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A Leuva Publication

ISSUE 46
Winter Edition

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President's Letter



Jai Shri Krishna!

Jai Ambe!

I am humbled and honored to serve you as the 19th president of the Leuva Patidar Samaj of USA. I hope everyone had an enjoyable summer and best of luck to all the returning students. As your President, I am humbled and honored to be given the opportunity to lead our association. It's amazing to me that we just celebrated our 30th Anniversary Celebration in Dallas, Texas. One thing I often remind folks is that we are Born Leuva and as a Leuva I am so proud to have been born into this community which is by far the most influential and dynamic community from the State of Gujarat.

Our primary focus at LPS of USA is to continue to concentrate on critical issues currently impacting members of our samaj. Within our community, I feel that one of the most significant issues impacting our members revolves around marriage. As a parent and I know many of you will agree with me, we worry and spend lots of time throughout our lives focusing on our children and their future. As there are more and more stronger and larger local LPS samaj's throughout the country, the relevance of LPS of USA National has continued to evolve. LPS of USA will continue to focus on issues regarding marriage and can offer events such as the Life Partner Series Event, which we held at our conference in Dallas. The event allowed our Leuva young adults to meet and potentially find their future match. As a board, we will continue to focus on avenues to expand these opportunities.

We will focus on social issues that continue to impact our families. Issues such as alcohol and drug abuse and even concerns such as depression that are all social issues that we often ignore should be discussed openly and addressed by our organization. We should as a community focus on bringing these issues out into the open and help discuss and support members in our community. At LPS of USA, we will focus on these social issues and how we can help each other tackle these types of issues.

While we will definitely continue to review and expand options on how to support our membership, we will also have events this year for the seniors, youth, and women along with conducting several more town halls to continue to spread information regarding LPS and our community. If you have any suggestions or comments regarding our samaj then please contact us at Info@lpsfusa.com. We also encourage all our members to download the LPS of USA App, which is available for Apple and Android users; all of our news and information is also available on our App. On behalf of the Board of Directors and Officers, thank you for your membership and your continued support of Leuva Patidar Samaj of USA. We look forward to continuing to Serving YOU!

Jay (Jimmy) Patel

President,

LPS of USA, Inc.



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Ex-officio Letter

Dear Leuva Families,

Jai Shree Krishna,

I am deeply honored to have had an opportunity to serve as the president of the board of Leuva Patidar Samaj of USA, the organization solely run by its volunteer members for as long as 30 years. I would like to thank the leaders and volunteers for their efforts over the course of years to preserve the leuva culture for the future generations. And they've been true to their social commitments to support the events for our youth, seniors and women through passion of volunteerism. We are so fortunate to include such a rich history and to have a dedicated workforce of volunteers.

This is a particularly dynamic time for our organization. In July, we had a very successful national convention in Arlington, Texas which finished without a single incident that can negatively effect our Samaj - and all credits to the team of volunteers. It's great to see the members overall are taking more responsibilities and that will help organize high- quality events in the future.

On behalf of all of the 2018 - 2019 board members, I want to express my gratitude to all Past Presidents, who has served and many continue to serve the LPS of USA. I thank them for their leadership, presence, thoughtfulness and genuine interest in serving the members of our Samaj.

Finally, the board and the current leaders remain committed to their mission to preserve the leuva culture. 2019-2020 will be an exciting time as we continue to chart a bright future while delivering on our commitment - all we need is to continue to 'ek bijane gamata rahiye'.

Again, thank you for the opportunity to serve. My best wishes to the new team of leaders. May Lord Krishna continue to bless the Leuva Patidar Samaj.

Truly yours,

Mahendra Patel

(Gaam: Ruva/S Padre Isl, TX)

Ex-officio , LPS of USA

Email: mikowaves@aol.com

A Message from the Membership Team

Jai Shree Krishna,

As we ring in 2020 with the new year comes a new opportunity to pause and think about the year that has been. But New Year's Day isn't about leaving the past behind, it's also about facing new challenges with a fresh perspective.

This year LPS of USA for 2020 are proud to allot 10 silver coins to all new lifetime members that join and help support our association. The Lifetime membership fee is only \$1001.00 with a one time transfer to one of your adult children.

Membership is about Identity, feedback, support and strength. More so being a proud Leuva and a sense of identity in America.

A strong membership base keeps us close to the community we support. The Association does not exist without you, the LPS of USA and we want that to be reflected throughout our organization.

Members provide a vital connection to our governance process. We are here to listen to your

concerns and issues, and what you say we use this information to gauge our effectiveness and to constantly review our strategy.

The Association provides networking opportunities, connects community members, and keeps our identity alive for our future generations our youth. We are here to support your efforts and extend your reach. A strong membership base helps us to amplify your message by demonstrating that LPS of USA is robust, healthy, and growing.

We would like our membership to know that if you have any issues with membership, sad demise new or website user ID/Password please feel free to contact our Membership Relations Directors:

Girish 'Gary' Patel

501-827-7451 or email: krishagirish@yahoo.com

Ashik Desai

501-288-5663 or email: ashikdesai@hotmail.com

Thank you & we are at your service
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We are proud to be your current leadership and are not just leaders but volunteers along with the board of this great association. Each of the leaders are driven by passion to give back to the community and make a difference with a lasting impact.

Leadership can make or break an organization and require a unique set of skills to lead an organization. Each individual leader carries their own set of skills giving the organization a variety of skills to take the association further over the next few years.

Leadership skills are important in all endeavors. In the nonprofit world, which requires extra commitment, passion and dedication, it's even more crucial that volunteers and Board members are galvanized by key leaders. If leaders project an authentic belief in the mission — and the energy and optimism to make it succeed — those on the front lines or behind the scenes will be reminded why they chose to volunteer in the first place.

No successful organization would be where it is today without effective leadership and a strong team. Effective leadership is almost always one of the main

and primary drivers for growth, development and innovation of an organization.

And take note, leadership isn't about the titles, or even the accolades. Effective leadership is much more meaningful, impactful and profound. It's earned and worked for. There is no set formula or step-by-step plan, it depends on the culture and needs of the organization.

As your leaders we take pride in serving with enthusiasm and to continue to keep our heritage and culture alive as we live one life 2 cultures in America.

Culture is our way of life. It includes our values, beliefs, customs, languages and traditions. ... Our culture measures our quality of life, our vitality and the health of our society. Through our culture we develop a sense of belonging, personal and cognitive growth and the ability to empathize and relate to each other.

With Many Respects
Nayana Nancy Patel
Vice President
nancypatel1015@gmail.com

LPS of USA Membership Co-ordinator Appointed!



It is with great enthusiasm, we announce that Kaushik Patel, our own leuva (Gaam: Bajipura now residing in DFW, Texas) has been appointed as the Membership Coordinator of LPS of USA. Kaushikbhai will serve as the first point of

contact for membership related questions. He will also perform tasks such as taking phone calls, managing correspondence, providing information and recruiting new members. His main purpose is making all leuvas' feel welcome and well-attended.

Kaushikbhai holds strong telephone etiquette, communication and organizational skills, and courtesy. Although no formal education is required to fulfill the role of membership coordinator, he holds a Bachelors degree from the very prestigious M.S University of Baroda. He has also served as a Board of Director and a Joint Secretary of the Bajipura Education Trust. During his tenure, he played an integral part in developing the Science section for the high school, health club, library, and English medium school. With his passion to serve, one of his notable humanitarian works was setting up

'Ramroti' for the underprivileged which is a program that serves 2 free meals per day for 25 needy people over the last decade.

Currently, Kaushikbhai has started updating the LPS membership database, so we humbly request everyone to please coordinate with him if you receive a phone call from him. We are confident that with Kaushikbhai's talent and his passion to serve our Samaj, he will help us build stronger relationships between members and our organization. Please direct membership related inquires to him at our new phone number (406) CALL-LPS during the hours of 9am – 4pm CST, Monday through Friday except for Holidays. All inquiries also can be emailed to members.lps@gmail.com.

Please accept our sincere appreciation for being a member and trusting us to serve you.

With respects,
Jimmy Patel
President, LPS of USA

Town Hall Meeting



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LPS of USA - National Convention 2019 Day 2 General Session



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LPS of USA - National Convention 2019

Day 2

Fashion Show



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LPS of USA - National Convention 2019 Day 3



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Jai Shree Krishna!

My name is Tejal Naresh Patel, and I am your Publications Editor for the Leuva Connection Magazine! We are just coming off a very successful convention and we thank everyone who was able to attend or lend a supporting hand! This issue is focused on the celebration of community. As you flip through these pages, you will see the vibrancy that was our LPS Convention of 2019.

Since I came on board, I wanted to help make this magazine something that is valuable to our

members. When you flip these pages, I wanted our members to feel informed, proud, and thoughtful on content we feature. I would love to hear your feedback so please feel free to reach out to me for any comments or suggestions.

Warmest Regards,
Tejal N. Patel

Upcoming LPS Youth Event

(Ages 21 & up)



28th March, 2020 | New Orleans, LA

Youth Sessions - 10.00 am
Welcome/Speakers - 11:30 am
Career Panel Session - 12.00 pm
Life Partner Series - 4.00 pm

**Schedule is subject to change*



Senior Citizen Trip

12th June 2020

Age 55 & up



Full details coming soon.....

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YOUTH WRITEUP

Over 400 youth were in attendance at our LPS of USA 2019 Convention hosted in Arlington, TX. There were many activities scheduled for the youth which included an Educational and Motivational session, Dallas Cowboys stadium tour, youth panel session, and also our Life Partner Series.

Educational/Motivational Session

The youth got the opportunity to listen to two inspirational and motivating individuals: Chandrakant D. Patel and Don Taylor. Chandrakant Patel is a Senior Fellow and Chief Engineer at Hewlett. Don Taylor (Col. USAF Ret.) served in the United States Air Force for over 27 years where he served in areas of health facilities design/planning, health care administration, and health policy.

"The best part of the convention for me was to hear two wonderful speakers."

- Kush Patel from South Padre Island, Texas

Dallas Cowboys Stadium Tour

The youth had a private tour of AT&T Stadium home of the Dallas Cowboys. Our LPS of USA Youth Committee coordinated this event with the help of the local convention team of volunteers. With more than 275 youth in attendance, we must say all of our youth enjoyed themselves and they did not want to leave the stadium. Attendees got to spend some time on the field where the beloved Cowboys play during the season.

Youth Panel Session

At the Youth Panel Session, past presidents were the panelists where they were asked to share their opinion on burning topics that stand in our samaj. The questions that were asked during these sessions showed where our culture is trending towards. 50% believe that a major part of the increase in drinking within our

community is because the youth grew up watching the adults do it so often. 63.5% of the youth do not believe they are obligated to take on their family businesses after a certain time. 75% do not believe that marrying a Leuva is mandatory. 80.8% said that they believe that we are now seeing drastic cultural changes in our community because our families are now drifting away from our roots as they aim to be more "modern." 61.5% do not believe that the guys and girls share the same responsibilities growing up in our culture.

Many of our youth face problems revolving around these questions today as we live in another country but also try to preserve our Surti or Indian culture. The discussions the questions brought up were very interesting as it allowed the youth to see different issues we face today from different standpoints. The session from the questions brought light to many great discussions, but there were some disagreements on opinions that were shared by the past presidents. All the past presidents that were sitting on the panel were all older men. From this, many of the female youth felt that the discussion was biased. The discussions that were talked about were more supportive of the LPS youth males.

The feedback we can take back from this youth panel session: incorporate female panelists into these sessions so that both genders can share their viewpoints on our issues our samaj faces. With having representation from both sides, there would be more female youth engagement in the discussions and they would feel more comfortable in asking questions are voicing their ideas.

Life Partner Series

Youth attendees for the Life Partner Series ranged from as young as 22 to 36 years old, with

the majority falling between 23-27. We had a total of 59 in attendance for this session and everyone enjoyed the conversational engaging environment with the activities. When attendees were asked if they would be willing to move across the country for their respective spouses, 72.3% answered that they will be willing to move. This shows our youth is open-minded when it comes to relocation due to marriage. 77.7% of girls and 87.5% of guys said that they are willing to live with their in-laws after marriage. When asked whether they are vegetarian a mere 16.7% of the attendees were vegetarian. When asked if they would be willing to marry a non-vegetarian only 11.1% of the attendees felt that they would not match with one. As per tradition we also had the attendees anonymously rate themselves. On a scale of 1 to 10, the majority of our youth felt they are either 8 or above. However, when asked what is the lowest scale they would be willing to marry our youth primarily chose 6 or higher. Lastly, we asked all attendees about the importance of marrying a Lueva, on a scale of 1 to 5. A majority of the attendees, answered 3, meaning while marrying a Lueva is importance they may be open to other potential options.



Milan Patel
Youth BOD



Chris Raman
Youth BOD

Current Updates of Tiny Smiling Faces

Our foundation continues to expand our reach to help support more schools and projects that would help kids.

Last year our foundation supported 51 schools and this year we are now supporting 104 schools. For all schools, we support we have contributed from our foundation a minimum of \$1000.

4 Major projects we supported this year where we help in small ways this large projects with the cost ranging from \$150,000 to \$350,000

1. The building of new Hostel building for Tejlav Ashram (220 Kids) with a partnership with Siksha Foundation
2. Building of new Hostel building for Sonvada Ashram (230 Kids) with partnership with Siksha Foundation
3. Building of new Hostel building for Malvi Ashram (400 Kids)
4. Building addition for disabled children with a partnership with AASTHA Charitable Trust of Dallas, TX

We continue to support kids in India with zero administrative fees and support from volunteers in India and the USA. We encourage the youth of LPS to get involved and support education for underprivileged kids in India. We can provide many projects that need financial support.



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- Save a life

www.Samaj.Life



Samaj Saves Lives continues to expand its reach throughout the LPS Community. Thanks to support from local directors and ambassadors, plus a wonderful showing at the 2019 LPS National Convention in Dallas, there are now over 2,000 new donors registered. The group continues to seek out phone calls from members who are at their final stages of life in a hospital. If your loved one is placed on terminal LIFE SUPPORT, a VENTILATOR or is pronounced BRAIN DEAD, please immediately contact Samaj Saves Lives. They can be reached anytime at 888-582-2270 or www.Samaj.Life. You can literally save up to 8 other lives by making this once in a lifetime gift. Please do not waste this final opportunity to offer the ultimate Seva...selflessly helping others and seeking nothing in return.

Feel free to contact a Samaj Saves Lives volunteer anytime with questions at 888-582-2270.

"Please visit our website at lpsfusa.com and our LPS of USA facebook page" 

Announcement from Bagumara Samaj of USA !!!

“Bagumara Gaam Vikash Yojana”

The Bagumara Gaam Vikash Yojana provides funding to Bagumra Gaamvasi to give them an opportunity to invest in a business for the first time as new residents of United States. This program will give newcomers the certainty of receiving a 2 to 3 year interest free loan of up to \$1,50,000 from individual lenders of Bagumara Gaam upon approval of the Bagumara Gaam Vikash Yojana Committee.

Through this program we hope to encourage entrepreneurship for those who have immigrated from Bagumra. We would like to see each and every individual from our village become successful in America and believe that through this yojana we will give everyone the opportunity to do so. This program keeps us united as a village and creates a supportive atmosphere for our fellow gaam members.

For any questions or concerns please contact:

Girish Patel at (501) 827-7451 or garyforgulf@gmail.com OR
Raju “Patil” at (817) 219-4988 or raj@prosperhospitality.com
Thank you....

At your services,

Girish (Gary) Patel

CHA, CHO, CHIA

AAHOA Arkansas Regional Director

Krishna inc Development Searcy

Cell # 501-827-7451

garyforgulf@gmail.com

બગુમડા ગ્રામ વિકાસ યોજના

બગુમડા ગ્રામ વિકાસ યોજનામાં અમેરિકામાં વસતા બગુમડા ગ્રામવાસીઓને પહેલી વખત રહેવાસીને ઇંધામાં રોકાણ કરવાની તક મળે છે. બગુમડા ગ્રામ વિકાસ યોજનાની સમિતિ દ્વારા બગુમડાના ધીરનાર દ્વારા ૨ થી ૩ વર્ષ માટે \$ 1,50,000ની લોન સુવિધા આપવામાં આવે છે.

અમો આશા રાખીએ છીએ કે આ યોજના દ્વારા બગુમડાથી આવેલા લોકોને સાહસિકતા માટે પ્રોત્સાહન મળશે. અમો દરેક ગામમાંથી આવીને અમેરિકામાં આગળ વધે અને આ યોજનાની દરેક ગ્રામવાસીઓને તક મળે. આ પ્રોગ્રામ દરેક ગ્રામવાસીઓને લાભદાયક રહેશે.

વધુ માહિતી માટે નીચે જણાવેલ વ્યક્તિઓનો સંપર્ક કરવો.

Girish Patel

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OR

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President's Letter in Gujarati



જય શ્રી કૃષ્ણ

જય અંબે,

લેઉવા પાટીદાર સમાજના ૧૯મા પ્રમુખપદ તરીકે હું ખુબ નમ્ર અને માન અનુભવુ છું. હું આશા રાખું છું કે સર્વે ઉનાળાની મજા માણી હશે અને વિદ્યાર્થીઓને હાર્દિક શુભેચ્છાઓ. મને પ્રમુખ તરીકેની તક આપવા માટે હું આપણા સમાજ સાથે સંકળાયેલાનો આભાર માનું છું. આપણે સૌ એ ૩૦મી વર્ષગાંઠ જે Dallas, Texas માં ઊજવી એ ઘણી આનંદમય હતી. લેઉઆ સમાજ જે ગુજરાતનો ઘણો ગતિશીલ સમાજ છે, એમાં જન્મ થયા હોવાનો મને ઘણો ગર્વ છે.

આપણા સમાજના જે હાલના મુદ્દાઓ છે, તેને ધ્યાનમાં રાખવા એ લેઉવા સમાજનો અગત્યનો મુદ્દો છે. આપણા સમાજના સભ્યો લગ્નને ઘણું મહત્વ આપે છે. એક મા-બાપ તરીકે તમે બધા મારી સાથે સંમત હશો. આપણે આપણા જીવનનો ઘણો બધો સમય આપણા બાળકોના જીવન અને ભવિષ્ય માટે ફાળવીએ છીએ. આ મુદ્દો દિવસે દિવસે ઘણું મજબૂત રૂપ ધારણ કરી રહ્યો છે.

LPS of USA, આ મુદ્દા પર વિચાર કરી જીવન સાથી યોજના જેના માટે આપણે Dallas માં સભા યોજી હતી. આ પ્રોગ્રામમાં લેઉવા સમાજના યુવાનોને એમના ભવિષ્યમાં જે તકો મળવાની છે એની માહિતી આપવામાં આવી હતી. એક સભ્ય તરીકે આપણે આ માટે ભવિષ્યમાં જુદા જુદા પ્રોગ્રામો કરી યુવાનોને તકો આપીશું.

આપણે આપણા કુટુંબના સામાજિક મુદ્દાઓ પર ભાર મુકીશું. આપણા સામાજિક મુદ્દાઓ જેવા કે

ડ્રગ, આલ્કોહોલ, હતાશાની અવગણના કરવાને બદલે સમાજ દ્વારા ખુલ્લેઆમ ચર્ચા થવી જોઈએ. આપણે એક સમુદાય તરીકે આ મુદ્દાઓ ખુલ્લા પાડી આપણા સમાજના સભ્યોને મદદ અને સાથ આપવો જોઈએ, LPS of USA દ્વારા આ સામાજિક મુદ્દાઓને ધ્યાનમાં રાખી તેનું કેવી રીતે નિવારણ લાવવું અના પ્રયત્નો થઈ રહ્યા છે.

આ સાથે આપણે ચોકકસ આપણા સભ્યોને કેવી રીતે સાથ આપી શકાય, સમાજનો ફેલાવો કેવી રીતે થઈ શકે તેનું પણ ધ્યાન રાખવામાં આવશે. આ વર્ષના અંતમાં યુવાનો, વડીલો અને સ્ત્રીઓ માટે જુદા જુદા પ્રોગ્રામો લેઉવા સમાજમાં કરવામાં આવશે. જો આ બાબતે તમારું કોઈ સલાહ સૂચન હોય તો અમોને info@psofusa.com ની સાઈટ પર જણાવશો. આપણા સમાજની Application Apple અને Android નો ઉપયોગ કરનારા માટે ઉપલબ્ધ છે. આપણા સમાજના સમાચાર અને માહિતી પણ આ Application પર મળી રહે છે. હું સમાજના ટ્રસ્ટીઓ અને ઓફિસરો વતી આપણા લેઉવા પાટીદાર સમાજ, USAના બધા સભ્યોનો સાથ અને સહકાર માટે આભાર માનું છું.

ભવિષ્યમાં પણ આપની તરફથી આવો સહકાર મળતો રહેશે એવી આશા સહ.. વિનમુ છું

લિ.

આપનો

Jay (Jimmy) Patel

President – LPS of USA, Inc.





॥ જય દિગશ્વરી ॥

સૂર્યપુત્રી તાપી નદીના કાંઠે દિવ્યતા, ગરિમાપૂર્ણ, સદ્પ્રવૃત્તિથી ઓપતું ગામ એટલે “દિગસ” ખમીર, ખુમારી અને ખાનદાની ની મહેંક આ ગામની કણ-કણમાં છે. ગાયકવાડી રાજમાં ગાયકવાડ સરકારને સરકારી અને મહેસુલી કામમાં આગવી સહાય કરવા બદલ ગાયકવાડ તરફથી મળેલ “ દેસાઈ ” નો ખિતાબ એ ગામની ઓળખ અને યશકલગીનું સોહામણું પીછું છે અને તેવું જ બીજું પીછું એટલે માં દિગેશ્વરી અંબાજી મંદિર ૧૯૮૮-૮૯ની સાલથી બરોડાના આર્કિટેક શ્રી નરેન્દ્રભાઈ એકનાથ તથા વર્ષાબેન શાહના માર્ગદર્શન હેઠળ શરૂ થયેલું મંદિર નિર્માણ ૧૯૯૪માં પૂર્ણ થયું હતું. સંપૂર્ણ તાંત્રીક પદ્ધતીથી બંધાયેલું મંદિર દૂર-દૂરથી આવતા દર્શનાર્થીઓ માટે ભાવ અને શ્રદ્ધાનું પ્રતિક છે. ૨૦ જાન્યુઆરી ૨૦૧૯ના દિને પુરા થતા ૨૫ માં ૨૪૫૫ જયંતી વર્ષની સાલગીરીની ઉજવણી વિશિષ્ટ રીતે કરવામાં આવી. આ ઉજવણીની શરૂઆત તા. ૧૩ જાન્યુઆરી ૨૦૧૯ને રવિવારના દિને બાળમેળાના આયોજનથી થઈ હતી. તા. ૧૮,૧૯,૨૦ જાન્યુઆરીના મહાયોગ યજ્ઞના વિશ્રાંતી દરમ્યાન સર્વે દાતાઓનું સન્માન તથા ડો. ખુશાલભાઈ દેસાઈ તથા રાધાબેન મહેતાના વક્તવ્યનું આયોજન કર્યું હતું. તા. ૧૭મીની રાત્રે ગામના યુવાનો દ્વારા “શ્રી રામદેવ પીર” નું જીવન ચરિત્ર આખ્યાન સ્વરૂપે તથા તા. ૧૮મીની રાત્રે કિંજલ દવે એન્ડ ઓરકેસ્ટ્રાના સથવારે સુંદર ગરબા તથા તા. ૧૯મીની રાત્રે ગામનાં ૧૬૦ જેટલા યુવાનો, યુવતી અને બાળકો દ્વારા સરસ મજાનો સ્ટેજ પ્રોગ્રામ રજુ થયો હતો. તા. ૨૦મીની રાત્રે “પપ્પા મારા પ્રાઈમ મિનીસ્ટર” નાટક રજુ થયો હતો. આ વિસ્મરણીય પ્રસંગે યુ.એસ.એ. થી પધારેલા શ્રી વિકાસભાઈ મગનભાઈ દેસાઈ તથા તેમના સાથી મિત્રોનો તન, મન, ધનથી મોટો ફાળો હતો. બાળમેળો, આતશબાજી, રંગોળી, નાટક, અલ્પાહાર તથા તા. ૨૦મી ના સવાર - સાંજના મહાપ્રસાદના ખર્ચના દાતા શ્રી મગનભાઈ રામભાઈ દેસાઈ તથા એમના સમગ્ર પરિવારનો સહકાર ખુબ જ અભિનંદનીય છે.

તા. ૧૭, ૧૮, ૧૯ જાન્યુઆરીના પ્રસાદના દાતા શ્રી કેતનભાઈ અમૃતભાઈ દેસાઈ, શ્રી ઈશ્વરભાઈ છોટુભાઈ દેસાઈ, શ્રી શશીકાંત દુર્લભભાઈ ભક્ત તથા શ્રી દિનેશભાઈ ભીખાભાઈ દેસાઈનો ખુબ જ સહકાર હતો.

Heart Attack and YOU

(Chandrakant Patel, the author, is NOT a Doctor. But he is probably the most experienced patient of Heart Attacks dating back to 1983. The opinions expressed in this article are his own, based on his own study and experience)

Untimely deaths due to heart attacks are becoming more and more common within our Samaj. Unfortunately, we all tend to think that such disasters cannot happen to us. This is the biggest mistake we can make. When it does happen to one of us, it is a disaster for not only the patient, but also the family. Typically, the surviving spouse has more than 50 more years of life to live and may be left behind not only as a widower, but also a single parent. There are preventative measures one can take, one must take, to try their best to prevent heart attacks. And if they have already had a heart attack, how you take care of yourself after the heart attack, ultimately determines the number of years left in your life.

I am proud to say that I am one of those who survived a heart attack when I was half of my current age of 74. I was lucky. But if I had not survived, my wife and my four children would have suffered. Bottom line, if a spouse does not survive, it is the surviving spouse and children who suffer the most. So, each person must try to prevent such disasters for the sake of his/her family.

Because we all can Google the definition of a heart attack, I am not going to try to educate you on that. But just remember that for every 100 people you know, 25 of them will die of heart disease. In short, 1 out of every 4 deaths occur due to heart disease. You may be one of that 25%. Your goal should be to not be in that 25%. It would be even better to learn how we can work together to reduce that 25% statistic, to 0%.

We all know that death is certain for all of us. Our goal is to eliminate untimely deaths so that even our great grandchildren can attend our funeral. Contrast heart disease to cancer. Cancer is more difficult to prevent and fight. Heart disease is not. It is beatable. It is important that we take advantage of current research related to heart disease and try to prevent such disasters.

Having said all of this, I am hoping that I scared you enough to take the following simple steps to help avoid a future heart attack.



Step 1

Take a blood sample and have a 'Lipid Test' done. This test will provide the following readings:

High Density Lipoprotein (HDL) also known as a Good Cholesterol

Low Density Lipoprotein (LDL) also known as a Bad Cholesterol

Very Low-Density Lipoprotein (VLDL) also known as a Bad Cholesterol (VLDL=TRIGLICERIDES / 5)

Total Cholesterol (= HDL + LDL + VLDL)

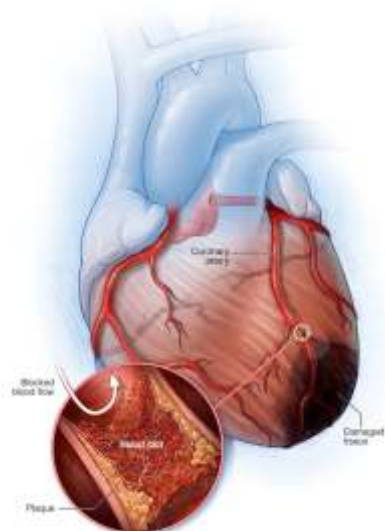
Triglycerides Take a ratio of Total Cholesterol divided by HDL. Your goal should be to maintain a ratio of less than 3. For example, if your total cholesterol is 150 and your HDL is 30, the ratio would be 150 divided by 30, giving you a ratio of 5. A ratio of 5 is bad because it is greater than 3. Your LDL should be as low as possible. I maintain it at less than 70. Your HDL should be as high as possible. Ladies normally have a higher reading of HDL before menopause. So their Total Cholesterol to HDL ratio is easily below 3 before menopause. Post menopause, their HDL suddenly drops which in turn makes the ratio go higher. That is the reason why more women than men die of a heart attack after age 55.

Triglycerides are also our enemy and it is important to try to keep this number low.

Now, let's assume that you follow step 1 and the results are bad. In the older days, proper diet was the only answer. However, now we have good news. Very potent medications are now available in the market place to help us improve all of these numbers. Some may argue that diabetes is much worse of a disease because it requires much more control on your diet which is very difficult for our community, simply because we love food.

Be sure to see your cardiologist and have him prescribe appropriate medications to bring your Total Cholesterol/ HDL ratio below 3. I have maintained this ratio below 3 since my heart attack 37 years ago and I am still alive to give you this advice. These medications are also available in generic form, making them more affordable. For even better prices, you can buy a year's supply when you visit India. You must do the blood test at least every 6 months and make sure that you are keeping these numbers in line. As Leuva's, we are very social. We have large families and large friend circles. Because we see each other so often, we should make it a habit of sharing our lab results (HDL, LDL, total cholesterol and the ratio) with our friends. Don't be ashamed to tell your friends that your ratio is high. With medication, most Lipid Test numbers can be significantly improved. By sharing your story, you may help save someone else's life. In addition, it will encourage both you and your friends to make improvement and create a support

network. Keeping this ratio below 3 does not guaranty that you will not have a heart attack.



Step 2

Irrespective of your blood test results, if you are over the age of 35, if you have not already done so, you must take a Treadmill Stress Test immediately. If you have already had one and passed it, you must repeat it at least every 2 years or more based upon your cardiologist's advice. I recommend that you take this test in a Cardiologist Office and NOT in any other doctor's office so that you can be properly supervised. A Treadmill Stress Test is a NON- Invasive procedure. This means that it does not involve any kind of surgery. It only takes 30 minutes. Most of the time it is covered by health insurance. If you don't have health insurance, it costs only \$200 in Dallas. Better yet, if you go to India for vacation, you can get it done for less than \$9 at Yashfeen Hospital in Navsari or at Texas Heart Institute (opening this month as part of Sanjivani Hospital in Chalthan). So, what does this test involve? The doctor will ask you to walk on a treadmill and slowly increase the speed until you can't walk or run any faster OR the doctor him self will stop the treadmill. The doctor will take your in your cardiogram as you walk faster. Many believe that if the cardiogram is normal when taken at rest, then he/she has NO heart problems. This is NOT true. Having a normal cardiogram at rest only means that you are not having a heart attack in that exact moment. The other thing a resting cardiogram can tell you is whether you have had a heart attack in the past and if so, what part of your heart was damaged. Much more important, is a cardiogram taken during stress, meaning while you are walking on the treadmill, as it is the most reliable predictor of your future. Assuming you have taken your Stress Test, the doctor will now tell you if you passed or failed it. In my opinion, whether you passed or failed, both are good news. If you passed, you can have some peace of mind. However, if you failed, think of this as a second chance from God allowing you to fix your heart.

Step 3

If you failed the Stress Test, depending upon the cardiologist, he will ask you to take what is known as Thallium Stress Test, an Echo Cardiogram or a CT scan using 256 slice machine or an Angiogram. Of all these options, I prefer going straight to Angiogram because that is the most accurate procedure as it will show which coronary arteries are blocked and what is the percentage of each blockage. The only bad thing about this procedure is that it is an invasive procedure and you are exposed to a minimum amount of radiation. All this sounds scary, but I believe in this procedure so much that I have had 6 of these in last 37 years. There are MANY advantages to this procedure:

1. If blockages are found, the cardiologist will fix them during the same procedure.
2. This is an outpatient procedure and you go home the next day and back to your routine life.
3. It is covered by your health insurance in USA
4. In Navsari and Chalthan, it costs \$100 (If no stents are needed).
5. If no significant blockages are found, it gives you the highest confidence of enjoying the next few years of your life.

I am an example of this experience.

Let us assume that you went through step 3 and the Cardiologist found so many blockages that he decided to not put any stents in and instead advised you to go for By-Pass Surgery. So, what do you do now? Go to Step 4.

Step 4

Some doctors will scare you and ask you to have the Bypass Surgery as soon as possible. But PLEASE DO NOT GO FOR THE BY-PASS SURGERY PROCEDURE. This surgery is a very serious and invasive operation. The recovery time is several months. Some of these surgeries have ended up creating permanent problems in other parts of the body. The list goes on. Luckily, we now have a better solution that involves putting stents in all of the blockages. If it involves putting many stents, you will need a specialist in cardiology. I have worked specifically with Dr. William Lombardi at the University of Seattle Hospital. He put 6 stents in my coronary arteries and released me from hospital the next day. Then, guess what happened? Within 60 days, I ran half marathon in 3 hours and 40 minutes with my daughter, Shetal in Long Beach, California in 2013. Since then, Dr. Lombardi and I have become personal friends and I have sent to him at least 3 more Patel's from Dallas who were first advised to have a Bass-Pass Surgery, but then listened to my advice and had stents put in instead by Dr. Lombardi. They are all well and happy now. If you end up being in the Step 4 Category of this article, please contact me and I will try to save you from having a potentially unnecessary By-Pass Surgery.

You can contact me directly at:

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