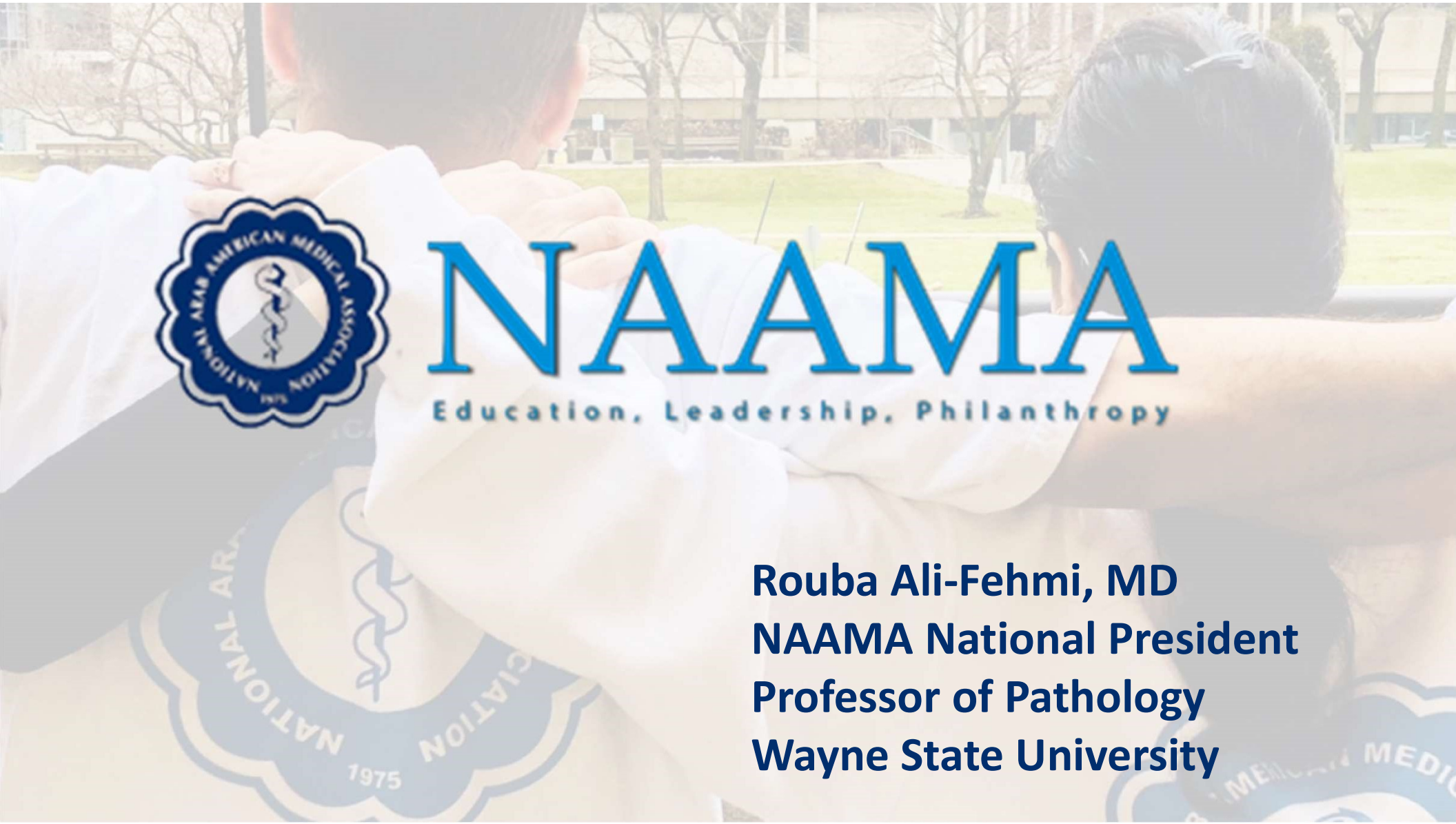
NAAMA
Education, Leadership, Philanthropy
Rouba Ali-Fehmi, MD
NAAMA National President
Professor of Pathology
Wayne State University

The National Arab American Medical Association (NAAMA) is an all inclusive association that acts as the voice of all Arab American healthcare professionals and addresses their professional and cultural needs.

Our mission is professional, cultural, educational, philanthropic and service oriented.

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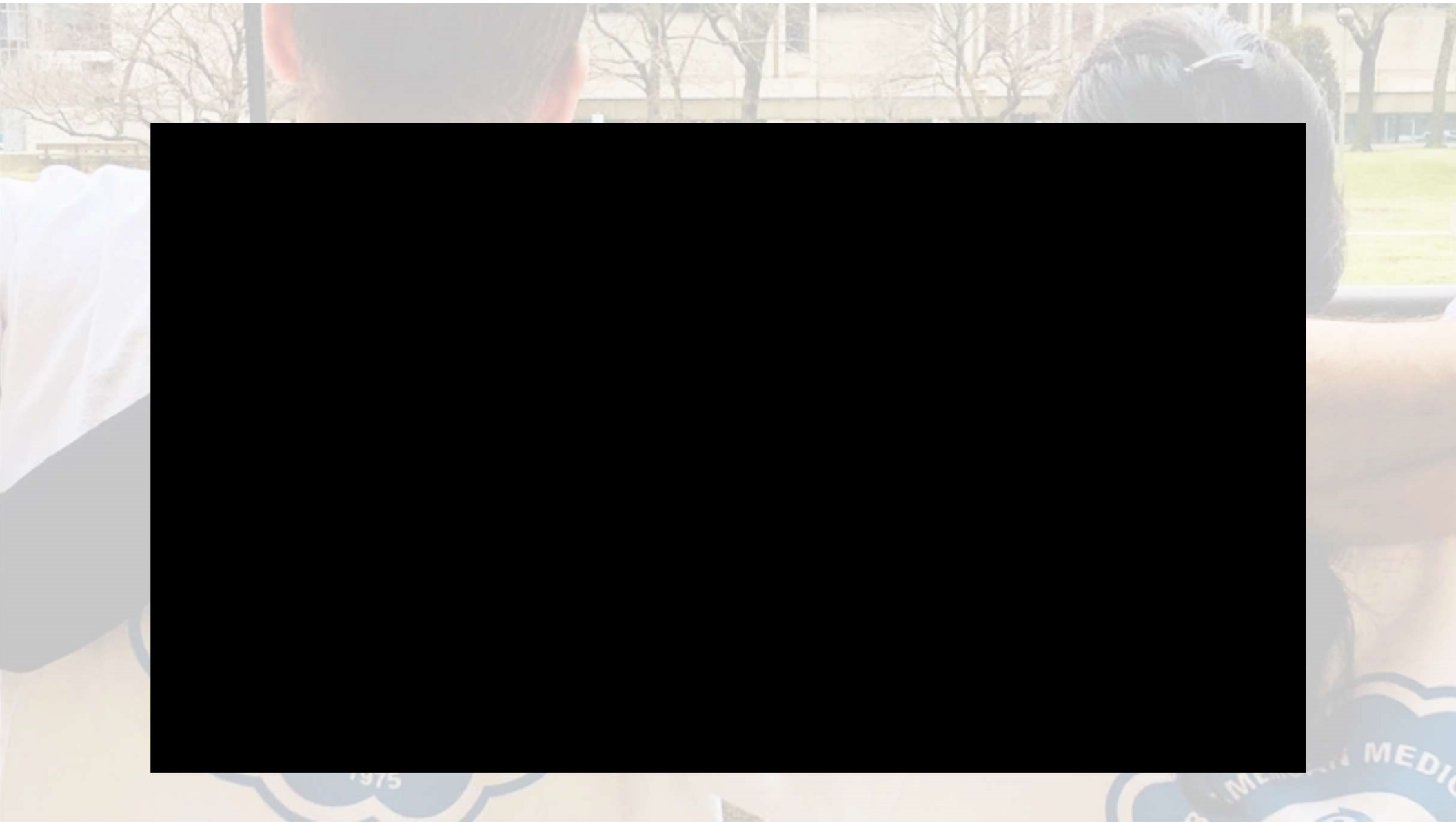
History

- **1974: a group of Arab American physicians in Los Angeles established the Arab American Medical Association**
- **1980: the name National Arab American Medical Association (NAAMA) is adopted**

https://www.youtube.com/watch?v=24E8yi7eG_Y

- **1990: The NAAMA Foundation is established**



Making a difference …

- **Iraqi Health Initiative, Iraq 1991**
- **Wheelchairs for Diabetic Amputees, Egypt 1998**
- **Clinical Laboratory at University of Balamand, Lebanon 2000**
- **Burn Unit at Makassed Hospital, Jerusalem 2000**
- **Emergency Room in Ramallah, West Bank 2000**
- **ACCESS Health and Research Center, Dearborn, MI 2000**
- **Burn unit at Rafidia Hospital, Nablus 2002**
- **Children's Cancer Project and Fellowship, Egypt 2003**
- **Milk for Preschoolers (with ANERA), West Bank & Gaza 2003**
- **Training of Syrian Medical Professionals (with PFP), 2003**
- **Humanitarian Missions to the West Bank (with PFP), 2003 – 2007**
- **Post War Trauma in Children, Lebanon 2004**
- **Nutrition in Children Living in Refugee Camps, Lebanon 2004**
- **Iraqi refugee health screening (with ACCESS), 2004**

NAAMA
The National Arab American Medical Association

… and beyond

- **Katrina & Rita Aid, Houston 2005**
- **Tsunami Relief, 2005**
- **ACLS & PALS Certification Courses, West Bank, 2006**
- **ACLS & PALS Certification Courses, Amman, Jordan 2006**
- **Pakistan earthquake, 2006**
- **Lebanese Red Cross Aid, 2006**
- **Mother and Child Hospital, Beirut, Lebanon 2006**
- **Ajialouna Dental Program, Lebanon 2006**
- **Clinical Skills Simulation Lab, Schools of Medicine & Nursing, Aleppo, Syria 2007**
- **National Diabetes Center (with JF, PFP) in Al Bierh, 2007**
- **Gaza Medical Relief, 2009**
- **Ambulances to the Syrian Red Crescent, 2011**
- **Humanitarian Medical Missions to Syrian Refugee Camps, 2012 - 2018**
- **ANERA, 2018**
- **Palestinian Diabetes Center, 2018**
- **Yemen Nutritional Program through UNICEF, 2018**

NAAMA
The National Arab American Medical Association

NAAMA

Education, Leadership, Philanthropy

CHAPTERS | MEMBERSHIP | Next Gen

RESEARCH | HOME | MISSION & HISTORY | BYLAWS | COMMITTEES | FROM THE PRESIDENT | EVENTS | FORMS & RESOURCES | NAAMA BOARD | NEWS | CONTACT US

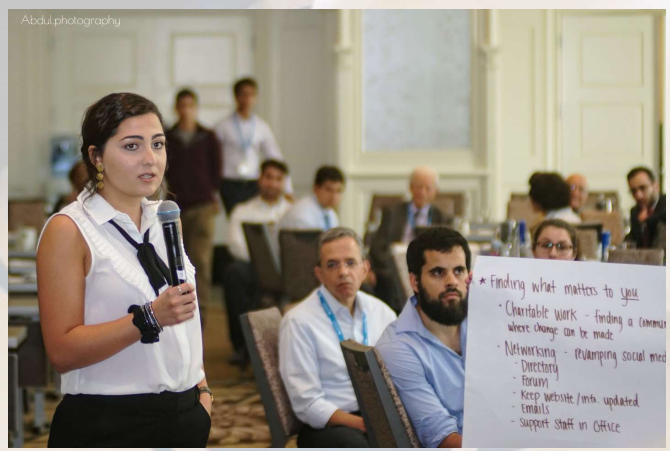
NATIONAL ARAB AMERICAN MEDICAL ASSOCIATION – SINCE 1975

Join Us, www.NAAMA.com

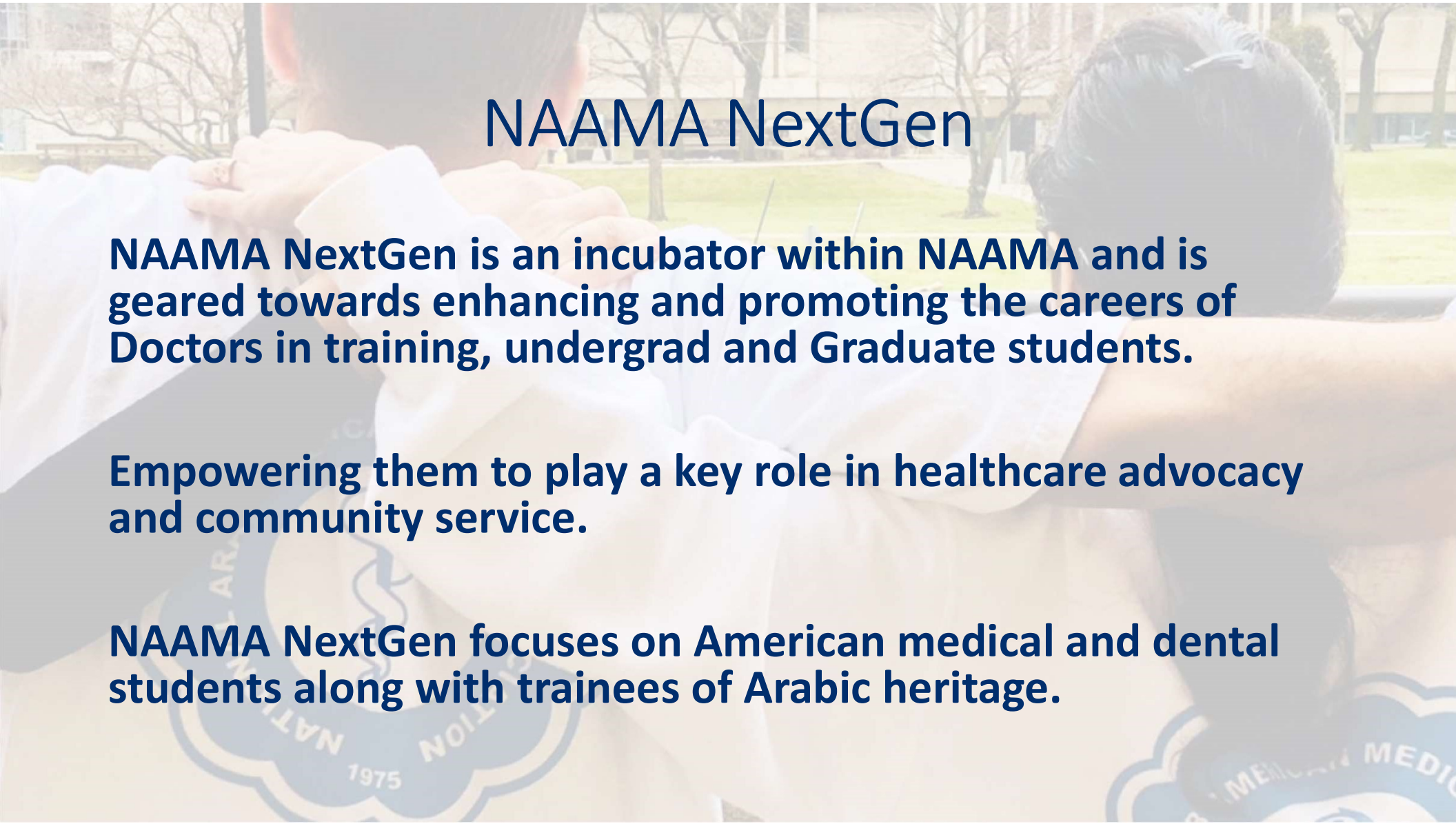
NAAMA'S 40TH NATIONAL MEDICAL CONVENTION

Honoring the Past, Embracing the future

The Future of NAAMA



NAAMA is paving the way into the future, by providing a platform for the new generation, to bring ideas to the table and carry on the vision of the association.



NAAMA NextGen

NAAMA NextGen is an incubator within NAAMA and is geared towards enhancing and promoting the careers of Doctors in training, undergrad and Graduate students.

Empowering them to play a key role in healthcare advocacy and community service.

NAAMA NextGen focuses on American medical and dental students along with trainees of Arabic heritage.

NAAMA NextGen

- **Created in early 2018 and aims to have chapters in every university in the US.**
- **Existing chapters in**
  - **Major universities in the state of Michigan**
  - **Atlanta**
  - **Houston**
  - **New York**
  - **Chicago**
  - **California (LA Chapter)**

<u>Most recently</u>

- ***Established a Steering Committee with appointed members***
- ***Developed a Strategic plan for 2019***
- ***Funded & planning multiple fundraising to remain sustainable***

NAAMA NextGen activities:

- **Involvement with mentorships Program**
- **Seminars and workshops**
- **Participation in national and international conferences**
- **Community service**
- **Cultural programs**
- **Clinical and scientific research**

Volunteering Projects

In collaboration with University of Detroit Mercy Dental students, NAAMA NextGen students have opened up a free visi /dental clinic to service the underserved hom popul etroit .

NAAMA

Summer cultural Program at the AUB

Last July, students had a rich and educational experience, learned Arabic language, history and culture, and met a lot of new friends.

NAAMA NextGen Summit

On May 12, 2018, NextGen held their first annual summit.

The goals were to focus on leadership skills, career planning, interview skills, test-taking strategies, burnout prevention, and much more.

NAAMA NextGen Summit

The summit began with an interactive panel in the presence of the deans of multiple medical schools, who shared with the students their experience.

Over 80 students attended this event ready to learn and prepare their futures.

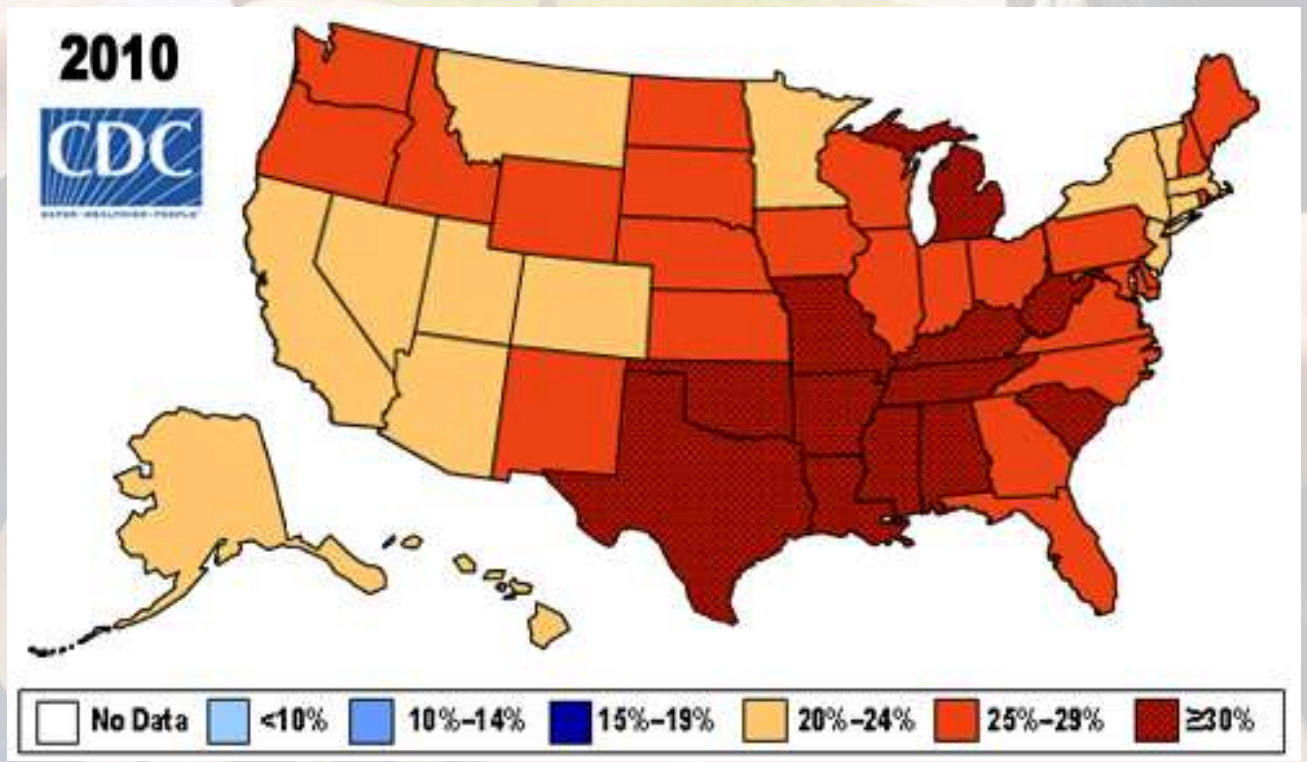
NAAMA NextGen Summit

- **Second Summit was a great success on February 9th, 2019**
- **More than 100 students in attendance**
- **Sponsored by WSU**
- **Run by junior NAAMA members and NAAMA NextGen members**
- **Workshops and Lectures**
- **Next summit is on September – research focused**

NAAMA NextGen Research Activity

Studying obesity in Arab American communities

The History of State Obesity Prevalence



NAAMA NextGen Obesity research project

NAAMA NextGen Research Activity

NAAMA NextGen has received grant funding for a research study to help educate the Arab American population on the dangers presented by obesity.

This study has 2 arms: educational and research:

First arm: A retrospective cross sectional study to assess the prevalence and risk factors of obesity in Arab American communities

Second arm: Organizing educational activities to spread awareness about the dangers of obesity and to promote an active and healthy lifestyle in the community

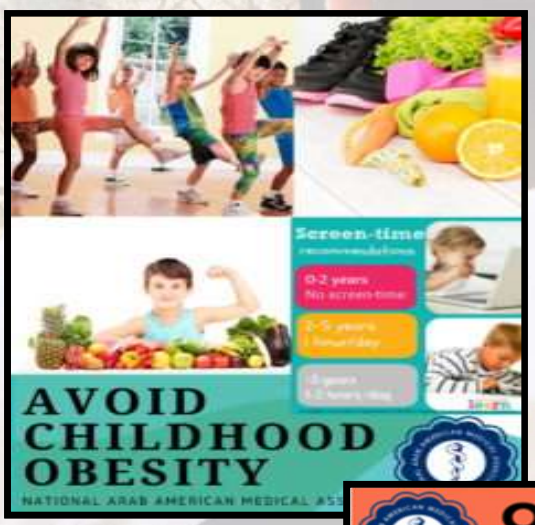
Research Activities

- **15 NAAMA NextGen Students are participating**
- **One PhD in public health advisory**
- **One study coordinator (a student)**

- **Granted IRB approval from WSU**
- **Study subjects: Arab American population in MI**
  - **ACCESS heath clinic in Dearborn**
  - **WSU Students Clinic (1/3 of the students at WSU are of Arabic descent)**
- **We are expanding the study to include Emory University in Atlanta**

Educational Activities

- **Educational material**
- **Multiple events**


Screen-time
AVOID CHILDHOOD OBESITY
NATIONAL ARAB AMERICAN MEDICAL ASSOCIATION

OBESITY and it's consequences
High mortality
Low quality of life
Stroke
Coronary heart disease
high blood pressure
Type 2 diabetes
certain cancers:
endometrial, breast, colon, gallbladder, kidney, and liver
Joint pain and difficulty moving

LIVE A HEALTHY LIFESTYLE
HEALTHY LIFESTYLE
TIPS ON HOW TO PROMOTE HEALTHY EATING HABITS AND PHYSICAL ACTIVITY TO HELP PREVENT THE PREVALENCE OF OBESITY IN AMERICA

Obesity and BMI
Know Your BMI?
BMI =
ass Index
DICATOR OF TOTAL BODY FAT IN MANY
EALTHY WEIGHT YOU SHOULD KEEP YOUR
N 18.5 AND 24.9
YOUR BMI, THE HIGHER THE RISK FOR HIGH
SURE, TYPE II DIABETES AND CERTAIN

CHILDREN AND ADOLESCENTS
ADULTS

OBESITY AND CANCER
30% OF CANCER CASES COULD BE PREVENTED BY FOLLOWING HEALTHY DIET, KEEPING PHYSICALLY ACTIVE LIFESTYLE, AND AVOID OBESITY.
OBESITY INCREASES THE RISK OF SOME TYPES OF CANCER.
NAAMA

Macronutrients
Portions
Micronutrients
Nutrients

NAAMA's
got health?
FREE
EVENT
DATE: JULY 14TH, 2018
LOCATION: BLOOMFIELD
HILLS HIGH SCHOOL
4200 Andover Rd. Bloomfield Hills, MI 48302
TIME: 12:30-2:30PM
COME OUT AND ENJOY A FUN EVENT, HOSTED BY
NAAMA NEXTGEN! ACTIVITIES INCLUDE:
• FUN FIT BY JOHN FROM LIFETIME FITNESS
• SOCCER
• WALKING/RUNNING
• YOGA(BRING YOUR YOGA MAT)
• LUNCH AT THE END
THIS EDUCATIONAL EVENT IS A PART
OF NAAMA'S OBESITY PROJECT
NATIONAL ARAB AMERICAN MEDICAL ASSOCIATION
1975

NAAMA's *G*ot *H*ealth?

Karmanos Health Awareness Day

ACCESS Back To School Health Fair

Cycle against obesity

part of

NAAMA NextGen Obesity research Project

Life Time Athletic
4106 Telegraph Road
Bloomfield Hills, MI 48302
December 1, 2018 12:30pm

Pickens Tower, Floor 2
1400 Pressler St, Houston, TX 77030
November 29, 2018 5:30pm

Cyclebar Buckhead
3280 Peachtree Rd NE Ste 155
Atlanta, GA 30305
December 1, 2018 1:15 pm

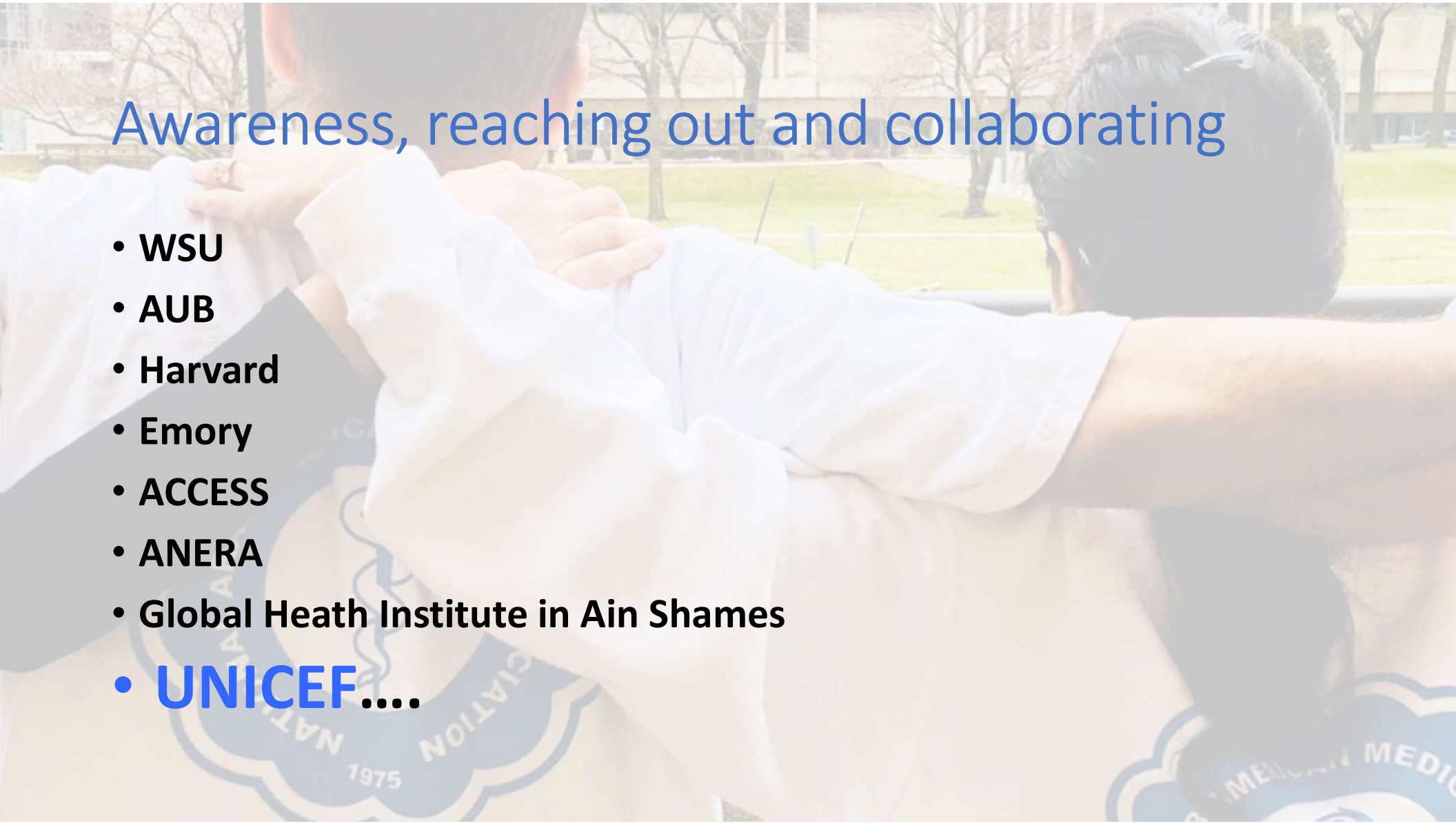
Free event/ walk in
NAAMA T-shirts will be provided
Donations up to $20 are welcome at the door

www.NAAMA.com

FIND YOUR
RHYTHM
YOUR
RIDE
YOUR
ROAD

LIFETIME
NAAMA

WELCOME TO
NAAMA NextGen
NATIONAL ARAB
AMERICAN MEDICAL
ASSOCIATION



Awareness, reaching out and collaborating

- **WSU**
- **AUB**
- **Harvard**
- **Emory**
- **ACCESS**
- **ANERA**
- **Global Heath Institute in Ain Shames**
- **UNICEF….**

Dr. and Mrs. Baramki Endow Chair At Johns Hopkins University

NAAMA member Theodore A. Baramki, MD, and his wife Ingrid have established the Baramki Professorship of Reproductive Endocrinology in the Department of Gynecology and Obstetrics at the Johns Hopkins University School of Medicine.

"This is an endowed chair specifying that the head of the Division of Reproductive Endocrinology at Hopkins will always be known as the Baramki Professor," said Dr. Baramki. It is the first chair established by an Arab physician at the Johns Hopkins University and the fourth chair in the 106 years of Johns Hopkins Department of Gynecology and Obstetrics.

Dr. Baramki is a native of Palestine and a graduate of Cairo University School of Medicine. He served as scientific chairman of the NAAMA's 17th National Medical Convention held recently in Baltimore.

In 1958, during training as a surgical resident at Augusta Victoria Hospital in Jerusalem, Dr. Baramki met the renowned gynecologist Richard TeLinde, MD, then chairman of the Department of Gynecology at Hopkins. After establishing a good working relationship with Dr. TeLinde, the young Baramki was offered

humans. In 1969, Dr. Baram
appointed co-director of th
Hopkins Prenatal Diagnost
which provides prenatal gene
ing and amniocentesis.

Theodore and Ingrid Baramki

with the following indications: age over
abnormal biochemical studies in
mily history of congenital
al fetal ultrasound
named
and his
ization (IVF) a
in the strategy of te
IVF involves five steps: (1)
ulation using human menop
gonadotrophins; (2) egg retrieval, usually performed under ultrasound guidance; (3) sperm preparation; (4) fertilization in a petri dish; and (5) embryo transfer to the uterine cavity.

Dr. Baramki was awarded the Medal of Independence (First Class) by King Hussein of Jordan in 1974.

Dr. and Mrs. Baramki are delighted with the endowment of the Theodore and Ingrid Baramki Chair in Reproductive Endocrinology at Hopkins because they

The Ibn Sina Endowed Scholarship at the Wayne State University School of Medicine

Established in 1997 at the WSU School of Medicine by the Arab and Chaldean American Physician and Medical Students Fund Committee, the Ibn Sina Endowed Scholarship has recognized Arabs' and Chaldeans' pivotal contributions to medicine, while providing the

NAAMA
The National Arab American Medical Association

Awareness, reaching out and collaborating

- **WSU**
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- **UNICEF….**

unicef
unicef
www.unicefusa.org

NAAMA NextGen Members are
our future NAAMA leaders