



# BULLETIN

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# IAMA Bulletin

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PO Box 8218 ~ Haledon, New Jersey 07538-0218

Tel. (973) 595-8888 ~ Fax (973) 790-7755 ~ E-mail: [iama@iama.org](mailto:iama@iama.org) ~ Website: [www.iama.org](http://www.iama.org)

Editor-in-Chief: **Parviz Pishvazadeh, MD**

Publication Committee Chairperson: **Hormoz Mohtashemi, MD**

Director: **Amir Ganchi, MD**

Typeset by: **Donna Daly**

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# Table of Contents

<b>Editor In Chief Message</b> - Parviz Pishvazadeh, MD	2
<b>President's Message</b> – Hosein Shokouh-Amiri, MD	3
<b>President-Elect Message</b> – Shervin Mortazavi, MD	6
<b>Be In IAMA with IAMA</b> – Amir Ganchi, MD	7
<b>Public Awareness Seminar Series</b> <b>Coronaviruses</b> – Nader Moaven, MD	9
<b>Ten Great Iranian Poets</b>	11
<b>Tribute to Dr. Habib Davanloo</b> - By Javad Naficy, MD	16
<b>Chapters and Sections Activities</b>	
California - Omid Ashouri, MD	18
Illinois – Behnam Hajihossainlou, MD	20
New Jersey - Pegah Ameri, DMD	22
New York – Jasmin Moshirpur, MD	23
Dental Section – Shafa Amirsoltani, DDS	23
SIPNA Section – Rahim Shafa, MD	24
<b>Treasurer's Report</b> – Arezou Ashouri	26
<b>Website and Social Media Activities</b> Katayoun Katouzian, MD and. M. Shokouh-Amiri, MD	27
<b>IAMA Membership Form</b>	28

## A Note from the Editor

I write this editorial at a strange time in the world's history. Some of our senior colleagues, including me, recall many unexpected happenings during their lives that our forefathers did not witness. The production of the atomic bomb, multiple wars and genocides, and significant technological and medical advances are some of these happenings, but the one that we are facing now tops them all. This new occurrence is also important because it relates especially to us as physicians, who are organized to help the society. We are faced with a masked enemy that the universe has never seen before.

Many of our peers are on the front lines with their lives in peril, while the rest of us are helping in different ways. This virus is spreading and proliferating quickly in Iran,

**Parviz Pishvazadeh, MD**  
**Editor-in-Chief**



killing hundreds of thousands. This is the time that IAMA can be helpful financially, spiritually, and, if possible, physically. This is the time that we feel our attachment to each other. This is the time when the whole medical institution is being tested and we are a part of it. You may have

noticed that I have not mentioned the name of this virus. That is because someday it will go out of existence and be wiped out. I hope our footprints will be on its path of departure. Although we do not know it's birthday, we will celebrate its death. We have powerful tools to defeat it and when I write this editorial next, the prison's doors will be open and happiness and love will prevail.

**My best to all!**

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# President's Message

**Hosein Shokouh-Amiri, MD**  
**President of IAMA – 2016-2020**

Dear IAMA members and friends,

I hope this letter finds everyone well. This will be my last message during the 4 years of being IAMA's president. First of all, I would like to wish the best to the upcoming board, chaired by Dr. Mortazavi who is very talented, motivated and dedicated to continuing the mission of IAMA and to take it to a new level. I congratulate him and his board members. My board members and I will be at their disposal if we can be of any help, since we all love IAMA and Iran.

One of the most important achievements was the improvement of IAMA's website & implementation of social media. This has been possible through the outstanding work of Dr. Mohammad Shokouh-Amiri and Dr. Katayoun Katouzian who spent endless hours and a lot of hard work which brought the website and the social media to a higher level. The website is functional, user friendly and distributes IAMA's messages to a much wider audience. Off course the website is not perfect yet, since informational technology is dynamic & ever changing. We hope that the new board will continue to improve the website even further so IAMA can be on the forefront of reaching out to its members and friends in the best possible way. The highlights of what website and social media committees have achieved are:

- New Website design and management (with Cyberset)



- Providing online registration option for membership and for the annual conferences

- New email addresses and domain for IAMA (Google GSuite) -GSuite package for NPO has many features available for IAMA domain email users.

- MailChimp: for bulk email and newsletters. This was necessary for IAMA to be in compliance with the CAN-SPAM ACT.

- "Two" PayPal accounts

- Facebook Page and Groups for communication and for fundraising campaigns

- Network for Good account for requesting IAMA's unclaimed money in social media

- Smile Amazon account

- Evenbrite for ticketing, events, conferences, and Gala registration and payment.

- Social media (Facebook Page & Groups =875 followers, LinkedIn- Page & Group=9,804 followers, Twitter, Instagram=362 followers, YouTube).

- Online banking arrangement at Bank of America

- Set up QuickPay via Zelle system

- Adding a saving account for IAMA's in November 2019

- Adding a new checking account for IAMA for all types of donations.

Another important achievement of IAMA is creation of a coalition with other humanitarian organizations in the US and Canada. HUREC (Humanitarian Relief Coalition) was created in order to help the patients of the COVID-19 pandemic. As you all are well aware, this pandemic has affected our beloved country, Iran, very seriously. IAMA has been one of the top five founders of this coalition. Drs. Omid Ashouri, Mohammad Shokouh-Amiri, & myself have had the privilege & honor of representing IAMA in this coalition. We have been successful in generating more than \$500,000 through the generous donations from Iranian, American, and Canadian friends. IAMA hopes that through the generosity of good people, we can save lives and help the medical groups who are in forefront of fighting this pandemic. I encourage everyone to still donate to this great cause by visiting [yarikon.com](http://yarikon.com). It is noteworthy to mention that Drs Omid Ashouri & Mohammad Shokouh-Amiri went well above & beyond their line of volunteerism to not only help with fundraising but to spread the word to the media & secure radio & television shows to make IAMA's Humanitarian mission heard.

As you know, due to COVID-19 pandemic, meetings have been cancelled all over the world in an effort to keep everyone safe. We, like many others, had to cancel our annual medical conference in May 2020. All the money that was collected for registration and Gala event has been refunded to the registrants. This happened through the hard

work of local organizing committee, chaired by Dr. Mortazavi who first secured a beautiful location (Hilton Hotel), then worked diligently to cancel it in a way that all members got their registration money back. Dr. Mortazavi, incoming president, is hoping to hold the meeting at the same location next year, depending on the COVID-19 pandemic and the new Board's decision.

Our membership numbers have been increasing slowly, but surely. A new dental section has been added to IAMA. This has been possible through the work of a very energetic, motivated, and dedicated member, Dr. Shafa Amirsooltani. She has revolutionized this section. Many congratulations to her for this & for accepting to be a member of the new board. We have had very successful CME activities and scientific meetings in San Diego, Houston, & Chicago. This year's meeting, which was planned to be in New Jersey was unfortunately cancelled due to COVID-19 pandemic. All abstracts that were accepted to be presented this year will be considered for next year's meeting if the authors are still agreeable to present them.

Our finances have been good, and we have been able to generate more funds through donations to IAMA's humanitarian efforts, like the earthquake in Kermanshah, flash floods in Shiraz and now the COVID-19 pandemic, and for IAMA itself. Many thanks to our generous donors who have believed in the humanitarian mission of IAMA and trusted this organization as custodian of their great effort. We promise that these funds will be used as efficiently as

possible with the least administrative cost. Detailed report of our activity will be in the treasurer report and results of these activities will be on the website for our great donors to know how their donation is spent.

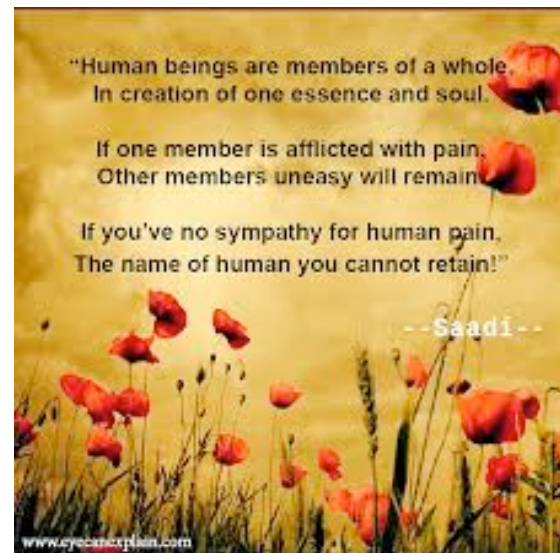
IAMA has continued its scientific & humanitarian relations with different universities in Iran especially the Liver & Pancreas transplant programs. Missionary works to underprivileged countries, like Honduras, have been carried out successfully over the years as well.

None of these would have been possible without the support of board of trustees, chapters & hard work of board members. I would like to specifically thank Drs. Ganchi, Moshirpur, Bozorgzad, Mohajer, Massumi, Ashouri, Nourbakhsh, M. Shokouh Amiri, Katouzian, Armaghany, Fallahi, Ataei, Ghazi, Madani, Hanjani, Torrei, Shidban, Tavakoli, Farhad, Ameri, Mrs. Mirfakhraee, and Mrs. A. Ashouri for their outstanding effort in advancing IAMA's mission during my four years of serving IAMA.

Considering that all functions of IAMA are based on volunteerism, still I would like to give my special thanks to those volunteers who gave their love & passion before, during, & after the meetings to make sure everything ran smoothly during our annual conferences. Special thanks to Ms. Donna Daly, IAMA Administrative Assistant, Ms. Yvette Sanchez, WK Transplant Administrator and Mrs. Rhea Whitlock, WK Administrative Assistant, who helped me keep different organizational activities of IAMA performed in a timely manner.

Unfortunately, during these past 4 years we have lost great members of IAMA, Mrs. Fallahi, Drs. Vida, Mirlouhi, Hedayati, Saberi & Mohammadi who have been the pillars of this great organization. It is the hope of IAMA to continue their legacy. They will be immensely missed. Last, but not least, I would like to thank my lovely wife, Dr. Afsaneh (Sophia) Shokouh-Amiri, who has always helped me with her great enthusiasm and innovative suggestions behind the scenes & without expecting any recognition.

With very best wishes for the new board and its new president, Dr. Mortazavi, I will say goodbye, but I promise to be involved in the affairs of IAMA as the past president and a loyal member of IAMA.



# President-Elect Message

**Shervin Mortazavi, MD**  
**President of IAMA (2020 – 2022)**

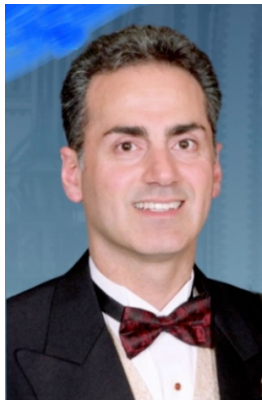
My dear friends and IAMA members,

I have been honored and privileged to serve IAMA as the national president, along with an assembly of highly dedicated and inspiring board members.

IAMA has always served a crucial role in the medical community, both in the US and in Iran. Founding a clinic in Bam providing much needed medical services to underserved population, establishing a natural disaster relief fund supporting people affected by devastating earthquakes and floods, providing our communities with current and up-to-date medical education through our Public Awareness programs, presenting scientific articles and the opportunity to earn CME credits at our annual conference, fostering research and engaging in exchange of specialty and subspecialty medical services, and supporting young Iranian physicians in securing a residency position in the US are examples of IAMA's ongoing commitment and achievements. Many of them owed to the hard work and dedication of founders and directors of IAMA, and in particular the immediate

past president, Dr. Shokouh-Amiri and his esteemed board.

We live in an era of unprecedented pandemic, increasing geopolitical complexity, social movements, and everchanging healthcare policies and regulatory landscape. I anticipate more changes in our healthcare system as the election year always inspires politicians to push for reforms in delivery and accessibility of healthcare.



To ensure sustainability and to achieve our future goals and aspirations, we must be agile and adaptable, possess the ingenuity and farsightedness, utilize new emerging technologies and social media platform, and continue our growth and expansion through increasing membership and collaboration with other medical/professional societies.

I look forward to working with every one of you and I would like to hear your constructive suggestions and ideas for advancement of our beloved organization.

# Be In IAMA with IAMA

Amir Ganchi, MD

In spite of the disastrous situation from the social and economical situation, we in IAMA started very early to educate the Iranian population in the State of NJ as a part of the IAMA awareness lecture series performed by Dr. Nader Moaven infectious disease specialist.

As you know, the IAMA administration started fundraising with the help of other Iranian charity organizations in the US and Canada by the leadership of the president of IAMA, Professor Dr. H. Shokouhamiri which so far they have been very successful. Sincere thanks to all members of the Board especially its president Professor Dr. H. Shokouhamiri, congratulations.



As you also know, IAMA canceled its 27<sup>th</sup> anniversary of IAMA celebration earlier this year due to the pandemic Covid 19 because IAMA cares very much about the health and safety of our members and friends in spite of being very ready to do that. As the result all the money of the CME and meeting registration was refunded and of course hotel was canceled.

IAMA have not had any personal gatherings but by the efforts of its president the monthly teleconferences meeting has continued.

Regarding transferring the collected money for Covid 19 and the money for BAM Medical Center before so far we have not found an authorized institution or agent to accept transferring those monies. Fortunately by the efforts of Engineer Mr. Vahid Sabbaghian and other members of the IAMA NGO in Iran, Middle East Bank in Iran accepted to do that after reviewing IAMA NGO documents. Fortunately it is at the final stage of evaluation.

On the other hand the University of Bam Medical School has established a Corona Virus lab in the IAMA Medical Center building to serve the entire State of Kerman and the vicinity states by the permission of the IAMA NGO. The existing Board of Directors duration of 4 years, with a very fruitful services to IAMA with love is over and the new administration is taking over. On behalf of the members of IAMA, I would like to take this opportunity and sincerely thank all the members of the Board especially its president Professor Dr. H. Shokouhamiri who served IAMA with love and dignity in spite of having a very busy work schedule. There are also members of the Board who served in an extraordinary work like Drs. H. Mohajer as vice president, M. Massumi as recording secretary, K. Katouzian who created IAMA social media, M. Shokouhamiri who advanced the website of IAMA in a very special way, Mrs. Arezou Ashouri, who accepted the roll of the treasurer of IAMA and the other members of the Board of Directors who are deserving or many thanks and appreciation. On the other hand Dr. O. Ashouri, president of CA chapter and Dr. Behnam Hajihossainloo, president of IL Chapter, deserves many thanks and appreciation for their hard work and dedication.

At the same time IAMA has been very fortunate to have a very dedicated new Board Members of Directors and its President, Dr. S. Mortazavi, who has been serving IAMA with dedication for several years. Congratulations and good luck. At the end IAMA has been very lucky to have those people with a very busy schedules serving IAMA with love and great efficiency.





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**Shervin Mortazavi, MD**

**Senior Medical Director**



## Coronaviruses

### Public Awareness Seminar Series

**Nader Moaven, MD**  
**Chair, Internal Medicine &**  
**Infectious Disease**  
**RMG/Empire Medical**



The crown-like spikes seen on the electronic microscope pictures gave the name *coronaviruses* to this important family of viruses.

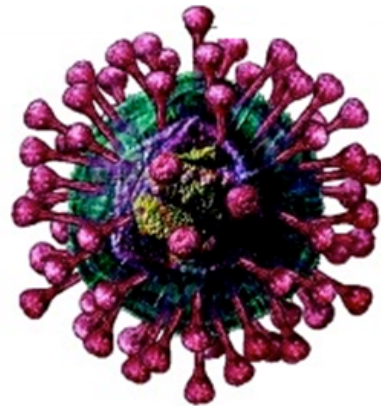
Human

Coronaviruses were first identified in the 1960s.

Certain Coronaviruses infect animals. These viruses can then evolve and become significant human pathogens. The best examples of these evolving animal-to-human viruses are the SARS-COV (Severe Acute Respiratory Syndrome identified in 2003), the MERS-COV (Middle East Respiratory Syndrome identified in 2012) and finally the SARS-COV-2 (Coronavirus Disease 2019 or COVID-19), which has caused the current catastrophic pandemic.

People who have been exposed to COVID-19 may show symptoms 2-14 days after exposure. Some of these symptoms include

fever, chills, fatigue, headache, muscle or body ache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, diarrhea, and cough. More serious symptoms of COVID-19 disease include shortness of breath and difficulty breathing which may signify pneumonia and SARS (Severe Acute Respiratory Syndrome).



COVID-19 structure

COVID-19 spreads from person to person. The main mechanism for the spread of the virus is through droplets and aerosolized transmission between people who are in close contact with each other (within about six feet). When an infected person coughs, sneezes, or talks, droplets with the virus fly into the air. Anyone within six feet of that person may become infected by breathing those droplets into their lungs. Research shows that the virus can live in the air up to three hours. Breathing the air with the virus floating in it can infect other people. Surface

transmission (countertops, doorknobs, plastic or stainless steel surfaces) may also happen up to 2-3 days after an infected person coughs, sneezes, or touches the aforementioned surfaces.

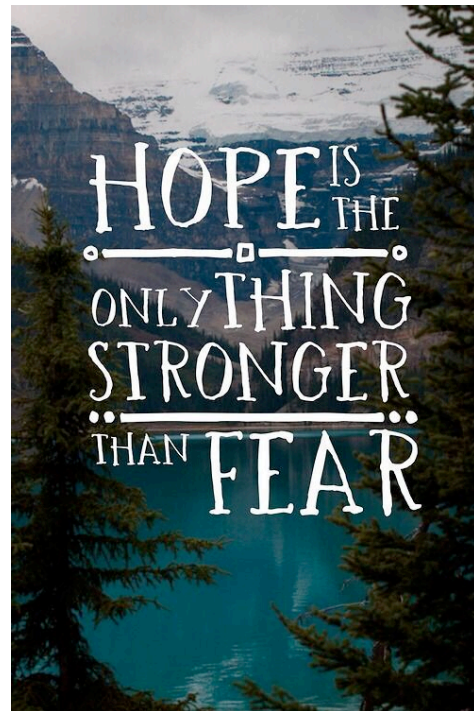
People may become ill by touching these contaminated surfaces and then touching their mouth, nose, or eyes. Some studies also indicate that the COVID-19 virus can be found in the fecal material of infected persons. Therefore, if infected persons do not wash their hands correctly after using the bathroom, they could potentially transmit the virus by touching and contaminating surfaces and other people. A lot of people become infected via community spread, which happens when an infected person cannot identify a known contact with a sick person.

The best way to prevent illness with COVID-19 is to avoid exposure to the virus. Hand washing frequently and thoroughly (20 seconds) is the centerpiece of prevention. Cleaning hands with a hand sanitizer that contains at least 60 percent alcohol could be used in lieu of hand washing. Also, potential contaminated surfaces need to be thoroughly cleaned and disinfected. Avoiding close contact with sick people and social distancing (at least six feet) is an important measure of prevention. Covering the mouth and nose while coughing or sneezing and wearing a mask (appropriate cloth covering or surgical mask) when in public or around others is

another important step in the prevention of COVID-19.

Unfortunately, there is no definitive treatment for COVID-19 yet. There are many investigational drugs, some of which were approved for treatment by the United States Food and Drug Administration for specific populations of COVID-19 patients (mostly severe to critical patients). Many pharmaceutical companies are also working on developing an effective vaccine, some of which are in the final stages of development and may become available before the end of 2020. Until then and beyond, the best strategy is to prevent exposure to the virus.

References: CDC, WHO, Web Med





# Ten Great Persian Poets

**Persian literature** derives from a long oral tradition of poetic storytelling. The first recorded example of this tradition is the **Behistun Inscription** of **Darius I** (the Great, r. 522-486 BCE), carved on a cliff-face c. 522 BCE during the period of the **Achaemenid Empire** (c. 550-330 BCE). Whatever other works were committed to **writing** during this era were lost when the **empire** fell to **Alexander the Great** in 330 BCE but the oral tradition continued and would find its greatest expression in the Persian poets of the Middle Ages (476-1500 CE) and, especially, the ten considered the most influential:

- Rudaki
- Daqiqi
- **Ferdowsi**
- Sanai
- Attar
- **Rumi**
- Saadi
- Nizami
- **Omar Khayyam**
- **Hafez Shiraz**

These poets created the written **literature** of their culture by combining their traditions, myths, and religious beliefs with those of the Muslim Arabs who had conquered the region in 651 CE and imposed the new **religion** of **Islam** on the people. In time, the two cultures entwined, and the poetry of the Persians would come to express the highest concepts of Islamic belief – especially the mystical aspects – completely, even when the works were not written in Persian or even by Persians. These ten poets not only influenced the development of so-called Muslim literature but would affect the literary arts of cultures around the world and continue to inspire readers in the present day.

Persian Poet Nizami

by Jacobolus (CC BY-SA)

Religion, Fate, & Love in Persian Poetry

In 651 CE, the **Sassanian Empire** – which began the process of committing the oral tradition to writing - fell to the invading Muslim Arabs who destroyed many literary works as part of their efforts in subjugating the people. By the time of the **Abbasid Caliphate** (750-1258 CE), however, **Persian culture**, language, customs, and literature

had not only become accepted among the Muslim Arab elite but were encouraged. Under the Samanid Dynasty (819-999 CE), which ruled by the grace of the Abbasids, **Persian art, science**, and literature flourished and lay the foundation for the future of Persian literary arts.

**THERE IS NO DIVORCING THE WORK OF THESE POETS FROM THEIR RELIGION OF ISLAM; THEIR FAITH INFORMS THEIR WORK.**

There is no divorcing the work of these poets from their religion of Islam, although some modern-day translators and commentators have

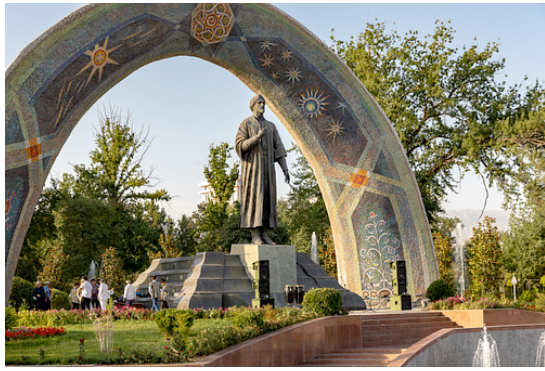


tried to do so, as their faith informs their work. Allusions to the hadiths (commentaries) and the Quran run through almost all of these poets' works and even when they are absent (as in Ferdowsi) the poet's faith in a higher good and an ultimate meaning to life informs the piece.

Even so, the **ancient**

**Persian religion** of **Zoroastrianism** is an equally potent influence in the work of these artists and, especially, the so-called "heresy" of **Zorvanism** which claimed that Time was the Father of Existence and encouraged a belief in fatalism. Since time moved an individual through life and toward **death**, there was nothing one could do to alter one's fate. Juxtaposed against this concept, in all of the following poets' works, is faith in the power of love which transcends time and gives meaning to one's life. This love could be for another human being or directed toward the Divine but, without it, life was considered meaningless.

Poetic diction, the use of symbolism, metaphor, and simile are freely used in all forms of Persian literature from medical treatises to histories but formal poetry was considered the height of expression and, although there were many other great poets contributing to the tradition, the following ten are considered the greatest.



Statue of Rudaki  
by Ninara (CC BY)

Rudaki (l. 859-c. 940 CE)

**Abu 'Abdollah Ja'far ibn Muhammad** Rudaki, better known by his penname Rudaki, was the court poet of the Samanid Amir Nasr II (r. 914-943 CE) who so greatly valued him that he made him wealthy. The scholar Sassan Tabatabai notes how, “at the height of his glory, [Rudaki] was said to have possessed two hundred slaves and needed one hundred camels just to carry his luggage” (2). Although he is often cited as first arriving at the court under Nasr II, his surviving work makes clear that he was already a respected poet under Nasr II’s father, the Amir Ahmad Samani (r. 907-914 CE). This high level of respect was due to Rudaki’s immense talent and skill in mastering every poetic form. Little of his work has survived (only 52 works out of the over one million referenced by later writers) but these make clear he was a poet of immense power who was able to express complex emotional states in simple imagery. He is considered by many the “father of Persian literature” as he created the concept of the *diwan* (a collection of the short works of a poet) and developed the literary forms of poetry, including the *ghazal*, *qasidas*, and *rubais*.

Daqiqi (l. c. 935-977 CE)

Abu Mansur Daqiqi was equally successful as the court poet of the Amir Mansur I (r. 961-976 CE). Any working poet at this time relied on the patronage of a wealthy admirer, just as in later ages, but a court poet could expect far more than a reliable income as long as he pleased the monarch. The poet would write verses immortalizing the monarch’s name and deeds and be rewarded with lavish gifts, and so it was for Daqiqi. At this time, there was an increased interest in Persian history and lore and so Mansur I commissioned an ambitious work on Persian history, lore, and legend from the beginning of time to the present. Daqiqi began the work, drawing on an older manuscript, the *Khodaynamag* (also given as *Khwaday-Namag*

“The Book of Lords”) from the period of the **Sassanian** Empire. He had completed 1000 verses of what would have been the *Shahnameh* (“Book of Kings”) when he was murdered by one of his slaves. As with Rudaki, little of his work survives but extant verse shows he wrote in a highly formal style consistent with epic works. He is best known for beginning the work which would make Abolqasem Ferdowsi’s name live forever.



Battle of Al-Qadisiyya  
by British Library (Public Domain)

Ferdowsi (l. c. 940-1020 CE)

Abul-Qasem Ferdowsi Tusi was a member of the *dehqan*, the upper-class landowning members of society comparable to feudal lords in **Europe**. Almost nothing is known of his life other than that he was obviously well-educated, was married, and had a daughter (though an elegy inserted in the *Shahnameh* is to a son who predeceased him). After Daqiqi was murdered, Ferdowsi took up the challenge of writing the *Shahnameh* for Amir Mansur (allegedly to provide his daughter with a dowry) in 977 CE but the Samanid Dynasty fell shortly afterwards and was replaced by the Ghaznavid Dynasty (977-1186 CE) which did not have the same level of appreciation for Persian literature as the Samanids had. Even so, Ferdowsi was encouraged to continue the work which he completed in 1010 CE. How well the *Shahnameh* was received and whether Ferdowsi was justly rewarded for his efforts by the Ghaznavids is a matter of debate as the accounts concerning this are largely legendary. However the work may have originally been received, it has enjoyed enduring popularity since. Whatever else Ferdowsi may have composed has been lost but the epic *Shahnameh*, recounting the history, legends, and lore of ancient **Persia** from the beginning of the world to the Muslim **conquest**,

has long been considered one of the great masterpieces of world literature and is the national epic of Iran in the present day.

Sanai (l. 1080 - c. 1131 CE)

Hakim Abul-Majd Majdud ibn Adam Sanai Ghaznavi was the court poet of the Ghaznavid sultan Bahram-shah (r. 1117-1157 CE) who admired the poet's work so highly that he arranged for Sanai to marry his daughter. Sanai, at this time, had already written a number of pieces praising the Sultan when Bahram-shah decided to make **war** on **India** and summoned Sanai to come with him. On his way to the court, Sanai passed a garden in which a drunken man, talking to himself, was loudly criticizing Bahram-shah's foolishness in pursuing conquest for no reason and wasting so many lives. The man also lamented the life of Sanai, referring to him as a talented poet wasting his gifts in praise of a vain and senseless monarch. Sanai instantly understood the truth in what the man said, resigned his position at court, and became a student to a Sufi master. The mysticism of Sufism informs all of Sanai's extant work, notably his masterpiece *The Walled Garden of Truth* which has been called a "mystical epic" in its exploration of the individual's relationship with God. Later writers (notably Attar and Rumi) were significantly influenced by Sanai who insisted that "error begins with duality" and one must recognize no distance between the self and God. There is no reason to "search for God" because God dwells in the self. One must, therefore, strive to know one's self in order to know the Divine. This concept, as well as his use of wine as a symbol of the intoxicating nature of God's love, would be developed by many of the poets who followed him.

Attar (l. 1145 - c.1220 CE)

Abu Hamid bin **Abu Bakr** Ibrahim was a chemist (pharmacist) who followed in his father's profession and seems to have lived a comfortable life based on references in his work. He wrote primarily under the penname Attar ("the chemist") seemingly for his own pleasure as there is no evidence he had a patron. He was not known as a poet in his lifetime (though later he was referenced, as Attar of Nishapur, as a poet) and he rejected the efforts of poets who accepted pay for praising monarchs who were not worth their talents. He focused on verse which would bring a reader closer to an understanding of the nature of existence and the nearness of God. Like Sanai, he was a Sunni Muslim who embraced the mysticism

of Sufism which informs his work. He is best known for *The Conference of the Birds*, an allegorical poem in which all the birds of the world arrive at a meeting to decide who will be their king. The hoopoe bird, known for its wisdom, guides them on a journey through seven valleys – losing many along the way – until they reach the lair of the great mystical bird Simorgh where they come to understand that they must govern and lead themselves. His other works deal with similar themes in developing the Sufi understanding of God and the individual's relationship to the Divine. He was killed in c. 1220 when the Mongols invaded his **city** of Nishapur.

Rumi (l. 1207-1273 CE)

Jalal ad-Din Muhammad Rumi was a polyglot Islamic scholar, theologian, and jurist before meeting the Sufi mystic Shams-i-Tabrizi in 1244 CE and becoming the most famous mystical poet of his time. He was born in Afghanistan or Tajikistan to a literate family, was well-educated, multilingual (writing in his native Persian, Arabic, **Greek**, and Turkish), and well-traveled. According to legend, when he was 18 years old, he met Attar in Nishapur who gave him one of his books upon recognizing the young man's spirituality. This meeting is said to have laid the foundation for Rumi's later transcendent awakening. He was already a well-respected scholar when he met the Sufi dervish Shams who became his best friend and spiritual mentor. They were only together four years when Shams disappeared one night and was never seen again. Rumi searched for his friend until realizing that the spiritual connection they shared could not be severed by death nor any distance and felt Shams' life force as his own. Afterwards, he began composing poetry which he credited to Shams' spirit. His literary skill and spiritual insight was so vast that he was referred to as *Mawlawi* ("our master"). His greatest work is the *Masnavi*, a six-volume poetic exploration of the relationship between the individual and God which references folklore, Sufi spiritualism, the Quran, Muslim legend and lore, and a host of other literary, historical, and religious sources. His shorter works consistently reference the same, weaving folktales and Quranic allusions together with a narrative voice speaking directly to his audience, sometimes clarifying, sometimes obscuring, in order to engage a reader with the subject matter completely. He is regarded as not only one of the greatest Persian poets but among the most influential and widely read in the world.





Page from the Masnavi  
by Walters Art Museum Illuminated Manuscripts  
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Saadi (l. 1210 - c. 1291 CE)

Abu-Muhammed Muslih al-Din bin Abdallah Shirazi came from a religious family of the city of Shiraz, Iran and was uprooted at an early age when the Mongols invaded his homeland. His life and **philosophy** would be significantly affected by this event and the nearly continuous **warfare** which ravaged the region. He is known as a poet of great depth and skill but can also be considered a travel writer as he spent much of his life moving from place to place (locales and experiences he includes in his work), a historian (as his pieces reference events first-hand), and an existentialist in that he focuses on the importance of living one's life with full awareness of the human condition and one's responsibility to others and one's self. He was well-educated, possibly having a scholarship at the University of Baghdad, before traveling through **Syria, Egypt, Arabia**, and India. Throughout his travels, he shunned the courts of the elite and academic settings, preferring the company of the common people, especially those who had also been displaced by the **Mongol** invasion and the conflicts between Christians and Muslims. He returned to Shiraz c. 1257 CE and began to write. He is best known for his poetic work, the *Bustan* ("The Orchard"), which explores the importance and practice of virtue in one's life and points toward the mysticism of the Sufi dervish in apprehending the Divine.

Nizami (l. c. 1141-1209 CE)

**NIZAMI IS KNOWN AS THE LEADING ROMANTIC POET OF HIS AGE, DRAWING ON THE WORK OF SANAI & FERDOWSI FOR SOURCE MATERIAL & INSPIRATION.**

Nizami Ganjavi was born in Ganja (in modern-day Azerbaijan) where he was orphaned at a young age and raised by an uncle who encouraged his education. Nizami's verse attests to his uncle's success in this as he is regarded as one of the most well-read among other highly educated Persian poets. Nizami is known as the leading romantic poet of his age, drawing on the work of Sanai and, especially, Ferdowsi for source material and inspiration. Scholars have speculated that Nizami may have memorized the *Shahnameh* as Ferdowsi's work informs his own significantly. Nizami continues the tradition of his predecessors in a focus on love – whether between two individuals or the individual and God – as the most important aspect of human existence. Scholar Husayn Ilahi-Ghomshei notes that "Nizami teaches that the only role that man is fit to play in the entire **theatre** of Existence is that of the lover" (Lewisohn, 78). He is best known for the *Khamsa* ("Quintet"), a work of five interrelated poems drawing on both Sanai and Ferdowsi, dealing with the subject of human relationships and containing his famous tale of Khosrau and Shirin. Nizami believed that, without love, life was meaningless and an individual life was only worth what it invested in love for others.

Omar Khayyam (l. 1048-1131 CE)

Abu'l Fath Omar ibn Ibrahim al-Khayyam was born in Nishapur to upper-class parents who made sure he was educated by the leading scholars of the day. He is included in this list not because he was considered a great poet but because his poetry – given in English by Edward Fitzgerald (l. 1809-1883 CE) – became popular in the 20th century CE and encouraged Western interest in Persian literature. In his time, he was known as an astrologer and mathematician so exclusively that modern-day scholars have questioned whether the famous *Rubaiyat of Omar Khayyam* is even his original work. Khayyam was best known for contributing to the Jalali Calendar, an innovative solar chart which corrected inaccuracies in the Islamic Calendar. His life, as known by contemporaries and those who wrote shortly after his death, was devoted to science and astrological research. His fame as a poet rests entirely on the

efforts of Fitzgerald whose *Rubaiyat* is not a translation of original Persian poetry but what was known as an “imitation”, a loose rendering of original material, which Fitzgerald himself termed a “transmogrification” (Lewisohn, xiii). Fitzgerald’s “translation”, after initially receiving no attention upon publication in 1859 CE, became one of the most popular works of the late 19th and 20th centuries CE and remains one of the most oft-quoted and anthologized literary works in the present day.

### Hafez Shiraz (l. 1315-1390 CE)

Khwaja Shams-ud-Din Muhammed Hafez-e Shiraz was born in Shiraz, Iran, presumably to well-educated parents, but little of his life is known outside of references in his works. He is considered the greatest Persian poet, regarded almost as a saint, for the insight and spiritual elevation of his work. He drew on, most likely, all of the above-mentioned poets but most certainly on Sanai, Attar, Rumi, and Nizami in his exploration of love as the central value of human existence. He is said to have known the Quran by heart and embraced the mysticism of Sufism completely as the means of knowing the Beloved – God – whom he felt was the final object of every individual’s earthly desire. All one yearned for in one’s life was to be rewarded by union with God which one could achieve while living by renouncing what was socially accepted in order to pursue one’s own path. He famously seized upon Sanai’s symbol of wine as God’s elevating effect on the Lover of Truth and rejected the strictures of legalistic religion in favor of individual, mystical, union with the Divine through self-knowledge, self-discipline, and patience with God’s seeming silence in the face of sincere supplication. He was recognized as the greatest voice of his generation in his time and a grand **tomb** was erected over his **grave** shortly after his death. This tomb was expanded and ornamented in the 1930s CE and today is a site of pilgrimage for the secular as well as religious admirers of the poet’s vision.



Tomb of Hafez  
by Sasha India (CC BY)

### Conclusion

The works of these poets, and many others, provided the foundation for the continuation of Persian culture and values and allowed for it to flourish and influence the world one recognizes today. The brilliance of these artists in expressing the fundamentals of the human condition and the transforming power of love has resonated across time and continues to encourage faith in a higher purpose and meaning in life.

The literature of any culture is a reflection of the people’s communal values, the individual expression of a collective response to being human. The poet expresses what others feel, often without knowing they do, and desire, even if they had no idea of their need until reading the artist’s words. All the world’s literature resonates with this same value of personal and cultural discovery but Persian literature, in the form of poetry, offers the unique experience of seamlessly blending the world of one’s daily life with the transcendence of eternity; not just in one era or through the work of a single artist, but continually from its inception to those who continue the tradition today.

**Tele Seminar of SIPNA**  
**Tribute to Dr. Habib Davanloo**  
**By M. Javad Naficy, MD**  
**(Iranian Psychiatrist succeeded to do what Freud failed to do.)**

Dr. Habib Davanloo discovered a unique and powerful technique for rapid access to the unconscious mind. Dr. Davanloo was born on October 10, 1927 in Iran and after graduating from Tehran University Medical School, Dr. Davanloo came to the US. At first, he did surgical residency and then psychiatric residency at Harvard University. Dr. Davanloo was not satisfied with his own slow process of psychoanalysis and became determined to find a more effective technique. Dr. Davanloo then moved to Montreal, Canada, where he started his research as director of the Institute of Teaching and Research in Intensive Short Term Dynamic Psychotherapy at Montreal General Hospital.



In 1962, Dr. Davanloo put together his technique of Intensive Short Term Dynamic Psychotherapy that is based on the twin factors of Resistance and Transference of classical psychoanalysis but it is fundamentally different regarding the way that Resistance is handled. Here we see the major contribution of Dr. Davanloo as he developed his technique that enables the therapist to remove the forces of resistance in the very first interview paving the road to access the unconscious of patients. Dr. Davanloo uses pressure and at the right time challenge to remove the defenses and resistance in his technique. His active and vigilant research of forces of resistance, calling out the related defenses and immediately confronting, clarifying, pressuring and removing them, enables the therapist to treat the most difficult and highly-resistant patient with malignant and destructive defenses. Freud failed to treat this type of high-resistant patient with techniques like hypnosis, interpretation of dreams and free association or their treatment became endless and undeterminable. It is important to mention that the power of Dr. Davanloo's technique has impressed many well-known specialists in this field to the point that Dr. David Malan, a famous English psychiatrist, stated that in his opinion, Dr. Davanloo's discovery of the technique of rapid unlocking of the Unconscious is the most important discovery in this field after the discovery of the unconscious itself.

Dr. Davanloo's use of audiovisual recordings of his patient was such a great help both in research and in training. By playing back the recordings

from the initial session until the end of treatment, followed by years of follow up, they do not leave any room for any questions about how the process of treatment works and how symptoms are removed and never returned so all the changes are permanent. Training people in this technique is based on review of the recorded sessions in a scientific way without the need to refer to notes from

the sessions, memory interpretation and theory. Also by slowing down the replay or pausing and fast forwarding, we are able to pick up the non-verbal communication that can be missed without recording and not easily discussed. Dr. Davanloo's Technique is the result of 60 years of relentless review of his own patients' audiovisual recorded sessions as well as reviewing his students treating their own patients that made him to find out what intervention effectively works and what does not. We know that for every human newborn there is a need for affectionate and loving attachment and binding with early figures, like parents or their substitutes and others like siblings and grandparents to become able to have healthy psychological and emotional growth. Disruption of this affectionate binding that causes pain and trauma followed by rage toward childhood affectionate figures. The intensity and quality of this correlates and is proportionate to age of trauma, that means the earlier in the childhood the trauma the more is the pain of trauma and the more is the viscous murderous rage in the unconscious mind and so goes for the intensity of guilt and grief..

I have had the privilege of knowing Dr. Davanloo for about 40 years and during my many years of training with him in an intimate and close training program reviewing tapes of my patients in Montreal. I followed him from one city to another and also other countries attending almost all of his seminars. In the 1990's, I traveled repeatedly to Iran with the IAMA group and introduced this technique in the University of Kerman and University of Mashhad as well as centers in Tehran. I am proud to acknowledge that Dr. Davanloo has been my best teacher and I am very grateful for learning from him how to mobilize and get access to the unconscious rapidly. I want to thank all my patients who remain to be my best teachers.



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## CHAPTER/SECTIONS ACTIVITIES

### California

**President: Omid Ashouri, MD**

It is a great pleasure to announce California chapter activities as follows:

- being active in social media to introduce IAMA and IAMA California chapter through radio 670 starting January 2019 about different topics for public awareness which has been posted to IAMA website.

**Topic: Role of Pancreas transplant in management of Diabetes Mellitus;**

Guest Speaker: Hosein Shokouh-Amiri, M.D., FACS, former President of IAMA

**Topic: Vaping & E-Cigarettes**

Guest Speaker: Shafa AmirSoltani, DDS, FACD Chair of IAMA Dental Section

**Topic: Stroke signs, symptoms and management;**

Guest Speaker: Alireza Noorian, M.D., Neurologist

**Topic: Hypertension (High Blood Pressure);**

Guest Speaker: Behzad Alimohammadi MD, Internal Medicine,

**Topic: Anxiety signs, symptoms and management;**

Guest Speaker: Mehran Motamed, M.D., Child & Adolescent Psychiatrist

**Topic: Hematuria (Blood in Urine) signs, symptoms and management;**

Guest Speaker: Hamid Shidban, M.D., Urologist, Kidney Transplant Surgeon,

**Topic: Atrial Fibrillation, signs, symptoms and latest treatment options;**

Guest Speaker: Ali A.Sovari, MD, FACP, FACC, FHRS, Board Certified Invasive Cardiologist

**Topic: Scoliosis in all age groups, from birth to adult life and treatment options;**

Guest Speaker: Behrooz A. Akbarnia, MD, Orthopedic Surgeon

**Topic: Heart Attack signs, symptoms, and treatment;**

Guest Speaker: Dr. Parham Parto MD, MPH, FACC, Cardiologist;

**Topic: Measles signs, symptoms and management;**

Host and Guest speaker: Omid Ashouri M.D. Family Medicine specialist and Urgentology, President of IAMA-CA chapter

**Topic: Prevention and Screening of common disease based on USPSTF guidelines;**

Guest speaker:  
Behnam Hajihossainlou, MD, MSc Internal medicine specialist,.

**Topic: Organ Donation for Transplant;**

Guest Speaker: Hosein Shokouh-Amiri, M.D., FACS, President of IAMA (2016-2020)

Celebrating Nowruz March 2019 with two other medical and dental associations in California; Socal Persian American Medical Association and Iranian American Dental Association

Attending in Orange County Chamber of Commerce to collaborate with other



organization such as Mom's Against Poverty(map) and SEEB magazine

Attending and co-sponsor of health expo at City Hall in September 2019 by providing speakers and free check for blood pressure and blood glucose and advertising for IAMA by flyers and brochures.

Speakers:

Ali A. Sovari , MD, FACP, FACC, FHRS,  
Alireza Noorian, MD, Neurologist,  
Omid Mousavi, MD, Geriatrician, and  
Patty Mouton Barnett, Alzheimer's OC



IAMA-CA chapter arranged and presented free Public Mental Health Awareness seminar at Mission Hospital in co-ordination with SIPNA in December 2019 and providing booths for related businesses advertisement and providing free lunch sponsored by Bahar Restaurant for attendees

Addiction Seminar Agenda and speakers:

**Definition of addictive diseases and behavior, how it happens, view of life from eyes of an addict, effect of addictive behavior on the brain.**

Speaker: Rahim Shafa, MD, FAPF President, IAMA SIPNA Section.

**Rational and effective pain management, Opiate prescription vs. Medical Marijuana.**

Speaker: Kamran Ghadimi, MD Diplomat, American Board of Anesthesiology & Pain Management

**Marijuana use disorder in adolescence & adults; perils of use, future consequences and treatment. Controversies in vaping vs. smoking."**

Speaker: Hamid-Reza Amanatkar, MD President-elect SIPNA Child and Adolescent Psychiatry

**Addiction and co-morbid Psychiatric Illnesses; Bipolar Illness, Treatment resistant Depression, Anxiety & Panic Disorder.**

Speaker: Ali Shamie, MD Former President

**Topic: "The ACE Project (Adverse Childhood Experience)**

Speaker: Halleh Nia Educator at OMID organization.

Sponsoring CME on cruise for physicians and dentists and provide lecture for medical and dental specialist by Dr. Omid Ashouri MD President of IAMA CA chapter

**Health Care Guidelines for Cruise Ship Medical Facilities (what Medical or Surgical services available on a Cruise ship)**

CME & CE CONTINUING EDUCATION SYMPOSIUM AT SEA FEBRUARY 2020



## Illinois

### President: Behnam Hajihossainlou, MD

Summary of IAMA-Illinois chapter activities  
April 2019- April 2020:

April 2019: Call for first general meeting for revitalization of IAMA IL. The meeting was held and led to election of BOD.

May 2019: IAMA Annual Conference was held. IAMA annual GALA with Fundraising and IAMA-Illinois reinstatement ceremony.

June 2019: Creation of IAMA IL Facebook page and planning for monthly BOD meetings

July 2019: Creation of Social Planning Group whom later with all BOD provided 1st Community Public Service Event. BOD voted to establish an event committee to orchestrate all activities related to our first public event to introduce IAMA-IL to the Illinois habitant.

August 2019 : Secured guest speaker Dr. Holakoui.

September 2019: Secured multiple monetary sponsors and venue location.

20

October 2019:

1st big Community Public Event presenting Dr Holakoui at McCormick Place. 2 sessions: morning and afternoon. More than 700 people participated.

Dinner party with presence of more than 100 healthcare professionals with presence of Dr Holakoui at McCormick Place

March 2020: BOD meeting and planning to provided Haft Seen table for Nowrouz event for Iranian community of Chicago in collaboration with the organizers of the meeting (later cancelled due to Covid-19 Pandemic).

April 2020: BOD meeting to evaluate the situation of COVID 19 pandemic and how we can help in the state of Illinois. BOD decided to search for resources for PPE and connect the health care providers who need to purchase PPE to those manufacturers. BOD also discussed nominating a candidate for IAMA board of trustees. After discussion, the board decided to nominate Dr Sadegi as our nominee and he kindly accepted.

A very interesting case presentation was used to bring up the importance of critical thinking in medicine.

**Acquired methemoglobinemia  
misdiagnosed as COPD exacerbation:  
Importance of critical thinking in clinical  
approach!**

82 year old female with significant medical history of COPD, hypercholesterolemia, hypertension, spinal stenosis, and osteoarthritis who comes to the emergency department complaining of progressively worsening shortness of breath over the last couple of days during which she has been using her inhalers more frequently without any improvement in her shortness of breath so decided to come to the emergency department (ER). Her initial vital signs in the ER showed blood pressure 135/85 mmhg, heart rate 92 bpm, respiratory rate 26, O2 saturation 81% by pulse oximeter. She was not cyanotic but had some wheezing particularly over the upper lung fields bilaterally. The patient was started on 3 L of supplemental oxygen flu nasal cannula but her O2 saturation remained low. Considering increased respiratory rate and hypoxia, patient was started on Bilevel positive airway pressure (BiPAP) therapy. After being on BiPAP for 15 minutes, her O2 saturation improved to 88-90%. A CT angiogram of the chest was done which was negative for pulmonary embolism. It showed chronic emphysematous changes in the lung fields but

no other acute findings. Patient was admitted to intensive care unit by the ER attending as S severe COPD exacerbation

Patient was evaluated by medical student in the intensive care unit who had the same impression and while presenting the case to the attending physician in the ICU, listed severe COPD exacerbation as his top Differential diagnosis and his suggested plan to treat the patient was based on this impression.

The patient was evaluated by ICU attending physician and while reviewing the medications list, dapsone was found to be 1 of the medications that she takes. Upon further questioning, the patient states that she has been taking 1 pill of dapsone (100 mg daily) for 2 years for a skin lesion but last week her dermatologist increase the dose to 2 pills in the morning and 2 pills in the afternoon ( 200 mg twice a day).

BiPAP mask was removed and her oxygen saturation on pulse oximetry dropped to 82-85% on room air. An ABG was done in the similar situation and at the same time which showed PH 7.41/PCO2 37/PO2 82/O2 saturation 95%.

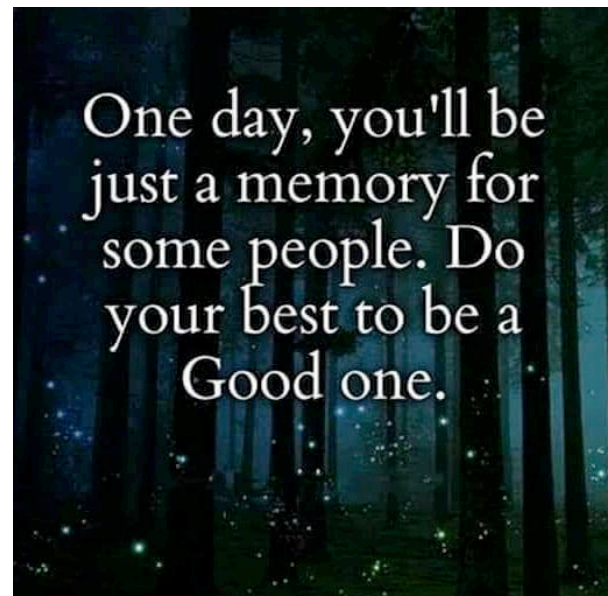
Reviewing her other lab findings also showed more than 1 g/dl drop in her hemoglobin level compare to her baseline. Hemolysis panel was ordered which showed LDH is elevated at 373 U/L. Reticulocyte count is elevated at 7.3%.

Considering the discrepancy between pulse oximetry and arterial oxygen saturation, presence of hemolytic anemia and the recent increase in the dose of dapsone, acquired methemoglobinemia was suspected. Blood methemoglobin level was checked which was found to be 6% which confirms the diagnosis of acquired methemoglobin anemia which

was likely acquired due to increase in the dose of dapsone.

Considering mild methemoglobin anemia, patient did not require methylene blue. The assaulting agent (dapsone) was stopped and patient was placed on supplemental O2. Her shortness of breath as well as O2 saturation on pulse oximeter improved within 2 days and she was discharged home on day 3 of admission.

Conclusion: For overall evaluation of the patient and critical thinking are crucial for appropriate diagnosis and treatment of the patients. Educational of the development of the critical thinking skills should be more emphasized in the curriculum of the medical schools for medicine and physician assistant the students. Practicing clinicians also need to improve their critical thinking skills by different tools such as more CME activities and simulation case study.



**New Jersey**  
**President: Pegah Ameri, DMD**

New Jersey chapter was selected to host the Annual Conference of IAMA in May of 2020. After all the planning for the conference and the Gala, the unfortunate Covid-19 crisis forced cancellation of the event and postponing it to 2021. New Jersey chapter continued its Public Awareness sessions in order to educate and inform the public on common medical and health issues. Topics of

common medical and health issues. Topics of Obesity and Pulmonary diseases were presented last fall. Also, in the beginning of COVID crisis, an extensive program was presented and attendees learned about the disease, modes of transmission, precautions and prevention.

Board meetings will continue on regular basis and the chapter will proudly plan to host the 2021 annual conference.

**Congratulations to Shervin Mortazavi, MD, new IAMA President**

CHAIRMAN  
COMMITTEE ON  
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July 20, 2020

Dear Dr. Mortazavi,

Congratulations on your recent selection as President of the Iranian American Medical Association (IAMA).

You bring a wealth of knowledge and experience to this position and I am confident that you will serve the IAMA and the greater medical community well in this capacity. Your dedication to supporting the IAMA's mission and advancing medical care in the United States and Iran is evident. I thank you for your ongoing leadership and look forward to working with you.

Once again, congratulations and best wishes in your new role. If I can ever be of assistance to you, please do not hesitate to contact me.

Sincerely,



FRANK PALLONE, JR.  
Member of Congress

## **New York**

**President: Jasmin Moshirpur, MD**

I am pleased to write about the activities of the New York State Chapter of IAMA. This chapter has been in existence since the inception of IAMA. The goal and aim of the chapter is to follow IAMA's by-laws and promote health and education to the Iranian immigrants in the United States.

This year IAMA's scientific meeting and social gathering held in April in Las Vegas was a very beautiful and successful event. The participants were from 21 states with a majority from Boston, California, New York, New Jersey, Tennessee and Florida. The presentation given by Young Investigator was very educational and informative. The weekend was well planned and organized. In the past year we have established several conferences addressing areas of public interest such as diabetes and osteoarthritis. These conferences were well attended by physicians and non-physicians. Our plan is to continue these conferences to fulfill the request of the public.

The New York State Chapter also holds several meetings in a local restaurant, convenient for members to attend. The attendance of these gatherings is remarkable. During these meetings we discuss ideas on how to expand our membership and how to collaborate some of our projects with other chapters of IAMA. Also discussed are ways to open communication amongst IAMA members throughout the other 10 chapters. We encourage the young attendants to share with us their ideas. We are very receptive to their needs and discuss how we can help them to establish and achieve their goals.

As you know through the years IAMA has been available with guidance and help to all our countrymen, both students and graduates,

as well as people with medical needs. It is through the numerous hours of hard work that our members contribute of their valuable time

that this is made possible. Our achievements are a tribute to our members, family and friends. For these reasons we encourage you to get involved, support our functions and continue your membership in this valuable organization.

We are pleased and proud to say that the New York State Chapter of IAMA is expanding and gaining recognition throughout New York State. With the continued support of all of our members and the growth of our young membership, the IAMA New York State Chapter will continue with these activities and remain one of the leading and most productive chapters. We encourage all senior leaders of this society to remain involved and share your wisdom and ideas in this effort. Your influence will ensure that our culture and heritage stays alive.

This chapter is especially successful in helping the young Iranian graduates from different academic universities in Iran to establish their academic life in the United States.

### **IAMA Dental Section Annual Report Dr. Shafa Amirsoltani D.D.S. FACD IAMA Dental Chair**

IAMA Dental Section established in September 2019, and Dr. Shafa Amirsoltani nominated and elected as the Chair.

I am proud to say that Dental section was very active and successful since last September,

What was done:

1-introducing the Dental Section to dental professional

- a. in Illinois in January /12 /2020 in Chicago
- b. in new Jersey in February 30 /2020 (Special Thanks to Dr. Pegah Ameri for hosting the event)
- C. plans to introduce it to other section after Pandemic.

2-creating telegram groups for Midwest region and East coast region dental professional to share and exchange information.

- a. all the members were able to share information, and invite other colleague to the group
- b. all the ADA and ISDS, CDC, FEMA guidelines was shared, which was useful during this unprecedented time
- c. updating the members of new developments, resources, guidelines, and more

3- CDE courses was scheduled for April in Chicago and New Jersey which was canceled due to the pandemic

4- hosted several webinars during the Covid19 pandemic regarding:

- a. Invited a professional SBA loan officer to guide and give us information about payroll payment Program (PPP) and other resources
- B. How to minimize the Risk; talked about using of proper protective equipment (PPE), effective disinfectants, HVAC, other proper equipment.
- c. how to restart the dental practice and be safer and more productive

Plans for future:

- a. To introduce IAMA Dental to California, Texas,...
- b. To increase membership
- c. Host various dental related courses via zoom and give credit to participant
- d. To be able to be a big active part of next annual meeting

## **IAMA SIPNA Section Annual Report**

### **Dr. Rahmin Shafa**

In order to expand the educational activities of SIPNA beyond its circumscribed traditional form, a new society with the mission to serve and educate the Farsi speaking public and physicians in North America as well as to link, serve and educate Psychiatrists in Iran, it became necessary to re-establish SIPNA as a non-profit organization so we can accept donations from philanthropic organizations and funds. We were able to successfully complete this major administrative undertaking and one of the fruits of this was to join IAMA as a section. Thanks to this marriage we were able to hold a very well-attended, successful educational seminar in addiction medicine at the Mission Hospital of Mission Viejo of Southern California. This seminar reviewed the general topics of addiction, issues with Marijuana use, problems with vaping and the effect of mental health as a leading underlying cause of addiction.

SIPNA expanded the annual meeting conference in May 2019 to two days of highly educational activities. On the first night topics included the latest research in pharmaceutical products to combat depression. The second topic was “blindness turned to privilege of introspection” by the powerful contemporary Iranian poet Majid Naficy.

The second day was dedicated to mood disorders which was conducted by the frontiers in the field; Dr. Terrance Ketter, Chief Bipolar Disorder Clinic, in Stanford Medical School, who delivered intricacies about Bipolar Disorder and Dr. Nassir Ghaemie of Tufts University who delivered the



key note speech in the topic of depressive disorders and a revolutionary new vision in the subject matter. Afterward, Dr. Maani discussed the prize-winning article in regard to use of Ketamine in treatment of depression. This was followed by a presentation by Dr. Foroughi on the topic of “Erosion of Ethnical Pluralism & Corrosion of Cultural Diversity Acceptance at the National and the International Level”, where he discussed issues of alienation and loss of cultural identity as part of contributing factors in the making of depressive symptoms in the immigrant population.

SIPNA was able to help the new generation of physicians to secure two slots for residency training (one in Internal Medicine and another one in Psychiatry). SIPNA has established an online Journal club. We have also called for papers and posters; the winner will be granted travel award fellow status to attend our next annual conference in May 2021 in LA.

SIPNA needed to go virtual as a result of the COVID-19 pandemic so we designed a series of mini seminars to compensate for the time limitation. As a result, we had 3 seminars where we discussed the following topics, all of which will be posted online.

The first session was administrative when the new president elect was chosen, Dr. Kambiz Pahlavan, he will begin to serve as of 2022 for period of 2 years. Dr. Hamid Reza Amanatkar began his term as the SIPNA president as of May 2020. There are also some modifications in the bylaws of the society which is in process. We also created subchapters in SIPNA to expedite our many cultural and educational agenda. i.e.; we developed series of directorship positions, and to name a few; Dr. Rahim Shafa is elected as the director of physician education. Dr. Sarah Elmi is the director of journal club affairs. Dr. Emytis Tavakoli as the Society secretary and the director of public affair. Dr. Poupak Hafezi in charge of translating our website content to Farsi. And Dr. Mehdad Moatamed as the vice president for modification of the Bylaw.

SIPNA had virtual educational seminars every other week where we discussed; the following topics:

1. Psychological and neurological manifestations of COVID-19 infection and the effect of social deprivation of the lockdown.
2. Cultural issues and obstacles facing an Iranian psychiatrist practicing in the US.
3. Celebration of achievements of Dr. Habib Davanloo inventor of “Intensive Short- Term Dynamic Psychotherapy”. A workshop was given by Dr. Javad Naficy.

SIPNA also started a series of movie critiques beginning with the famous movie GAVV and on July 19 we will review the movie “Bashu the son of stranger”.

SIPNA is going to hold an international seminar entitled, “International Collegium of Spectrum Mood Disorder”, (Bipolar Mini-Fellowship) which will be held on November 13-15, 2020 in Boston, MA.

Our Members are holding series of book review by the authors giving us the talk of contemporary history of IRAN, which the span of that goes beyond the members of SIPNA and is open to any interested Iranian. So we only are making this announcement once and for all to inform our countrymen with such interest to join us.



*It is with deepest sympathy and sorrow that IAMA was informed of the passing of the mother of **Rahim Shafa, MD.***

*May the Lord grant their family strength and peace at this difficult time. May God bless her and may her soul be at rest.*

# Treasurer's Report

## Arezou Ashouri, Treasurer

2019-2020	From: July 1, 2019 ----- To: May 15, 2020					
IAMA- Treasurer Report	1st Quarter Jul,Aug,Sep	2nd Quarter Oct,Nov,Dec	3rd Quarter Jan,Feb,Mar	4th Quarter Apr,May15th	Sub-Total, Itemized	Total
Received Donations for IAMA						
IAMA Annual Conference donation	\$1,200.00	\$0.00	\$0.00	\$0.00	\$1,200.00	\$5,100.00
Facebook Donation for IAMA	\$775.00	\$190.00	\$2,935.00	\$0.00	\$3,900.00	
Received Donations for IAMA Clinic in Bam						
IAMA Clinic in Bam (ongoing)	\$130,002.91	\$0.00	\$0.00	\$0.00	\$125,002.91	\$140,361.43
2017- Donations for the Clinic in Bam	\$17,000.00	\$0.00	\$0.00	\$0.00	\$15,300.00	
Bank Intersts & Correction (4/30/2020)	\$58.52	\$0.00	\$0.00	\$0.00	\$58.52	
Received Donations in Disaster Relief Campaigns						
Earthquake in Kermanshah (12/2017)	\$20,870.00	\$0.00	\$0.00	\$0.00	\$18,790.20	\$25,452.47
Flash Flood Iin Shiraz (03/2019)	\$7,402.52	\$0.00	\$0.00	\$0.00	\$6,662.27	
Donations received for HUREC (for COVID-19 pandemic in Iran)						
Donations via Facebook for HUREC	\$0.00	\$0.00	\$0.00	\$1,655.00	\$1,655.00	\$141,387.94
Donations via PayPay for HUREC				\$2,627.94	\$2,627.94	
Donation via Direct Deposits for HUREC	\$0.00	\$0.00	\$1,580.00	\$135,525.00	\$137,105.00	
Total Donations received (after subtracting 10% service fees, except the initial Bam donations and donations for IAMA)						



**Annual reports of activities in Website and Social Media Committees  
(January 2019 - June 2020)  
by Katayoun Katouzian, MD and Mohammad Shokouh-Amiri, MD**

- Preparation for 2019 Membership Registration,
- Preparation for the 2019 Annual Medical Conference Registrations,
- On-line advertisements on the website and social media for the above,
- Digitalizing IAMA's logo,
- Website and social media maintenance and coordination (Cyberset account),
- Assisting with establishment of IAMA-IL Chapter and helping with practical preparations for the 2019 annual meeting in Chicago,
- Ordering some banners and backdrop for IAMA's annual meeting(s),
- Providing the social media and website support for IAMA-IL Chapter's first public arrangement in October 2019,
- Contributing with formation of Dental Section,
- Starting G-Suite email and domain for IAMA (Google account) as NPO to be able to use all G-Suit's features for free,
- Opening Facebook account for fundraising campaigns,
- Converting all available Bulletings to online version,
- Contacting Network for Good account for requesting IAMA's unclaimed money in social media,
- Opening an account with Eventbrite for Gala Dinner registration and payment for annual conferences,
- Updating the Social Media (Facebook, LinkedIn, Twitter, Instagram, YouTube),
- Increasing the followers on these social media,
- Posting articles from recognized medical journals or organizations,
- Reach out to many Health provider groups in the USA and inviting them for collaboration,
- We have several thousand contacts in IAMA's Linkedin group,
- Setup Mailchimp to be in compliance with CAN-SPAM Act of 2003
- Online support for IAMA's monthly Public Awareness in different chapters,
- Contributing with IAMA's accomplishments in a pdf format available on the website
- Contributing with IAMA-NGO's history and activities available on the website
- Assisting different chapters with their online advertisements for their activities,
- Supporting and posting IAMA-CA Chapter's monthly Radio Talk shows,
- One of three members of IAMA in HUREC (Humanitarian Relief Coalition) for helping the COVID-19 pandemic Patients in Iran,
- Preparing and posting all Radio Talk Shows in regard to HUREC activities,
- Assisting with an online fundraise COVID-19 patients in Iran via IAMA-NGO,
- Assisting with preparation for the 2020 online Membership registration, Annual Medical Conference Registrations in May 2020, cancelations of the meeting due to COVID-19 pandemic and Refunding all received CME- registrations payments



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# 2020 MEMBERSHIP FORM

January 1, 2020—December 31, 2020

Complete this form and mail it with your signed check to IAMA P.O. Box 8218, Haledon, NJ 07538-0218.  
To use a credit card or PayPal, register online at <http://iama.org>.

First Name:

Last Name:

Specialty:

Academic Position:

Mailing Address:

Street

Apt/Condo

City

State

Zip

Business Address: (if different from above)

Street

Apt/Condo

City

State

Zip

Contact:

Email-1

Email-2

Office

Home

Fax

Mobile

## ANNUAL MEMBERSHIP FEES. Please check the fee level that applies to you.

Membership Level	Fee	Donation	Total
MD, DC, DDS, DMD, DO, DPM, DVM, DN, PharmD, PhD,	\$150 <input type="checkbox"/>	_____	_____
PA, RN, Medical Tech, Retirees	\$75 <input type="checkbox"/>	_____	_____
Residents, Fellows, Post Docs	\$50 <input type="checkbox"/>	_____	_____
Students	\$0 <input type="checkbox"/>	_____	_____
Friends of IAMA, just donation		_____	_____

Are you interested in activities at the IAMA Medical Center in Bam?

☐ Yes ☐ No

Are you interested in volunteering?

☐ Yes ☐ No

Are you interested in the educational trips to Iran?

☐ Yes ☐ No

Thank-you for joining IAMA. We look forward to seeing you!

Would you like to share IAMA with friends and colleagues?

Write their names below. We'll send an informative email including an opt-in link to our bulletin. No spam. Promise.

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Name: \_\_\_\_\_ Email: \_\_\_\_\_

TRUST • COMMITMENT • STRENGTH • EDUCATION



*It is with deepest sympathy and sorrow that IAMA was informed of the passing of*



**Professor Kazem Fathie, MD  
Neurological Surgeon**

*May the Lord grant their family strength and peace at this difficult time. May God bless him and may his soul be at rest.*

*IAMA extends our sincere condolences to his family, friends and colleagues.*

### جنگ نمی خواهم

ایران عزیزم را ویرانه نمی خواهم  
جنگ و جدل و دعوا بیگانه نمیخواهم  
من مردم ایران را خوش بخت و غنی خواهم  
مسرور و صداقت کیش بی خانه نمی خواهم  
این کشور کوروش را دشمن نتواند بُرد  
فرزند خشایاریم افسانه نمی خواهم  
از جور مغول کامل از ظلم عرب غافل  
از رومی و از تاتار دیوانه نمیخواهم  
با قدرت ایرانی جانم چو فدا گردد  
از دست عدو هرگز رایانه نمی خواهم  
یک زندگی راحت بی درد سر و زحمت  
گفتم بخداوند شاهانه نمی خواهم  
آواره شدند این قوم از ظلم و ستم کاری  
من در قفسم اکنون پروانه نمی خواهم  
یک زندگی آرام بس بود مرا ای دوست  
من این همه تشریفات مردانه نمیخواهم  
نوشند اگر می را در ظلمت شب بگذار  
از دست تو ای ساقی پیمانه نمیخواهم  
آن رهبر ایرانی وین رهبر آمریکا  
هر یک نظری دارند ؟ مستانه نمیخواهم

**Poem Author: K. Fathie, M D**

**Submitted by Dr. H. Guilak**

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### IAMA PUBLIC AWARENESS IN HEALTH ISSUES

According to the Bylaws, IAMA has started "Public Awareness in Health Issues" in the medical and allied fields for Iranians in the United States. This program will alternate between the NY and NJ Chapters every other month. IAMA would like to encourage all other chapters to initiate this program in the state, which is part of the IAMA Bylaws. If you don't have a chapter in your area, we encourage you to make one or you can call the IAMA Office to discuss ways to promote this program.

If you are interested in being a speaker in the medical and allied topics at one of these seminars, please email IAMA at [iama@iama.org](mailto:iama@iama.org) or calling the office at [973-595-8888](tel:973-595-8888). Please be sure to include your topic and your information.

Thank you for your support in helping to promote public health awareness.





IRANIAN AMERICAN MEDICAL CENTER IN BAM, IRAN

IAMA  
32 Bodie Road  
Wayne, NJ 07470  
973-595-8888

[WWW.IAMA.ORG](http://WWW.IAMA.ORG)

EMAIL: [IAMA@IAMA.ORG](mailto:IAMA@IAMA.ORG)