

# AAMS IN ACTION

## President's Message

### Building a Stronger AAMS



Dear Colleagues:

I am both honored and excited to begin 2018 as president of the AAMS. I look forward to building

on the leadership of my predecessors and to furthering the work of the AAMS.

One of my priorities for the coming year is to increase the AAMS membership. One of the mechanisms to achieve this is through connecting with healthcare education institutions throughout California—medical, dental, pharmacy, and nursing schools, as well as the allied health professions. Reaching out to our healthcare students prior to their graduation is an opportunity to engage them in our organization early on while providing them with the tools they need to flourish as medical professionals.

Our continuing medical education series has been very successful and very integral to the development of our members. I would like to increase the number of continuing education programs we offer this year. In addition, I am proposing the AAMS stream our continuing education classes online. This will provide and facilitate greater participation in our educational offerings and also has the potential to increase our footprint on a national level.

The AAMS has a wonderful tradition of working together to achieve our goals. I have no doubt this will be another year of collaborations and successes!

**Armond Kotikian, DDS, MD, FACS**  
President, AAMS

## Dr. Vicken Sepilian Installed as AMIC President During 12th Armenian Medical World Congress



Vicken Sepilian, MD, FACOG, former President of the Armenian American Medical Society (AAMS), was elected as the Armenian Medical International Committee's new president at the 12th Armenian Medical World Congress (AMWC) held in Buenos Aires, Argentina, this past June. Dr. Sepilian is board-certified in both reproductive endocrinology and infertility, as well as obstetrics and gynecology.

Dr. Sepilian chaired the 11th Armenian Medical World Congress, in 2013, while President of the AAMS. He currently serves on the AAMS Board.

Looking to the future, Dr. Sepilian is a visionary in the medical community; he seeks to broaden horizons by bringing innovation, technology, and social media to the forefront in order to make a greater global impact.

Outgoing AMIC President Dr. Jerry Manoukian remarked, "AMIC must

re-purpose ourselves with each new year, each Congress, each Health Ministry, each turn of events in Armenia and Artsakh and each new member association. Dr. Sepilian's leadership skills are exactly what we need now."

The AMWC was well-attended by AAMS members. The AAMS provided continuing medical education credits at the event.



# AAMS Introduces Newly Elected Executive Committee

The Armenian American Medical Society convened its general assembly on January 17, 2018. During the assembly, the AAMS Executive Committee was elected for the 2018-2019 year.



Front row, left to right: Silva Gasparian, PharmD, Armond Kotikian, DDS, MD, FACS, Silva Karchikian, MD, and Raffi Tachdjian, MD, MPH, FAAAAI. Back row, left to right: Kevin Galstyan, MD, FACOG, Harry Balian, MD, FACC, FSCAI, Vicken Sepilian, MD, FACOG and Armen Cherek, MD, MBA.

## 2018-2019 AAMS Executive Committee

Armond Kotikian, DDS, MD, FACS  
President

Kevin Galstyan, MD, FACOG  
Vice President

Silva Karchikian, MD  
Secretary

Silva Gasparian, PharmD  
Treasurer

Vicken Sepilian, MD, FACOG  
Membership Chair

Boris Bagdasarian, DO  
Parliamentarian

Armen Cherek, MD, MBA  
Advisor

Harry Balian, MD, FACC, FSCAI  
Advisor

Raffi Tachdjian, MD, MPH, FAAAAI  
Advisor

# Mentorship Program Develops and Supports Young Medical Professionals

The Annual AAMS Mentorship Program was held on December 27, 2017. The Mentorship Program unites our healthcare partners with burgeoning medical professionals who are looking towards a future in the field of healthcare.

This exciting endeavor is geared towards strengthening the healthcare industry by developing and supporting the best and brightest young medical professionals. The AAMS is the bridge

that unites its healthcare professionals with the medical professionals of the future. AAMS created the Mentorship and Career Development Day as a platform for our professionals in the healthcare field to meet and recruit young medical professionals from all specialties.

“I had an amazing time and got to meet many incredible individuals each representing our Armenian heritage in the brightest light,” said medical

student Christopher Chamanadjian. “The night really carried a special aura by incorporating so many like-minded individuals sharing parallel passions within the intricate field of medicine, but most importantly all of whom possess the same roots. Those Armenian roots establish strength and provide the exact reason why the relationships formed between all the mentors and mentees will last for many years to come. Thank you again.”



Dr. Tachdjian addresses the attendees, with the AAMS professional mentors behind him.



The Zeitjian Family, with Dr. Tachdjian. Armen Zeitjian, second from right, is a 2017 AAMS Scholarship Recipient.

# Introducing the 2017 AAMS Scholarship Awardees

On December 27, 2017, the Armenian American Medical Society (AAMS), awarded scholarships to five of our community's best and brightest future healthcare leaders during the annual Mentorship Program. Each year, the AAMS awards scholarships to qualified Armenian students enrolled in various healthcare education programs in the fields of medical, pharmacy, dental, physician assistant, nursing or other professional healthcare schools. These scholarships support deserving students who not only strive to be excellent healthcare professionals but are also active community members and humanistic healthcare professionals.

*Congratulations to this year's AAMS scholarship awardees!*



**Lina Acopians** is a third-year medical student at Touro College of Osteopathic Medicine in Middletown, NY. Lina has remained committed to the Armenian population and to community

service. Through organizations such as Focus on Children Now (FCN) CampMed at UCLA and the fundraising efforts of Eat and Feed, she works to support both Los Angeles youth and the youth of Armenia in need of vital resources and mentorship. Being involved in education and medicine, she sees how physicians can make a positive impact on local surroundings. Her ultimate goal is to return to the Los Angeles area and pursue a residency in internal medicine. Lina received the Dr. Norick Bogossian Memorial Scholarship.



**Aline Pogharian**, is of Armenian and Italian descent. Aline studied biology at Occidental College and proceeded to work in the Emergency Department at Adventist

Health, Glendale. Passionate about healthcare, working in an Emergency Department was a natural fit. With encouragement from her family and a desire to provide care to others, she started nursing school at Glendale Community College in 2016. She is planning to have dual enrollment in Glendale Community College's RN program while working towards a BSN through a collaborative program at Azusa Pacific University. Aline received the Haykoush Ajdaharian Memorial Scholarship.



**Lyolya Hovhannisyan** is a second-year medical student at the David Geffen School of Medicine, UCLA. Growing up in Armenia, she experienced the detrimental effects inequitable healthcare

access and lack of health education has on communities. As an undergraduate, Lyolya and her colleagues co-founded Flying Samaritans at UCLA, an organization providing healthcare and health education in Colonia, Mexico. As a medical student, she participated in the Global Health Short-Term Training Program where she developed a diabetes awareness research project in rural communities of Armenia. Lyolya received the AAMS Scholarship.



**Mary Kiledjian** is a second-year student at Rutgers School of Dental Medicine. Following graduation, she plans on specializing in orthodontics. Mary aspires to open a private practice

where she will be able to pursue her career while improving the lives of her patients. She hopes to travel to orphanages and dental clinics in Armenia and perform procedures for those who do not have access to proper dental treatment. Being raised in the Armenian community has taught Mary the importance of being an Armenian and giving back to the community. Mary received the Dr. Vahan Ananian Memorial Scholarship.



**Armen Zeitjian** was born and raised in Los Angeles, California. He obtained his undergraduate degree in Human Biology from the University of California, San Diego. Armen is

currently a first-year medical student at Wayne State University School of Medicine, in Detroit, Michigan. Passionate about the sciences and with a keen interest in exercise, nutrition, and the Armenian language, Armen aspires to serve the Armenian community with the knowledge and skills he gains as a physician. Armen received the Leon Nahabedian Memorial Scholarship.



Lina Acopians receiving the Dr. Norick Bogossian Memorial Scholarship



Aline Pogharian receiving the Haykoush Ajdaharian Memorial Scholarship



Armen Zeitjian receiving the Leon Nahabedian Memorial Scholarship

# Glendale Health Festival Provides Community with Valuable Health Services



Nearly 800 community members attended the 8th annual Glendale Health Festival, held November 4, 2017, at the Pacific Community Center, in Glendale. The festival offered extensive free health screenings and services, including complete health evaluations, flu shots, cervical cancer screenings, eye exams, blood work, and dental exams.

More than 70 physicians, nurses, and other healthcare professionals representing a wide spectrum of specialties offered complimentary consultations. Community organizations were also out in force at the event to provide their services. Participants receive advice and recommendations from these healthcare professionals, and others, who donated their time to the event.

The health festival is open to the entire community, no matter their socio-economic status. It fills a vital need, however, in providing health services to community

members who are underinsured or uninsured. This event gives our community members, who may otherwise not have access to medical care, the opportunity to receive basic health services and offers them a pathway for further treatment and resources, should they need it.

“The Glendale Health Festival is our opportunity to give back to the others in our community who may be in need of our medical knowledge and skills,” said Armond Kotikian, DDS, MD, FACS, Chairman of the Glendale Health Festival and newly elected AAMS President. “I would like to personally thank every single volunteer who took time out of their busy lives to attend the Glendale Health Festival and give back to the greater community. I look forward to even more people joining to volunteer and participate in the years to come.”

The Northwest Glendale Lions, in cooperation with Friends in Sight, provided eye care to 243 patients. Of these patients, 14 needed new prescriptions and 212 patients received new eyeglasses. Conditions such as cataracts, glaucoma, and diabetic maculopathy were also discovered in some patients.

The AAMS would like to thank our local partners who have made this event possible including the City of Glendale, Glendale Community Services and Parks Department, Office of State Senator Anthony J. Portantino, Office of Assembly Member Laura Friedman, Los Angeles County Department of Public Health, Northwest Glendale Lions Club and Friends in Sight, the Armenian American Nurses Association, Armenian American Mental Health Association, Glendale Healthy Kids, Anekant Community Center, Adventist Health Glendale, Dignity Health Glendale Memorial Hospital, and USC Verdugo Hills Hospital.

*Thank you once again to all our members, volunteers, sponsors and vendors who participated in this wonderful community event!*

## Glendale Health Festival by the Numbers

- ✓ 700+ participants
- ✓ 70+ Healthcare Professionals volunteered
- ✓ 230 blood tests
- ✓ 243 sight screenings
- ✓ 212 patients received prescription eyeglasses
- ✓ 4 Patients diagnosed with cataracts
- ✓ 8 patients diagnosed with glaucoma
- ✓ 200 men, women and children received dental screenings
- ✓ 100 dental kits distributed
- ✓ 160 - 180 referrals provided to women for pap tests, mammograms, diabetes, cholesterol, heart disease, dental resources and nutrition services
- ✓ 148 people received free flu shots

Photos on page 5

# The Glendale Health Festival in Photos...



# 2017 AAMS Gala Celebrates 32 Years of Common Bonds

The Armenian American Medical Society (AAMS) celebrated 32 years of service at The Globe Theatre in Universal City, CA. The sold-out gala was attended by hundreds of guests and members who were focused on celebrating the work of the AAMS while raising funds to aid the healthcare needs of children in Armenia.

“We are all gathered here tonight because of a common bond. We are here tonight because the AAMS has touched and enriched our lives in one way or another, whether through the countless professional development and networking opportunities that have served our members or the various humanitarian and charitable platforms that have inspired and engaged many of us to give back towards safeguarding the health and well-being of our communities both locally and worldwide” said Master of Ceremonies and former AAMS President Vicken Sepilian, MD and current board member.

The AAMS 2017 Health & Heritage Award was presented to Daniel Stamboulian, MD. The 2017 Legacy Award honorees were Vahe Karapetian, Bared Maronian, and Mike Sarian.

“This year’s award recipients exemplified AAMS’ core tenet of empowering the healthcare community,” said Dr. Raffi Tachdjian, 2016-2017 AAMS President.

The Gala’s live auction raised money for their children’s programs: the Juvenile Diabetes program and the Pediatric Epilepsy Project. Both of the program’s Armenia’s address the devastating consequences of these devastating illnesses for children in Armenia.

“We are proud that our 32nd-anniversary celebration was a success, and are happy to offer our proceeds to both juvenile diabetes and pediatric epilepsy projects,” said AAMS Gala Chair Dr. Evelyn Baghdasraian Barkhoudarian.



# Continuing Education Enhances Patient Care and Professional Development

The Armenian American Medical Society believes education continues throughout a healthcare professional's career. Becoming the best healthcare practitioner possible entails learning new ways to improve patient care and effectively manage career development. To help our members achieve this, the AAMS offers continuing medical education (CME) and continuing dental education (CDE) classes throughout the year — relevant to professional growth, as well as providing valuable networking opportunities.

This past year, diverse and relevant continuing medical and dental education programs were presented covering topics ranging from utilizing digital dentistry to immunotherapy in tumors, to better ways to deliver bad news to patients. Professional development and networking events included the AAMS 14th Annual CME & CDE Conference, in Las Vegas, and the 6th Annual Spring Symposium held locally. In 2018, the AAMS will continue to provide educational opportunities to enhance our members' growth.

## 2017 Spring Symposium

The Armenian American Medical Society held its 6th Annual Spring Symposium on March 18, 2017, at Oakmont Country Club, in Glendale. The day-long continuing medical education event featured presentations on a variety of relevant medical topics by AAMS members.



## AAMS Las Vegas Getaway

Healthcare professionals gathered at Paris Las Vegas, September 30 to October 1, for 14th annual Armenian American Medical Society's Continuing Medical and Dental Education and getaway weekend. This popular event provides important professional development opportunities and a chance to unwind and have fun!



## Laughter Really is the Best Medicine at Laugh Away Fundraiser

The Armenian American Medical Society hosted LAUGH AWAY, an exclusive comedy fundraiser for our pediatric program in Armenia. The side-splitting evening was held at Romanov Restaurant + Lounge, in Studio City, on Wednesday, July 19. The comedy show featured the cast of comedians from the Armenian Allstars: Mary Basmadjian, Movses Shakarian, and Michael Passion.



## AAMS Christmas Celebration Features Education and Holiday Cheer

The Armenian American Medical Society (AAMS) held its annual Christmas Celebration on Thursday, December 7, 2017. The event featured CME lectures from guest educators Leo Doumanian, MD, and Jhanna A. Nariyants, DO, who gave presentations on Mens' Health and Diabetes. The evening also included dinner and entertainment, and plenty of holiday cheer. In addition, Mikayel Israyelyan and Grigor Bardakjian, DDS, were honored for their support of the AAMS and its mission.



# In the News: AAMS Members Recognized in 2017

## Western Diocese of the Armenian Church Bestows Honors on AAMS Members

Armenian American Medical Society members Silva Karchikian, MD, and Kevin Galstyan, MD, were among the professionals honored by the Western Diocese of the Armenian Church at the 14th Annual Christmas

Ball, on December 2, 2017. The event heralds the launch of the holiday season, celebrates community leaders, and is an occasion to reflection the accomplishments of the past year. Congratulations to the honorees!



Kevin Galstyan, MD, FACOG, Joseph Kanimian, Esq., Diocesan Council Chairman, and Archbishop Hovnan Derderian, Primate.



Silva Karchikian, MD, with Joseph Kanimian, Esq., Diocesan Council Chairman, Archbishop Hovnan Derderian, Primate, and Raffi H. Kendirjian, Christmas Celebration Committee Chairman.

## Business Life Honors AAMS Members



Three Armenian American Medical Society members were among the 29 women honored at the Business Life Magazine's 28th annual Women Achievers Conference on October 6, 2017. Silva Karchikian, MD, family physician and AAMS board member; Kristine Oganian, President of the Armenian American Nurses Association; and Dr. Vergine Madelian, of the Armenian Bone Marrow Donor Registry and AAMS member, were all honored for their outstanding work in their communities and their professions.

*Congratulations to all those honored!*

## Love is in the Air as the AAMS Celebrates Valentine's Day



Dr. Armond Kotikian, AAMS, Board President, awarded Cupids Couple honors at the event. Photos clockwise, from top left: Varoosh and Margrit Alaverdian, Armen and Armine Kassabian, and Vachik and Alenoosh Shahnazarian receive their certificates.

The Armenian American Medical Society celebrated Valentine's Day with a dinner party on Thursday, February 8, 2018, at the Brandview Ballroom. The event was attended by 150 members and friends who were treated to a fascinating, holiday-themed talk by cardiologist Harry Balian: "Can a Broken Heart Lead to a Heart Attack?" The evening ended on a high note, as party-goers danced the night away to the live international music of LEVEL 10.

The AAMS would like to extend our heartfelt thanks to our generous friends at Adventist Health Glendale, First Republic Bank, Glenoaks Imaging Professionals, Brandview Ballroom, Maksen Cake House, and Lions Partners Insurance Agency for their sponsorship of the event, and to Dr. Harry Balian for his participation in the lecture.

The party was a magical event, celebrating love and joy. We look forward to a magical year ahead!