

# Press Release for JSMC Health Fair 2014

(Photos by Pragnesh Shah, Priya Photography)

Staying informed about wellness issues can help one make better decisions on how to lead a healthier lifestyle. Jain Society of Metropolitan Chicago organized annual Health Fair on May 4 and May 11, 2014. These two days of Health Fair provided numerous diagnostic screenings tests, health awareness education through personal consultation and use of visual aids to all the Jain community members at no cost. During the health fair team of 90 volunteers including many Physicians, Specialists, Nurses, Microbiologist, Phlebotomist, Lab Technicians, and other Healthcare Professionals provided their services at no cost for this noble cause. Over 200 JSMC members including many senior citizens benefited. Laboratory services for Blood Tests was conducted by Medstar Laboratories at minimum charge per person. JSMC appreciates the grand sponsors of the event Bharat & Sandhya Shah, Dipak & Hemangini Shah, Kamlesh & Priti Shah, and Nirupa & Samir Shah. All the medical equipment and necessary medical supply for all kinds of screenings and tests were donated by Dinesh & Nayna Shah (AMSCO Medical Supply and Equipment, Inc.). Dr. Parag Doshi (Cardiologist) provided necessary equipment and staff to conduct Carotid Ultrasound test to screen for any existent stenosis or obstruction. Loyola University Public Health Dept. provided Bone Mineral Density test machine and staff to conduct screening for either Osteopenia or Osteoporosis. Many doctors brought their EKG machines with their staff to conduct Electrocardiogram test to screen any irregular heart rhythm or heart diseases. In addition to above, many other members donated generous amount for this noble cause. For May 4, overall setup that includes from patient's stepwise selection for screening test with guideline and eligibility criteria, guide them to relevant physician via triage station was planned and executed to keep productive coordination between patients and medical professionals without any interruption and technical difficulty. Booths were setup with closed curtain to maintain the privacy of the patient. Delicious breakfast with freshly squeezed orange Juice was setup for all. Two large screen projectors were showing constant updates and instruction along with recognitions for sponsors, Doctors, and volunteers. On 2<sup>nd</sup> day of Health Fair (May 11) around 200 patients benefited from free consultation services provided by experienced physicians, subject matter specialists, and other healthcare professionals. Experienced panel of Physicians reviewed patients' lab results and provided recommendation for urgent and long term health concerns. Experts Cardiologists, Dentists, Oncologists, Audiologist, Speech Pathologist, Gynecologist, Ophthalmologists, Gastroenterologist, Physical Therapist, Pharmacist, Dieticians, Sujok Therapist, Homeopathy expert, and Stress Management specialists provided consultation to all the patients. Blood Pressure, Height, Weight, and BMI checkup were conducted as part of this services, too.

Many helped to make this Health Fair successful. Following is the core planning team for this health fair:

Vipul Shah (General Secretary, JSMC), Hitesh R. Shah (Vice President, JSMC), Himanshu Jain (Treasurer, JSMC), Dr. Mukesh Doshi (Board of Trustee, JSMC), Dinesh Shah (Volunteer), Bharat Kothari (Volunteer), Mayuri Zaveri (Nurse), Dr. Mahesh Shah (Physician), Dr. Kaushal Mehta (Physician), Dr. Hetal Gandhi (Cardiologist), Dr. Shailesh Zaveri (Cardiologist), Dr. Parag Doshi (Cardiologist), Dr. Salil Vasanwala (Physician), Dr. D. U. Shah (Physician), Dr. Kirti Talsania (Physician).

Along with this core team, following Doctors and specialists provided their expert services during the fair.

Dr. Dilip Shah (Physician), Dr. Neeru Shah (Physician), Dr. Pravin Shah (Physician), Dr. Mandakini Pokharna (Physician), Dr. Rujuta Gandhi (Physician), Dr. Avani Shah (Chiropractor), Dr. Ishwar Patel (Gynecologist), Dr. Payal Trivedi (Dentist), Dr. Monil Shah (Dentist), Dr. Reena Shah (Dentist), Dr. Lata Jain (Audiologist), Kushalraj Singvi (Audiologist & Speech Pathologist), Dr. Jagadish Shah (Hematologist and Radiation Oncologist), Dr. Bharat Jailwala (Radiation Oncologist), Dr. Parag Majmudar (Ophthalmologist), Dr. Jill Zaveri (Ophthalmologist), Darshana Vyas (Dietician), Dipti Shah (Dietician), Pina Shah (Physical Therapist), Usha Doshi (Physical Therapist), Nisha Jani (Pharmacist), Shilpa Shah (Pharmacist), Smita Shah (Sujok Therapist), Smita Gandhi (Homeopathy expert). Alexian Brothers Cancer Institute provided cancer related educational material.

JSMC appreciates all who helped to make this amazing community service project successful.