(713) 946-1500 (281) 837-1500
HinaHassan.com

INTERVENTIONAL RADIOLOGY

▶ADEEL SHAHID

Houston Radiology Associated
Houston Methodist Hospitals
(860) 377-7335
AdeelshahidMD@gmail.com

EMERGENCY MEDICINE

▶M. IQBAL SIDDIQI

5413 South Rice Ave,
Houston, TX 77081
(713) 927-3727

HYPERBARIC MEDICINE

▶AFAF ZAHRA SHAH

Wound Care &
Hyperbaric Medicine
4001 Preston Rd, Suite 175,
Pasadena, TX 77505
(713) 948-7175

DENTISTRY

▶ABDUL KHAN

Willow Bay Dental
12828 Eldorado Parkway,
Frisco, TX 75070
(317) 628-5069
karimkhan8@gmail.com

▶ADEEL KHAN

Happy Chompers Pediatric
Dentistry
23302 W Fernhurst Drive,
Suite 200, Katy, TX 77494
(832) 559-2370
www.happychomperskaty.com

▶AHMAD JAFRI

Alvin Family Dental/ Savannah
Lakes Family Dental
112 West House St.,
Alvin, TX 77511
15028 Hwy 6,
Rosharon, TX 77583
(281) 968-7048 (281) 385-8385
(832) 514-3630 (832) 937-5470
Alvinfamilydental.com

▶AMNA IMRAN

Brident Dental & Orthodontics
8300 Broadway St,
Houston, TX 77061
(281) 940-8487
www.brident.com

FRESH DENTAL CARE

10761 Gulf Fwy suite B,
Houston, TX 77034
(281) 301-1111
www.freshdentalcare.com

▶FABIA YOUNUS

Greater Houston Dental Arts/
Orthodontist/Periodontist
2003 W 34th St, Ste G,
Houston, TX 77018
(713) 417-3327
greaterhoustondentist.com

▶HIFZA ELAHI

Smiles Family Dentistry
24522 Kingsland Blvd,
Katy, TX 77494
(713) 344-0498 (832) 574-7786

▶HIRA ASSAD

Contemporary Endodontics
1990 Post Oak Blvd, Suite H,
Houston, TX 77056
(832) 659-0977 (832) 659-0071
galleria@CEteamendo.com

▶INSIYA HUSSAIN

Smiles At Telfair Family and
Cosmetic Dentistry
1227 Museum Square Drive,
Suite D, Sugar Land, TX 77479
(832) 356-0786

▶KAMILA HUSAIN

USparkle Dental
1013 Dairy Ashford Rd
Houston, TX 77079
(713) 800-4200

▶MARIUM SULTAN

680 W Sam Houston Pkwy, S
APT 13, Houston, TX 77042
(646) 400-4068



Asaf Riyaz Qadeer, MD.
Board Certified Family Medicine

Q Family Care, PA

Asaf Riyaz Qadeer, MD. BCFM.
Clinical Assistant Professor
Family & Community Medicine
Baylor College of Medicine
Office: Texas Medical Arts Tower
17070 Red Oak Drive Suite 402
Houston, Texas 77090
Phone: 713-692-6191
Web: asafqadeer.com
Call for appointment.



Tahseen Hameed Qadeer, MD.
American Board of Ob/Gyn

Q B/GYN of Houston

Tahseen H. Qadeer, MD.
Diplomat American Board of
Obstetrics and Gynecology
Office: Texas Medical Center
6210 Fannin Street, Suite 200
Houston, Texas 77030
Phone: 713-796-8334
Web: obgynofhouston.com
Call for appointment



PROVIDING CANCER TREATMENT IN HOUSTON, TEXAS

Our oncologist, Dr. Shagufta Naqvi and Dr. Mohammad Riaz are very knowledgeable in all treatment options and can consider your unique needs and lifestyle when developing your treatment plan. Oncologist serving the greater Houston Metropolitan area with offices located in the Memorial and Katy areas.

CANCER TREATMENT

- ✓ Breast Cancer
- ✓ Lung Cancer
- ✓ Colorectal Cancer
- ✓ Prostate Cancer
- ✓ Bladder Cancer
- ✓ Melanoma
- ✓ Hodgkin Lymphoma
- ✓ Non-Hodgkin Lymphoma
- ✓ Ovarian Cancer
- ✓ Gastric Cancer



DR. MOHAMMAD RIAZ MD

DR. SHAGUFTA NAQVI MD



www.premieroncology.com

MEMORIAL

9230 Katy Freeway, Suite 410
Houston, TX 77055



281-556-6622
281-647-7767

KATY ADDRESS

410 West Grand Parkway South
Suite # 4C Katy, TX 77494



281-647-7766
281-647-7767



MEDICAL OFFICE OF KATY DR HUMERA NAQVI



(281) 599-9979



www.Medicalofficeofkaty.com



410 W Grand Parkway S,
Suite # 320
Katy, TX 77494

- Well Women Exams & Pap Smears
- Accepts Most Major Insurance Plans & Cash Patients
- Same & Next Day Appointments Available
- Quest Lab Blood Drawn Onsite
- Blood Pressure, Diabetes & Cholesterol Management
- Acute Illness, Cold & Flu



OUR SERVICES



- Primary Care Services
- Vitamin IV Infusions & Shots
- Weight Loss Management
- Allergy Testing & Treatment
- Chronic Care
- Specialist referrals
- Non-emergency medical care
- Annual Physical

YOU MUST DREAM BEFORE YOUR DREAMS CAN COME TRUE

Author: Riaz Ul Haque, M.D.

We are thrilled to share the progress and impact of APPNA STC's latest initiative in Baytown, TX. In November 2023, we opened a new, fully furnished two-story bungalow just 2 miles from Methodist Baytown and the Dow Medical Complex. This facility, equipped with internet, centralized cooling, and heating, offers a nominal subsidized charge that includes all utilities. Established in memory of Tahira Khatoon, mother of entrepreneur Javaid Anwar, it is designed to host up to 15 doctors at a time, supporting their observation and clinical attachment programs as well as their residency applications.

In less than a year, our facility has made a significant impact, serving over 60 residents and providing invaluable support through our externship program. Our commitment extends beyond mere housing; we aim to create a nurturing and

professional environment. With amenities including regular cleaning services, pest control, and more, our facility offers more than temporary lodging—it's a supportive space for students dedicated to serving APPNA and their fellow physicians.

To ensure transparency and fairness, we utilize an online registration process through our website, eliminating cash transactions and operating on a first-come, first-served basis. Despite the high costs associated with running the facility, we are dedicated to maintaining high standards and believe that this model can be replicated. We are eager to assist others in implementing similar initiatives.

Your support is essential to sustaining and expanding this initiative. We deeply appreciate your help and contributions to ensure the continued success and growth of this vital resource for emerging medical professionals.



▶ MOHAMMAD ARSALAN KHAN

Sweet Tooth Smiles Dentistry and Orthodontics
6611 FM-1464, Suite D,
Richmond, TX 77407
(832) 280-4410
Sweettoothsmile.com
Info@sweettoothsmile.com

▶ MUSSADIQ IFTIKHAR

Sair Dental Group
8410 Fondren Road,
Houston, TX 77074
(832) 924-2666
sairdentalgroup.com

▶ REEM SALAHUDDIN

9950 Woodlands Parkway
Suite 500,
the Woodlands, TX 77382
(281) 292-1220

▶ SAAD SALAHUDDIN

9950 Woodlands Parkway
Suite 500,
the Woodlands, TX 77382
(281) 292-1220

▶ VAJAHAT YAR KHAN

Kidzone Dental
11000 Fondren Road,
Suite 105, Houston, TX 77096
(281) 499-3275
kidzonedental.com

▶ ZAMEER ALI KHAN

Sair Dental Group
8410 Fondren Road,
Houston, TX 77074
(832) 924-2666
sairdentalgroup.com

DERMATOLOGY**▶ ASHAR GHORI**

Dermatology/ Immunology/
Research
2930 Sunflower Park Place,
Richmond, TX 77406
7136240105
asharghori@yahoo.com

▶ ASRA ALI

Aspire Dermatology
1435 Hwy 6 Suite 250,
Sugar Land, TX 77478
(832) 572-5533 (832) 975-0336
contact@aspirederm.com

▶ HAIDER BANGASH

Advanced Dermatology
430 S Mason Rd, Suite 101
Katy, TX 77450
(281) 665-4444

▶ SANA ZAHIRUDDIN

Katy Dermatology
24612 Kingsland Blvd,
Katy, TX 77494
(281) 665-7097 (832) 913-3126
Katydermatology.com
sanafhashmi@gmail.com

OPHTHALMOLOGY**▶ ADEEL SHAIKH**

Retina Specialist Houston Eye
Associates
1415 North Loop West Fwy,
Ste. 400, Houston, TX 77008
(713) 668-6828

▶ ASAD ABBAS

Houston Ophthalmology
Associates
3531 Town Center Blvd.
Suite 102, Sugarland, TX 77479
(281) 552-8900

NEUROLOGY**▶ SADIA YASSER**

Advanced Neurology of Katy
633 E Fernhurst Dr, Ste 1403
Katy, TX 77450
(281) 398-9711 (281) 398-9641

▶ HAMMAD BOKHARI

University of Texas
Houston, TX 77030
(248) 303-4510

PSYCHIATRY**▶ ALTAF LOYA**

150 E Medical Center Blvd,
Suite A, Webster, TX 77598
(281) 481-4646

▶ ASIM SHAH

Baylor College of Medicine
1502 Taub Loop, NPC Bldg,
Houston, TX 77030
(713) 873-5130 (832) 487-2932
www.bcm.edu
aashah@bcm.edu

▶ ATEKA ZAKI

7790 South Grand Parkway S,
Ste 103, Richmond, 77406
(281) 242-5400 (281) 242-5401

▶ KANWAL MIRZA

Lotus Psychiatry/Child and
Adolescent Psychiatry
Sugar Land, TX 77479
(281) 766-4792
Lotuspsychiatrytx.com
drkanwalmirza@gmail.com

▶ MADIHA GHAYAS

19255 Park Row Dr., Suite 105,
Houston, TX 77084
(346)-200-7388

▶ MOHAMMAD SAEED

General, Child and Adolescent,
Addiction
2360 Gulf Freeway S.
League City, TX 77573
(281) 554-0123 (281) 554-0124
medman492000@yahoo.com

▶ MOHSIN QAYYUM

308 S. Friendswood Drive
Ste 110, Friendswood, TX 77546
(281) 993-3733

▶ NAIM AHMED MEMON

Baylor Scott & White Health
2401 S 31st Street,
Temple, TX 76508
(484) 888-3266

▶ RAHEEL I. MEMON

Adult, Child and Adolescent
Psychiatry, Baylor College of
Medicine
One Baylor Plaza, MS:BCM-350
Houston, TX 77030
(609) 365-7120
memonraheel786@gmail.com

▶ SADAF JAVAID

Cognitive Psychiatry
2000 S Dairy Ashford Unit 660,
Houston, TX 77077
(832)-304-7244
mycognitivepsychiatry.com

▶ SALAH QURESHI

Texas Behavioral Health
104 Whispering Pines Ave,
Friendswood, TX 77546
(713) 429-4355
www.texasbehavioral.com
Zeeshan@texasbehavioral.com

▶ SOHAIL NIBRAS

Novus Beginning Psychiatry
Child, Adolescent and Adult
Psychiatry
120 Eldridge Rd.
Sugar Land, TX 77478
(832) 856-4718 (832) 324-6917
www.nbpsychiatry.com
Info@nbpsychiatry.com

▶ SYED SAJJAD ZAIDI

Focus Psychiatry
110 South Gordon St.
Alvin, TX 77511
(281) 968-7568
www.focuspsychiatry.com

▶ ZAKI MOIN

7790 South Grand Parkway S.
Ste 103, Richmond, TX 77406
(281) 242-5400 (281) 242-5401

PATHOLOGY**▶ MUHAMMAD SIDDIQUE KHURRAM**

HCA-North Cypress Medical
Center
21214 Northwest Fwy,
Cypress, TX 77429
(832) 912-3789
Siddiqueshaiikh8@hotmail.com

▶ ROSHAN RAZA

St. Luke's Health
One Baylor Plaza, MS: BCM315-2
Houston, TX 77030
(713) 798-4661 (713) 798-5838

HOSPITALIST**▶ MAHPARA KHALIQ**

Houston Methodist
Sugar Land Hospital
16655 Southwest Fwy,
Sugar Land, TX 77479
(281) 274-7000

▶ OMAD ULLAH

Houston Methodist
Sugar Land Hospital
16655 Southwest Fwy,
Sugar Land, TX 77479
(281) 274-7000

▶ S. SALEEM SHAMSEE

Chi St. Luke's Hospital
The Vintage Hospital
20171 Chasewood Park Dr,
Houston, TX 77070
(832) 534-6100
ssias@yahoo.com

▶ SHAHID BADAR

Saint Joseph Medical
Center
1401 St. Joseph Pkwy,
Houston, TX 77002
(713) 757-1000

PLASTIC SURGEON**▶ MIRWAT S. SAMI, MD**

Houston Oculofacial
Plastic Surgery
4747 Bellaire Blvd, Suite #347
Bellaire, TX 77401
Tel: 713-668-1264
Fax: 832-280-3654
www.HoustonOculofacial.com



Texas Heart and Vein Center



RASHID M. SIDDIQI
M.D., F.A.C.C.
Board Certified Cardiologists



Services

- ✓ Cardiovascular Diseases & Interventional Cardiology
- ✓ Peripheral Arterial & Venous Diseases
- ✓ Valve & Structural Heart Diseases
- ✓ Cardiac Electrophysiology
- ✓ Nuclear & Echocardiography
- ✓ Cardiac PET-CT

Nuclear Stress Test Lab
Accredited by
ICANL State of Texas

 **281-428-4024**

 **281-428-4026**

15119 Wallisville Rd, Ste #100A,
Houston, Texas 77049

1602 W.Baker Rd, Suite A,
Baytown, TX 77521 - 3158



PHYSICAL THERAPY



OUR SERVICES:

- PHYSICAL THERAPY
- MANUAL THERAPY
- KINESIOTAPING
- DRY NEEDLING
- NEUROMUSCULAR ACTIVATION
- BIOFEEDBACK SYSTEMS
- SPORTS PERFORMANCES



SCHEDULE NOW



PROMAXPHYSICALTHERAPY.COM



2743 IMPERIA DR, SUITE #
402 SUGAR LAND, TX 77479



832-400-7766

ASTHMA OVERVIEW FOR 2024

Author: Atif Qureshi MD, FCCP



Asthma is chronic disease of lungs in which small airways are affected by inflammation leading to narrowing and difficulty breathing. About 25 million people are affected by asthma in USA including 5 million children.

Most common symptoms include:

- Difficulty Breathing
- Chest Tightness
- Wheezing
- Cough

Asthma can be life threatening if symptoms are not controlled and lead to inability to breath which is called respiratory failure in medical terms. This can lead to requiring advanced medical support in Intensive Care Unit such as ventilators and in rare cases extracorporeal membrane oxygen (ECMO) which is machine used to bypass the heart and lung to provide oxygen artificially.

A person can develop asthma due to many factors including:

- Family history of asthma
- Occupational exposure
- Smoking
- Viral infections in childhood
- Obesity

Asthma can be classified in many ways but broadly it is classified as below based on underlying mechanism of disease:

- Allergic
- Non-allergic

Other types of asthma are:

- Exercise induced asthma
- Occupational asthma
- Nocturnal asthma

In allergic asthma, it can be precipitated allergens such as dust, pollens, grasses, house dust mites, cockroaches etc. Other factors in non-allergic asthma that can lead to worsening symptoms include air pollution, extreme weather, chemicals or bleaches, infections, emotional stress and exercise. Some medications such as aspirin can also trigger asthma attack.

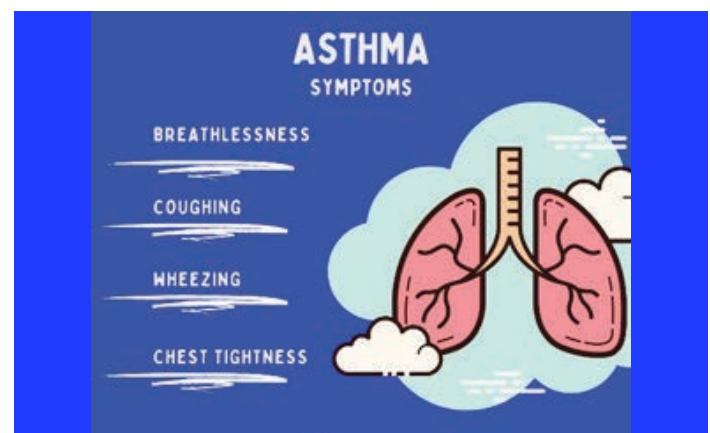
Underlying pathology in allergic asthma is based on a type of cell called eosinophils which triggers allergy response to extrinsic allergens leading to production of chemicals including Immunoglobulin E. This leads to inflammation, swelling and narrowing of smaller airways of lungs and production of mucus causing symptoms as listed above. Other diseases such as Chronic obstructive lung disease (COPD), heart disease can also have similar symptoms. Treatment is based on two factors. First is prevention to avoid triggers such as air pollution, allergens and medication which can precipitate the attack.

Second factors are using medications that decrease the allergic and non-allergic response. These medications include steroids and bronchodilators. Steroids decrease the inflammation in the airway and bronchodilators cause opening of the airway to reverse the narrowing. These medications are delivered by inhalers or nebulizers. Anti-allergy medications are also used in combination with inhalers.

More advanced treatment includes allergy shots which can help control allergies and in turn asthma. There are new medications which are called biologics which address the allergy mechanism in the body and control the disease. In summary, asthma is a common disease leading to severe and sometimes life-threatening illness. There are many treatments options and due to recent advancement in research, more treatments have become available with excellent results.

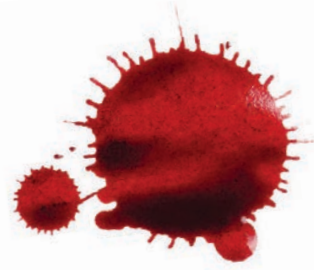
Atif Qureshi MD, FCCP

Pulmonologist, Intensivist and Sleep Specialist
Houston Methodist



DIABETES MELLITUS

Authors: Dr. Muska Ullah, MD
Hospitalist Medicine



Diabetes mellitus, often simply called diabetes, is a long-term condition where the body either can't make enough insulin or can't use the insulin it makes properly. Insulin is a hormone made by the pancreas that helps sugar (glucose) from the food we eat move into our cells, where it's used for energy. Without enough insulin, sugar builds up in the bloodstream, leading to high blood sugar levels, which can cause health problems over time.

There are two main types of diabetes. Type 1 diabetes is an autoimmune condition where the body attacks the insulin-producing cells in the pancreas, meaning the person can't make insulin and needs to take insulin every day. It often starts in childhood or young adulthood. Type 2 diabetes is much more common and usually develops in adults. In this type, the body doesn't use insulin well, a condition called insulin resistance. Over time, the pancreas can't keep up with making enough insulin.

Common symptoms of diabetes include feeling very thirsty, needing to urinate often, feeling tired, and blurred vision. If left untreated, diabetes can lead to serious complications like heart disease, kidney damage, nerve problems, and vision loss.

Managing diabetes involves monitoring blood sugar levels, making lifestyle changes such as eating a healthy diet, exercising, and in some cases, taking medications or insulin. Type 2 diabetes can sometimes be managed with lifestyle changes alone, but type 1 always requires insulin treatment.

Preventing type 2 diabetes is possible by maintaining a healthy weight, staying active, and eating a balanced diet. However, there is currently no known way to prevent type 1 diabetes. Early diagnosis and treatment are key to preventing complications from diabetes.



**24 HRS. EMERGENCY ROOM
ACUTE CARE HOSPITAL**



**BOARD CERTIFIED PHYSICIANS
REGISTERED NURSES
ALLIED HEALTHCARE PROFESSIONALS**

ABOUT US

FULL SERVICE NEIGHBORHOOD HOSPITAL

East Houston Medical Center is founded with the vision to help and bring a hospital facility to an area that was lacking such access to care. We strive to treat every patient like our family member, making sure they receive the proper care they need.

- We are a full service Hospital open 24/7.
- Our location is staffed with board-certified physicians, fully trained and experienced registered nurses, and emergency medical technicians.
- We have designed our facility where our patients can receive the highest level of care, all while being comfortable in a warm and caring environment with a minimal wait time.

- EMERGENCY ROOM
- MULTI SPECIALTY CLINIC
- OUTPATIENT IMAGING
- LABORATORY SERVICES
- FULL SERVICE INPATIENT CARE
- SURGICAL INPATIENT/OUTPATIENT SUITES



WHY CHOOSE US?

At East Houston Medical Center, we are staffed with board certified doctors, along with expertly trained staff, and state of the art equipment you will find at any acute care facility. We prioritize patient care in order to make our patients feel better and healthier.



**832-400-2396
832-400-2397**

East Houston Medical Center
15149 Wallisville Road,
Houston, TX 77049

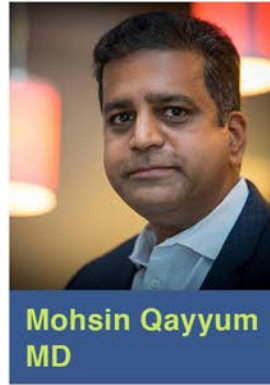


YOUR HEALTH OUR MISSION

Unique Care | Clinical Excellence | Patient-Centric



Mental disorders can have a grave effect on a person's quality of life (QOL) and they can co-occur with medical conditions. Untreated mental health conditions can even cause physical illnesses to last longer and lower a person's immunity. Any person dealing with a co-existing mental and physical disorder should consult with a mental health professional to discover coping strategies and interventions.



**Mohsin Qayyum
MD**

Our Expertise

- Depression
- Bipolar Disorder
- ADHD
- Anxiety Disorders
- TMS
- Schizophrenia
- Adult Psychiatry
- Mood Disorders
- OCD

(281) 721-4181

Sugar Land

7002 Riverbrook Dr. # 800
Sugar Land, TX 77479

Beaumont

87 I-10 North Suite 125
Beaumont, TX 77707

insynchhealth.com

manager@insynchhealth.com

Urgentcare **MDs**

**WE TREAT
MINOR
EMERGENCIES,
ACUTE
ILLNESS
& INJURIES**

WE CAN SEE YOU TODAY!

**WE UNDERSTAND THAT YOUR TIME IS
PRECIOUS. DON'T WASTE HOURS
WAITING IN THE EMERGENCY ROOMS
FOR MINOR ILLNESSES. GET QUALITY
CARE FASTER.**

BAYTOWN
1658 WEST BAKER RD,
BAYTOWN, TX 77521

(281) 428-0000

CROSSBY
14405 FM 2100, STE. B
CROSBY, TEXAS 77532

(832) 821-9780



www.urgentcaremds.com

ZT CORPORATE

YOUR PRIVATE EQUITY PARTNER

Founded in 1997, ZT Corporate is a dynamic private equity firm headquartered in Houston, with additional offices in New York and Los Angeles. We specialize in transforming the healthcare and auto dealership sectors through strategic investments. Our approach centers on partnering closely with operators to enhance daily operations and drive value. This hands-on collaboration fosters stronger operator-investor relationships, builds cross-functional expertise, and deepens industry insights.

ZTCORPORATE.COM



JAVED IQBAL
SR. VICE PRESIDENT,
PRIVATE EQUITY
310.384.9818
JAVED@ZTCORPORATE.COM



MOHSIN MALIK
VICE PRESIDENT,
CORPORATE RELATIONS
832.405.4361
MOHSIN@ZTCORPORATE.COM





Streamline Your Medical Billing with Claimtronics

PROFESSIONAL, ACCURATE, & EFFICIENT BILLING SERVICES

We Specialize in the Following Services

- ✓ Claims Processing
- ✓ Accounts Receivable Management
- ✓ Patient Billing & Support
- ✓ Credentialing Services
- ✓ Revenue Cycle Management

CONTACT US TODAY FOR A FREE PRACTICE ANALYSIS

800-805-0377 (Ext 103)

info@claimtronics.com



NEW PATIENT SPECIAL OFFER!

FREE invisalign® & BRACES CONSULTATION

*New patients only. Cannot be combined with any other offers or insurance. Limited time offer.

Fabia Younus, DDS, MSD, MS

Periodontics & Implant Surgery
Orthodontics & Dentofacial Orthopedics
Diplomate, American Board of
Periodontics (& Implant Surgery)



GREATER HOUSTON

dent al r t s

Schedule your appointment today!

713.417.3327

www.GreaterHoustonDentist.com

2003 W. 34th St., Ste. G, Houston, TX 77018

AWAAM

URGENT CARE CLINIC
FOR KIDS & ADULTS



EKG | XRAY | ULTRASOUND | LAB
INSIDE THE CLINIC

If No Insurance
Office Visit is Just **\$25**

Acute and chronic issue

- Laceration
- Insect Bite
- Ankle Sprain

We Treat

- Men's Health

Well Woman Exam

- Sports and School Physical

WE ACCEPT



Medicare



Medicaid



Chip

AWAAM URGENT CARE CLINIC

6108 Gulfton St
Houston, TX 77081

☎ **832-491-1506**

📠 **832-491-1508**

1602 FM 2218 Rd
Richmond, TX 77469

☎ **832-400-2344**

📠 **832-491-1508**

awaamurgentcareclinic@gmail.com

The new standard for all
of your testing needs

- COVID TEST
- CHEMISTRY TEST
- HEMATOLOGY TEST
- TOXICOLOGY TEST

www.spacecitylaboratories.com

(713) 900-2690

12440 Emily Ct. #301, Sugar Land TX, 77478

Gastroenterology

CONSULTANTS, P.A.

powered by  GI Alliance

WE ARE LEADERS IN GASTROINTESTINAL AND LIVER DISEASE

REFER YOUR PATIENTS WITH CONFIDENCE



SHAHID ALI

MD



NATARAJAN S. BALA
MD, FACP, FACG, AGAF



SUMANTH R. DARAM
MD, FACP



DANIEL H. DARMADI
MD



MICHEL I. KAFROUNI
MD



HARRY S. OJEAS
MD



SURESH K. RAJENDRAN
MD



JYOTI RAO
MD



JIGNESH P. SHAH
MD

COLON CANCER SCREENING • HEARTBURN & ACID REFLUX • ESOPHAGEAL DISORDERS
GALLSTONES & OTHER GALLBLADDER DISORDERS • RECTAL BLEEDING & HEMORRHOIDS • LIVER DISEASE/ FATTY LIVER
HEPATOMA & LIVER CANCER • ABDOMINAL PAIN • CROHN'S DISEASE • PANCREATITIS & PANCREATIC CANCER
LACTOSE INTOLERANCE • MALABSORPTION & CELIAC DISEASE • ANEMIA

ELLINGTON

PEARLAND

PASADENA

CLEARLAKE

ST. JOHN

LEAGUE CITY



(281) 609-6535

www.gastroconsultants.com



BioHair
Restoration & Aesthetics



YOUR JOURNEY TO CONFIDENCE BEGINS HERE

OUR SERVICES

- Hair Transplants
- Kerafactor Scalp Treatment
- Scalp Micro-pigmentation
- Nutraceuticals with Laser
- Alopecia Management
- Injectables (Botox & Fillers)
- IV Therapy & Weight Loss
- Laser & Body Countouring
- Customized Facials
- Carbon & Chemical Peels

CONSULT NOW

Call : (281) 265-1099

www.ariaaestheticsandwellness.com

Dr. Naser S. Mujeeb is a board certified physician with over 19 years of experience. His focus on hair restoration is marked by both renowned skills and unwavering commitment to excellence



Dr. Naser S. Mujeeb

Dr. Michael F. Wisiorek is a board certified physician with 35 years of medical and surgical experience in the cosmetic and beauty industry leading innovative solutions for hair restoration



Dr. Michael F. Wisiorek



**CHAUDHRY
CLINIC**



RIAZ MASUD CHAUDHRY, MD,
11809 HWY 84W, PO BOX 1470
JENA, LA 71342

318-992-4133

CHAUDHRY CLINIC

YOUR HEALTH IS OUR PRIORITY

AT CHAUDHRY CLINIC, WE PRIORITIZE
YOUR HEALTH AND WELL-BEING.
OUR DEDICATED STAFF AND PROFESSIONALS
ARE HERE TO PROVIDE EXCEPTIONAL CARE
TO TAILOR YOUR EVERYDAY HEALTH NEEDS



Book an appointment
today, Call Mon-Thurs
8am - 5pm
and Friday 8am - 12pm



Providing Exceptional
Primary and Specialty care
in Central Louisiana for
over 47 years



On-site Diagnostic
services, Labs, X-rays,
Ultrasounds, and
Spirometry

AWARD WINNING CARE
LOUISIANA HEALTH PRACTITIONER OF THE YEAR 2012
PRESIDENT APPNA 2001

AITNA INC

Turnkey Allergy Services

Allergy testing is a highly sought-after service that can be seamlessly incorporated into your existing practice with minimal training and a cost-effective initial investment.

Our comprehensive allergy program enables primary care physicians and non-allergy specialists, including internists, pulmonologists, and pediatricians, to enhance revenue streams and elevate the quality of care offered within their practice.

OPTION 1 - No Upfront Costs

On-Site Technician/Ancillary Services

Our on-site technicians will supervise all testing program aspects to ensure your office's compliance and simplify the process for your practice by:

- Conducting skin scratch testing procedures.
- Providing testing materials such as test applicators, forms, and documentation.

PHONE# 844-696-3450

CELL# 832-633-1086

WWW.AITNA.US Email: CS@AITNA.US

OPTION 2

Comprehensive Training And Testing Program

- Training for physician(s) and staff on all aspects of a complete allergy program.
- Skin scratch starter kits containing everything needed to begin testing at your office immediately
- Assisting with billing/coding procedures and offering guidance to your staff.
- Treatment Sets
 - SCIT (Subcutaneous Immunotherapy) – About 80% of patients get health changing benefits from this treatment and is covered by most health insurance companies.

AVICENNA PHARMACEUTICAL



AVICENNA
PHARMACEUTICAL

Avicenna Pharmaceutical operates as a wholesale distributor of medical supplies for Family Clinics, Urgent Care, ER, Hospice, Nursing Homes and Home Health agencies. We offer a diverse range of both licensed and non-licensed products. Our pricing is exceptionally competitive, and we are confident in our ability to outperform the rates provided by leading distributors.

Phone: 1-844-696-3450

Cell: 832-633-1086

Website: www.avicenna-pharma.com

Email: cs@avicenna-pharma.com



SURGICAL ASSOCIATES
— OF SOUTHERN TEXAS —

GENERAL SURGEON & SURGICAL ONCOLOGIST IN SOUTHWEST HOUSTON

Personalized Surgical Treatments in Greater Houston, Texas

SURGERY FACILITIES AVAILABLE INCLUDE:

- ✓ Gallbladder Disease
- ✓ Hernia Repair
- ✓ Skin Lesions/Masses/Cysts
- ✓ Surgical Oncology
- ✓ Reflux Surgery
- ✓ Hemorrhoids
- ✓ Breast Cancer
- ✓ Liver Cancer
- ✓ Pancreatic Cancer
- ✓ Thyroid Parathyroid Cancer
- ✓ Colon Cancer

Katy Location

410 West Grand Parkway
South Suite 4D
Katy, Texas 77494

Sugarland Location

17510 W Grand Pkwy S
Suite 460
Sugarland, TX 77479



MURTAZA SHAKIR
MD, F.A.C.S

Appointment:
info@surgicalstx.com

📞 **713-955-9191**
📅 **832-626-4099**
www.surgicalstx.com



YOUR FIRST CHOICE IN HOME HEALTH CARE NEEDS

INSURANCE WE ACCEPT

HOME HEALTH

Medicare
Medicare Part A only
Medicare Part B only
TMHP Medicaid
Private Pay/Self Pay
Wellmed HMO/PPO
Amerigroup/Wellpoint Medicare Advantage
Amerigroup/Wellpoint MMP
Amerigroup/Wellpoint Star + Medicaid
Amerivantage
MyNEXUS
Veterans Affairs (VA)
Ameri Community Choice Plan
AARP Medicare Complete PPO
Aetna Choice POS
Aetna PPO PFFS
AmeriHealth Caritas

Blue Cross Blue Shield PPO PFFS
Blue Medicare PPO PFFS
Cigna POS
Cigna POS PFFS
Humana Choice PPO PFFS
Humana Commercial PPO PFFS
Humana Medicare PPO
IntegraNet Health
Multiplan
Superior Healthcare
Superior Star + Plus Medicaid
United Healthcare AARP PFFS
United Healthcare Medicare Advantage PPO PFFS
United Healthcare PPO PFFS
Universal Healthcare PPO PFFS
USFHP PPO
WellCare PPO/POS PFFS



DR. ZAFAR ISHAQ
CFO/ADMINISTRATOR/BUSINESS DEVELOPMENT

Call/text at **832-800-7065**



📱 SCAN ME

Home Health Services

- Skilled Nurses
- Disease Management & Speciality Education Program
- Rehabilitative Services - Physical Therapy, Occupational Therapy, Speech Therapy
- Support Services - Medical Social Workers, and Home Health Aide

AREAS OF SERVICES

CITIES

Alvin	Friendswood	Pasadena
Angelton	Galveston	Pearland
Bay City	Hitchcock	Richmond
Bellaire	Houston	Rosenberg
Blessing	Katy	Rosharon
Clear Lake	Kemah	Santa Fe
Clute	La Marque	Spring
Cypress	Lake Jackson	Stafford
Danbury	League City	Sugarland
Dickinson	Liverpool	Texas City
Frenso	Manvel	Tomball
Free Port	Missouri City	Webster

We accept all PPO insurance that have **Home Health Benefits**

📞 **(713) 980-3787**
📅 **(713) 980-2686**

6544 GREATWOOD PKWY UNIT C.
SUGARLAND, TX 77479

✉️ admin@houstontotalhomecare.com
🌐 www.houstontotalhomecare.com

Warm Welcome & Best Wishes from USA Dental Solutions Group of Practices

Affordable Dental Treatment with Utmost Care and Precision



Dental Implants and Fixed Dentures



Tethered Oral Tissues- TOTS



Root Canal & Crowns



Sleep Apnea Appliances



Special Needs Dentistry



Sedation Dentistry (Adults & Kids)



Gum Surgery & Oral Surgery



Orthodontics



Children's Sleep and Behavior Issues



Cosmetic Dentistry



Scan QR & Make Your Appointment

Sport a radiant smile with our experienced Dentists, Specialists & Staff delivering excellent patient care and top-notch dental treatment in Houston Metro Area.



Dr. Vajahat Yar Khan



Dr. Huma Bhatti



Dr. Gregory Pham



Dr. Henna Abbasi

100+ Years of Combined Experience

Board Certified Specialists

Caring and Conscientious Staff

8 Convenient Locations

Creative Smiles & Kidzone Dental
5819 Highway 6, Suite 210, Missouri City, TX 77459
kidzonedental.com, 281 - 499 - 3275

Creative Smiles & Kidzone Dental
8200 Wednesbury Ln., Suite 108, Houston, TX 77074
houstoncreativesmiles.com, 281 - 499 - 3275

Infinite Smiles & Kidzone Family Dentistry
1333-C Old Spanish Trail Rd Houston, TX 77054
infinitemilestx.com, 713 - 383 - 9206

Prestige Family Dentistry & Kidzone Dental
11451 Katy Freeway #105, Houston, TX 77079
www.thememorialdental.com, 713 - 465 - 8239

Unity Dental Care
910 South Wayside Drive, Ste 300, Houston, TX 77023, unitydentalcare.com, 832 - 433 - 7252

Bay Oaks Pediatric Dentistry
1220 Clear Lake City Blvd, Houston, TX 77062
bayoakspd.com, 281-480-8877

Healthy Smiles & Kidzone Dental
9330 Broadway St #320, Pearland, TX 77584
pearlandhealthysmiles.com, 713 - 340 - 0625

Stagecoach Children's Dental Center and Orthodontics
32931 Decker Prairie Rd, Magnolia, TX 77355
stagecoachdental.com, 281-259-5444





What we do, we do
from the
heart

Main Heart Clinic has been managed by **Dr. Amin H. Karim** a recognized Cardiologist, for over 20 years. Main Heart Clinic is trustworthy, reliable and professional.



Main Medical Plaza, Building B, Suite B-1, 10021 South Main Street at Loop 610 South, Houston, TX 77025-5253
 Phone: (713) 797 -6000 Fax: (713) 797 9090

www.mainheartclinic.com



WHERE YOUR HEALTH IS THE PRIORITY

Discover a world of difference as MJ Med Supplies bring you cutting-edge medical solutions that seamlessly blend innovation with compassion. From mobility aids and respiratory equipment to daily living aids and more, MJ Med Supplies is your one-stop destination for top-notch products that enhance independence and improve the quality of life.



OUR PRODUCTS

Mobility Aids

Clutches, scooters, walkers and wheelchairs

Bathroom Safety

Grab bars, commodes and other safety equipment

Mother & Baby Care

Nursing pads, breast pumps and more for new mothers

Hospital Beds

Comfortable and adjustable beds and home care

Patient Care

Supplies for wound care, urology, ostomy and more

CONTACT US

 **713-497-5076**

 **713-583-6629**

 info@mjdme.com

 www.mjmedsupplies.com

ADVANCING CLINICAL RESEARCH & BIOBANKING



WHO WE ARE

Innovacore is focused on clinical research and biobanking. It is a physician-led organization involved in Phases I-IV clinical trials with both national and global outreach. Innovacore aims to create a new paradigm in clinical research, making it more accessible to patients, investigators, and sponsors. The organization emphasizes collaboration, ethical conduct, and patient-centered care to drive innovation and transform healthcare delivery.

OUR BEST SERVICES



Clinical Trials (Phases I-IV): Comprehensive management of all trial phases, from early-stage research to post-marketing studies.



Patient Recruitment: Tailored strategies to enroll diverse and appropriate patient populations.



Site Management: Expert coordination of trial sites to ensure smooth and efficient operations.



Biobanking: Advanced storage and management of biospecimens, ensuring quality and accessibility for future research.

Why Choose Us?

- **Ethical Standards:** We prioritize patient safety and adhere to the highest ethical standards.
- **Collaborative Approach:** Working closely with investigators, sponsors, and patients to achieve optimal outcomes.
- **Innovative Solutions:** Utilizing cutting-edge technologies and methodologies in clinical research.
- **Expertise in Clinical Trials:** With a physician-led team, we offer extensive experience in managing Phases I-IV clinical trials.
- **Collaborative Partnerships:** We work closely with pharmaceutical companies, biotech firms, and academic institutions to achieve successful outcomes.



**Sohail Rao,
MD, MA, DPhil**

President and Chief Executive Officer
INNOVACORE
Center for Research & Biotechnology



www.innovacore.net



srao@innovacore.net



888-341-5651



6918 Camp Bullis Rd. San Antonio, TX 78256



Services Offered

- Evaluation & Treatment
- Home Exercise Program
- Spinal Manual Therapy
- Gait Training/ Fall Prevention
- Spinal Stabilization Exercises
- ROM & Strengthening
- Pain Management Modalities
- Soft Tissue Mobilization
- Spinal Traction and Decompression
- Ultrasound / Phonophoresis
- Ergonomics
- FCE
- Dry Needling
- Joint Mobilization
- Posture and Muscle Re-education
- Orthopedic Conditions
- Manual Therapy
- Post-Op Rehab
- Fall Prevention Rehab
- Concussion/TBI Rehab
- Vestibular Rehab
- Sports Rehab
- Stroke Rehab
- Parkinson's Rehab
- Neuro Rehab
- Cardio-Respiratory Physical Therapy
- Return to Sport Screening
- Deconditioning Rehab

Houston Area



- East Houston**
15119 Wallisville Rd. Ste 100,
Houston TX, 77049
Ph: 713-957-2552
- Missouri City**
3634 Glenn Lakes Ln. Ste 130,
Missouri City TX, 77459
Ph: 713-518-1805
- Richmond**
18502 W Bellfort Blvd. Ste 118,
Richmond TX, 77407
Ph: 281-763-7680

- Baytown**
1690 W Baker Rd. Ste A,
Baytown TX, 77521
Ph: 281-214-2565
- Cypress**
9638 Huffmeister Rd. Ste C,
Houston TX, 77095
Ph: 281-404-5331
- Med Center**
1313 La Concha Ln,
Houston TX, 77054
Ph: 832-476-8036

Fax to
713-814-9076

Central Scheduling Phone
281-816-3528

www.advancephysicaltherapy.com

vitalcare[®]

of NORTH HOUSTON

**EASY
REFERRAL
PROCESS**

COMPREHENSIVE, CONVENIENT AND CARING INFUSION SERVICES

Vital Care provides safe, convenient, and caring infusion therapy services for patients with acute and chronic conditions, in the comfort of the home or an alternate infusion site.

Our At Home Services

- IV Antibiotics
- Total Parenteral Nutrition (TPN)
- Immune Globulin
- Remicade
- Hydration
- Nutritional Supplements
- Factor Replacement
- Pain Management
- Other Therapies Upon Request

Home Infusion Services

Professional Services

- Offers Patients a comfortable alternative to receive IV therapy in their own home.
- Gives patients complete access with our 24/7 call services.
- Provides professional pharmacy consultation.
- Provides personal delivery of medication & supplies, NOT left on a doorstep.

- Offers Patients a comfortable alternative to receive IV therapy in their own home.
- Gives patients complete access with our 24/7 call services.
- Provides professional pharmacy consultation.
- Provides personal delivery of medication & supplies, NOT left on a doorstep.

Vital Care of North Houston

6105 Beverly Hill St, Ste 200,
Houston, TX 77057



(832) 487-9746



(832) 487-9753



YOUR PHYSICIAN HAS SENT YOUR PRESCRIPTION TO



**FREE
HOME
DELIVERY**

At ASP Cares, we want to help you maintain your commitment to improved health. ASP Cares has been designed to provide you with the option of direct mail fulfilment of your prescribed therapies. This may save you money.

- ☑ You will receive a phone call within 24 hours from ASP Cares (832, 281 or 713 area code)
- ☑ The pharmacy will ask you for some basic information such as, your address, pharmacy insurance coverage and payment method.
- ☑ There is no work for you! Your prescription should be delivered to your door by the next business day!



832 500 3565
832 500 3566



3009 Fannin St. Houston, TX 77004

if you have any questions please contact
ASP Cares directly at (832) 500-3565
www.aspcares.com



Expert Care by
Bushra Cheema, MD
 Board Certified
 Medical Oncology

Comprehensive Oncology Care

*We don't just treat cancer,
 we treat you*

Have you been diagnosed with Cancer?

Get specialized care at Advance Oncology.

High-quality medical care serving for over 15 years

Receive Advanced Compassionate and
 Personalized Treatment For Multitude of Cancers

In Your Local Community

Follow Us on  **facebook**

(281) 201-2355

Monday to Friday, 9:00 AM - 5:00 PM

800 Bonaventure Way, Suite 143, Sugar Land, TX 77479

www.advanceoncology.com



HELPING HAND
 FOR RELIEF AND DEVELOPMENT

Healthcare and Nutrition Program



- 18,845 Benefited from Our Mobile Dental Clinics in Bangladesh
- 9,623 Cataract Eye Surgeries Performed Across 16 Countries
- 19,502 Orphans and Their Families Received Care in Afghanistan in Mobile Medical Clinics
- 14,164 Patients Received Help at Our Mother & Child Healthcare Center in Pakistan



**Affordable, Accessible, and
 Efficient Health Services**

314,100+

Beneficiaries

in

2023



1-888-808-4357 (HELP)



@HelpingHandUSA



19 YEARS
 OF SERVICE TO
 HUMANITY



ACCREDITED
 CHARITY

Charity
 Navigator



Helping Hand USA is a 501(c)(3) global, humanitarian relief and development organization • Tax ID# 31-1628040

GR Cure Pharmacy

Working Hard to Help

**HOME OF THE
FREE DELIVERY**



GR CURE PHARMACY

A full-service community pharmacy serving the Baytown area.

Enjoy a completely new pharmacy experience, including:

- Prescriptions & Refills
- Compounding Services
- Health & Wellness Products
- Expert Advice
- Delivery Service (limited areas)

We accept most insurance including Medicare & Medicaid!
We accept all major credit cards!
We offer quick and friendly services!

CALL US NOW

Baytown: 281-428-0009
Dayton: 936-681-8335
Crosby: 281-462-4480

Baytown

1658 W. Baker Suite #C,
Baytown, TX 77521

☎ (281) 428-0009

☎ (832) 695-0005

Crosby

14405 FM 2100 #C,
Crosby TX, 77532

☎ (281) 462-4480

☎ (281) 328-7777

Dayton

108-B North Main,
Dayton TX 77535

☎ (936) 681-8335

☎ (936) 681-8320

✉ grcure@gmail.com

🌐 www.grcure.com



Ibn Sina Foundation

Medical



Dental

Diagnostic



Specialty

Behavioral and Psychological Services

Serving the Community in State of Texas

Quality Care at Affordable Prices

Serving through Seven Community Clinics

To Join as Volunteer Physician

Contact: 713-816-5445

director@ibnsinafoundation.org

For information and appointments

Contact: 281-848-7979

info@ibnsinafoundation.org

RAYMOND JAMES

HELPING PHYSICIANS *address their unique needs*

A physician. A nonprofit board member. A parent. You've worked hard to care for your family and for others, as have I. I understand your unique needs to protect against liabilities and other risks, preserve your assets from excessive taxes, manage education debt and, finally, pursue financial independence. It's more important than ever to make smart financial decisions now to prepare for the future.

In addition to financial planning and Sharia-compliant investment management, I collaborate closely with other professional advisors, like CPAs & Attorneys, in a full spectrum of financial disciplines, from tax strategies to estate planning and Islamic wills and trusts.

Call to schedule a meeting with Ali, and see how his knowledge of and experiences with healthcare professionals can help you preserve your wealth in a tax-efficient and cost-efficient way.

Ali Dhanji is proud to support The Association of Physicians of Pakistani Descent of North America and its members.



ALI DHANJI, AAMS®

Financial Advisor

D 713.787.2126

ali.dhanji@raymondjames.com

raymondjames.com/adhanji

5847 San Felipe St., Suite 1400 // Houston, TX 77057

Raymond James and its advisors do not offer tax or legal advice. You should discuss any tax or legal matters with the appropriate professional. The Association of Physicians of Pakistani Descent of North America is not affiliated with Raymond James, Raymond James & Associates, Inc., member New York Stock Exchange/SIPC. 22-BR34J-0088 TA 5/22

NOW AVAILABLE IN STORES



FRESH TASTE
FROZEN
CONVENIENCE
YOURS DELICIOUS SOLUTION AWAITS!



NO ARTIFICIAL FLAVORS

Tempurafrozenfoods

www.tempurafoodusa.com

PRODUCT OF
TEMPURA FOOD,
USA





OUR SERVICES



Educational Programs

Programs specifically designed for children and adults with disabilities



Caregiver Support

Unique programs designed to provide support for special needs parents and siblings



Support Services

Targeted assistance ranging from counseling to referrals to funding for medical equipment



Special Events

Inclusive events that allow special needs families to enjoy in a safe and supportive environment



Community Awareness

Changing community perspectives through our internship program, youth inclusion training and community events

ABOUT US

We're a Houston Based nonprofit dedicated to serving Muslim families with disabilities. We strive to create a safe space for people of all abilities and their caregivers. We work by inspiring the Muslim Community to abandon stigmas and embrace individuals with disabilities with empathy and respect.



CONTACT US



dushouston



info@dushouston.org



www.dushouston.org



facebook.com/dushouston



HOSPICE AFFIRMS LIFE AND THE RIGHT OF EVERY PERSON TO PARTICIPATE FULLY IN THE FINAL STAGE OF LIFE.

It does not shorten or prolong life, but rather it promotes as high quality of life as possible. The ultimate goal of hospice care is to help individuals live their life with peace, dignity and grace.

Fortune Healthcare Hospice Services' highest priority is patient care. We strive for excellence in providing the support of compassionate care by including the families and caregivers in our individualized plan of care and by educating them to understand what is happening, what they can expect moving forward, and empowering them to provide the care when our staff is not present. We stress the importance of human need that goes beyond the physical care of the patient.



Benefits

- › Covered 100% by Medicare & Medicaid with some eligibility requirements
- › Private Insurance

Hospice benefits Cover

- › Adult failure to thrive
- › Cancer
- › COPD
- › Chronic degenerative neurological disease
- › Dementia
- › Heart disease
- › HIV
- › Huntington's disease
- › Liver disease
- › Parkinson's disease
- › Renal failure
- › Stroke

Dedicated to quality of life, hospice focus on palliative care by providing a support system of professional staff and volunteers to the patient and their family in meeting their physical, emotional, social and spiritual needs.

2825 Wilcrest Dr. Suite 312
Houston, TX 77042

 **713-771-0032**

 **703-771-0039**

 **832-201-6739**

 www.fortunehealthcare.net



ICNARelief

WE DON'T CHANGE LIVES. *YOU DO.*

By the will of Allah (SWT)

HOW DOES ICNA RELIEF MAKE A DIFFERENCE?



Build healthy communities & strengthen families



Build bridges, not walls



Changing perceptions, Dawah in action

EVERY MONTH, MORE THAN 100,000 PEOPLE SERVED NATIONWIDE.



24 Women's Transitional Homes



8 Free Health Clinics
4 Mobile Clinics



13 Counseling Locations



27,562 Backpacks filled with supplies



56 Food Pantries (including Mobile Pantries)



6 Disasters Responded to in 2021

"ICNA Relief does a great job of domestically distributing zakat funds and charity on behalf of the Muslim Community."

- Shaykh Abdul Nasir Jangda

But wait, there's more!

- Refugee Facilitation Work
- Winter Clothes Drive
- Ramadan Food Baskets
- Qurbani/Udhiyah Meat Distributions
- Prepared Meals for the Homeless

How can you make a difference?

Donate

Your donations make a difference

Volunteer

Change begins with you!

Become a leader

Take initiative and start your own program

Make a habit of visiting us at icnarelief.org



Authentic Recovery & Wellness

FULL CONTINUUM OF CARE


- Medical Detox
- Residential Care (RTC)
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)
- Sober living
- After Care
- Alumni Fellowship

PILLARS OF RECOVERY

- 12 steps with community integration
- Family program
- On - site Equine therapy
- Holistic Clinical Approach



 www.kemahpalms.com

 info@kemahpalms.com

 +713-568-1210

 1013 Delesandri Lane Kemah
TX 77565, United States





www.ctntexas.com

ABOUT US

Clinical Trial Network (CTN) is a reliable and dedicated research facility that offers quality research study options to Houston area volunteers — a process that fundamentally contributes to the gathering of accurate data, generating industry-grade Ph I-IV clinical trials communicated to pharmaceutical, biotechnology sponsors, and contract research organizations.

Conducted by renowned and experienced research professionals, CTN is a diverse and multidisciplinary clinical research center: each and every staff member strives to further the understanding of neural, pain, and behavioral disorders.

Our clinical research staff is comprised of skilled and certified personnel — research coordinators, as well as a regulatory department and a recruitment team — who use their expertise and experience to meet the specific needs of our clients, guided by ICH-GCP.

Because of such an adaptable and reliable team, we have a 48-hour turnaround on regulatory and budget. Our team is dedicated to meeting sponsor goals and ensuring quality data in a timely manner. To ensure these goals are achieved we have on-staff quality physicians who are intuitive and resourceful, willing to dedicate time to our studies.



CALL US NOW!
 **(713) 484-6947**

Clinical Trial Network

7080 Southwest Fwy.
Houston, TX 77074



ZAFA PHARMACY

Making a difference in people's lives

Why Choose Us?

- Full-service retail pharmacy
- Accepts all major insurances
- Drive thru
- Free Home delivery*
- Competitive cash prices
- Refill reminders
- Patient consultation
- Hassle free prescription transfers

*Restrictions apply Ask pharmacy staff for detail



Contact Us Today

Phone: 832-449-3016
Fax : 832-449-3017

sales@zafapharmacy.com

Store Hours: Weekdays 10am - 6pm 15119 Wallisville Rd, Suite 100-C Houston TX 77049

Innovation for Healthier Living



Chronic Care Management (CCM)

Practice Revenue

- For Each 200 CCM patients (Revenue \$64/patient per month)
- Net Revenue per month ~ \$12,800

Annual ~ \$153,600

Remote Patient Monitoring (RPM)

Practice Revenue

- 200 RPM patients (Revenue \$98/patient per month)
- Net Revenue per month ~ \$19,600

Annual ~ \$235,200

*2C Health charges are not included.

2C HEALTH SOLUTIONS

Increase Your Revenue By **\$388,800** Per Year* While Improving Patient Outcome and Satisfaction By Implementing **CCM & RPM** with Us.

- ✓ **Multilevel Quality Control:** Ensuring Medicare Compliance
- ✓ **Cutting Edge Technology:** With full implementation and operation
- ✓ **Most Flexible Coordination Model:** Use end to end solution or just part of it
- ✓ **Dedicated Team For Each Facility:** Improve personalization with patients

✉ info@2chealth.com

☎ (888) 908 5240

🌐 www.2chealth.com



Services We Offer

Medical Back Office Services

- Medical Scribing & Transcribing
- Front Desk Calls
- Appointment Scheduling
- Outbound Calls To Patients
- Scheduling & Rescheduling Labs
- Referral Management
- Prescription Refill
- Insurance Verification
- Revenue Cycle Management

Value-Based Services

- Falls: Screening For Future Falls Risk
- Controlling High Blood Pressure (HTN)
- Tobacco Use: Screening & Cessation Intervention
- Screening for Depression & Follow-Up Plan
- Colorectal Cancer Screening
- Breast Cancer Screening
- Diabetes: Hemoglobin A1C (HbA1C) Poor Control (>9%6)
- Depression Remission at 12 Months
- Statin Therapy

Currently Providing Medical Back Office Services and Care Coordination to more than 100,000 Patients



✉ info@tribe-care.com

☎ 713-859-5966

🌐 www.tribe-care.com



Parkway
Services

GET A FREE



COMPLIANCE REVIEW

- HIPAA COMPLIANCE
- MEDICARE FRAUD AND ABUSE OVERVIEW
- CHARTS AUDIT
- CODING AUDIT AND OPTIMIZATION
- COMPLIANCE MANUAL AND TRAINING



ACCOUNTS RECEIVABLE ANALYSIS

- RUN RELEVANT REPORTS
- IDENTIFY CRUCIAL BUCKETS BY PAYOR AND PATIENT
- DENIAL MANAGEMENT
- SOLUTIONS AND WORKFLOW FOR BETTER AND TIMELY REIMBURSEMENT



**WE BET WE CAN BEAT THE PRICE
WITHOUT SACRIFICING THE QUALITY**

**CALL NOW YOUR EXPERT
JOE HERRERA**



+1 (832) 344-8249



+1 (832) 400-5396



WWW.PARKWAYMEDSERVICES.COM

ADDICTION TO STAYING AWAKE

Author: Dr. Hibba Ali Haider

Energy drinks and highly caffeinated beverage consumption have deleterious effects on the health of adolescents, and we must seriously ponder on what to do about it.

We are aware of the marketing campaigns and advertisements for energy drinks that have flooded the visual media, air waves and billboards. These companies are promoting their 'special potion' to give you the extra boost, charge you up, instill energy in the afternoon grind and make a buzzing bee out of you.

Health Professionals see through these false marketing claims, but the young and curious brains who see this as an easy solution to re-boost energy levels, are easily

misled as these ads are specifically targeted to children and adolescents.

Since these energy drinks were introduced in the 1980s, their utilization has increased tremendously over the years. In a 2018 American Academy of Pediatrics (AAP) report, it was estimated that the energy drink market profits were greater than 15 billion (with a B) annually. They had more than 500 new brands introduced in the US alone. Their market share has grown exorbitantly mainly by targeting the youth and adolescents, mostly males and avid athletes, by variety of direct visual advertisements as well as print, social media, sports sponsorships, campus parties, games, and tournaments. There has been a 30% increase in the intake of energy drinks by teenagers between the years 2010 and 2015. Amongst them one third are habitual and regular users. Most consume them 2-3 times per month. Common reasons for use of energy drinks are lack of sleep, school course load, meeting deadlines for assignments, driving for long periods of time and, most worrisome of all, to mix with alcoholic drinks while partying.

Caffeinated Energy Drinks or CED claim to improve vitality, energize, enhance concentration and reduce fatigue. This is a contrasting market strategy to sports drinks, which are meant to rehydrate and restore lost electrolytes during intense exercise. Both CEDs and sports drinks have the same ingredients including water, carbohydrates, electrolytes, amino acids, vitamins, and minerals. It is interesting and notable that despite having all the non-nutritive stimulants such as caffeine, taurine, and guarana in CEDs, these companies make the shameless argument in favor of consumption of CEDs for health benefits.

Caffeine, the most common stimulant in CEDs, is absorbed by all body tissues. Its pharmacokinetic effects manifest in the central nervous system, on behavior in the form of anxiety, pressured and fast speech, and in the cardiovascular system as tachycardia, palpitations, and high blood pressure. On the molecular level, caffeine acts as reversible adenosine receptor antagonist i.e. it blocks the action of adenosine on its receptor resulting in transient reduction in fatigue and sleepiness. However, the physiological effects of caffeine can undermine these short-term perceived benefits by prolonging the latency to fall asleep, spoiling sleep quality and decreasing sleep duration.





By falsely marketing, branding, and rating energy drinks as nutritional, manufacturers place them under less meticulous regulations than beverages classified as colas or dietary supplements. It is astonishing that a 12 oz can of soda cannot legally contain more than 65 mg of caffeine, a 6 oz cup of coffee contains 80-120 mg of caffeine but in an unregulated energy drink the amount of caffeine can vary considerably. Among some of the marketed energy drink brands, the total amount of caffeine in a 16 oz serving can be up to 600 mg. This is almost 2-5 times the amount in a cup of tea or coffee.

Guarana (Brazilian cocoa) and Yerba Mate (Plant based) increase the caffeine content of energy drinks without being accounted for in the labelled caffeine amount. Taurine, another common ingredient in energy drinks, is an aminoethanesulfonic acid which is widely present in human tissue. It is important for some of the physiological functions of the body, brain, and retina, and has antioxidant properties as well. Its daily recommended dietary allowance (RDA) is between 40-400 mg. Human and animal studies reject the claim that Taurine enhances mental and physical performance. The terrifying truth is that Taurine alters the effects of alcohol and may put individuals at higher risk when combined with alcohol.

There is well documented correlation between energy drink utilization and multiple high-risk habits and behaviors.

These involve poor health choices, poor dietary habits, alcohol, tobacco, and marijuana use, vaping and other drug experimentation and even high-risk sexual behaviors. Given this information, how can Pediatric providers play a role? When taking a social history, Pediatric providers should be as upfront with teenagers in regards to their consumption of energy and caffeinated drinks as they would be about the use of sodas, alcohol, and/or drugs. Primary care providers can identify, gauge usage, educate and address the teenager's misguided notion of benefits of energy drinks. Clarify the difference between energy and sports drinks for them. Council affirmatively on plain water being the best source for improving hydration.

After an extensive review, the AAP Committee on Nutrition and the Council on Sports Medicine and Fitness's statement is that "caffeine and other stimulant substances in energy drinks have no nutritional value in the diets of children and adolescents".

We as primary care Pediatricians can have a holistic picture of one's health and are able to replace misleading information by evidence-based knowledge and facts that helps dismantle false marketing campaigns such as these. I am confident that well guided and informed youths will realize the health hazards of energy drinks and refrain from their usage as source of energy and rather improve their nutritional status with a healthy and balanced diet.



HERRERA PRACTICE MANAGEMENT



DISCOVER THE HERRERA PRACTICE MANAGEMENT DIFFERENCE!

As physicians deal with the daily business and financial challenges that healthcare faces today and the immediate future, they must be confident that their medical practice can successfully navigate the transformation that health reform is having. Health reform is ushering in substantive and lasting change that can adversely affect an unprepared medical practice.

Health reform has drastically increased physician quality compliance obligations and potential liability. Many physicians believe that health reform will “increase” their patient loads while “decreasing” the financial viability of their practices.

Herrera Practice Management understands the daily and comprehensive challenges faced by healthcare providers today. This first-hand “provider” experience enables Herrera PM to better assist physician practices in all medical specialty areas for the impact of health reform.



832-344-8249

HELPING PHYSICIANS PREPARE FOR TODAY & THE FUTURE OF HEALTHCARE

PHYSICIAN SERVICES



Once the physician has accepted our Proposal of Services, the Herrera PM Consultant will schedule an onsite meeting at the practice to meet with the physician(s) and the appropriate administrator and office staff to discuss the processes to be used to achieve the desired practice-improvement goals. Some of the practice management services Herrera PM provides medical practices include:

- + Operational Efficiency Assessment
- + Billing and Coding Analysis
- + Outsourced Billing and Collection Services
- + Revenue Cycle Analysis
- + Revenue Enhancement (Alternative Sources)
- + Strategic planning and implementation
- + Marketing Plan Development
- + Medical Practice Differentiation in the Marketplace



HERRERA PRACTICE MANAGEMENT

9711 S. Mason Rd. #270
Richmond, TX 77407



832-344-8249



www.herrerapracticemanagementllc.us



joe@herreraipm.com



HIGH COMPLEXITY MOLECULAR DIAGNOSTICS LABORATORY

OUR PHILOSOPHY

We believe in the importance of treating each client and patient as an individual. We take pride in being available 24 hours a day every single day of the year, for your assistance or support.

At Well Health Labs, we put care into each and every specimen to generate data accurately and on time, by following the industry's highest standards.

MAXIMUM TESTING CAPABILITIES

TEST	VOLUME PER LAB
Covid-19	3,000/day
RPP	2,000/day
UTI	2,000/day
STI/STD	2,000/day
Toxicology	2,000/day

ADVANTAGES

- ✓ Quicker turnaround times
- ✓ Support 24/7, 365 days a year
- ✓ No commitment required
- ✓ Medical assistants provided
- ✓ Training provided
- ✓ Direct contact with physicians, face to face

LAB SERVICES

MOLECULAR/PCR

- Covid-19
- Respiratory Pathogen
- Monkeypox (Oral Rinse, Early-Onset)
- Gastrointestinal
- Wound
- Hair, Skin, Nail - Dermatophyte

GENETICS

- Cancer Genomics (CGx)
- Cardio-Pulmonary
- Diabetes-Obesity
- Eye Disorders
- Immunodeficiency
- Neurology
- Pharmacogenomics (PGx)
- Thyroid Genetic Disease

URINE

- UTI (incl. drug resistance)
- STI/STD
- Toxicology
- Genital Ulcer (including Herpes Simplex Type I, II and Syphilis Screening)

WELL HEALTH LABS HOUSTON

3776 Greenbriar Drive, Stafford, TX 77477
P: 346.273.4500 F: 346.275.1700

WELL HEALTH LABS DALLAS

350 Westpark Way Suite, 100B, Euless, TX 76040
P: 817.786.8005 F: 346.275.1700



Riceland
HEALTHCARE™



ADVANCED
HEALTHCARE
MADE *Personal*

HOSPICE™

HOME HEALTH™

CLINIC™

MEDICAL CENTER™

INFUSION CENTER™

SURGERY CENTER™

DIAGNOSTIC LABS™

ENDOCRINOLOGY™

PAIN MANAGEMENT™

EMERGENCY CENTER™

BEHAVIORAL HEALTH™

URGENT CARE CLINIC™

RURAL HEALTH CLINIC™

DIAGNOSTIC IMAGING™

Riceland Healthcare System is an advanced healthcare system with an integrated network of physicians, hospital, diagnostic imaging, surgery, infusion, labs, endocrinology, urgent care clinics, hospice, home health and other services. We are dedicated to providing the highest quality, affordable patient care across South East Texas and to creating the best possible outcomes with exceptional patient care experiences.



Riceland Healthcare System
85 I-10 North Frontage Road
Beaumont, TX 77707
409.730.8054 844.RICELAND
ricelandhealthcare.com

ricelandhealthcare.com