



USAP News

United Seniors Association of Pittsburgh

www.usaofpittsburgh.org

Volume 7 Issue 4

FALL ISSUE

October 2025



As autumn paints the world in warm hues of gold and crimson, we are reminded that change is constant—in nature, in our communities, and within ourselves. Each season brings its own rhythm and meaning. For many of us, growing older is another kind of season—one that invites reflection, renewal, and connection. With half of its leaves having fallen off, one can appreciate the majestic trunks and branches of the tree better.

For the past eight years, USAP has been a home for seniors seeking not just companionship but growth and purpose. Our organization is dedicated to the total well-being of its members, nurturing physical health through fitness and wellness programs; mental and emotional health through friendship and learning; spiritual peace through reflection and service; and financial and social stability through guidance and advocacy. Group travels, weekend retreats, social get togethers at various educational meetings, picnics, yoga and meditation classes, dance lessons, karaoke singings and annual musical events, all are supportive of the USAP's goal of providing the much-needed social support and overall well-being of our members.

Through these efforts, USAP has touched lives and strengthened families. Our quarterly newsletter now reaches more than a thousand households, connecting members near and far. Yet, despite this outreach, many still do not know about USAP or the many opportunities it offers. Members can individually reach out to their close friends and invite them to the various functions of USAP and let them become aware of the many benefits of joining the ever-growing membership.

This fall, as we embrace the beauty of change, let us also renew our commitment to reach out and reconnect. Each of us can help by telling friends, neighbors, and relatives about USAP—an organization open to everyone above 50, with annual, four-year, and lifetime memberships available. Together, we can ensure that every senior finds the community and support they deserve.

Please also mark your calendars for USAP's Annual General Body Meeting on December 14, when we will elect a new slate of officers for the next two years. This is a vital moment to participate, share ideas, and help shape the future of our organization.

Belonging to USAP means belonging to something larger than ourselves—a community built on care, connection, and shared purpose. As the seasons change, may we continue to grow together, proving that every stage of life holds beauty, meaning, and promise.

READERS WRITE



Yes. Change is inevitable! There is change happening all the time, all around us and also within us. We need to accept change and make appropriate adjustments.

Subash Ahuja

MUMS LOVERS



This is most likely our last communication on mums for 2025. We started with small saplings in 2024 and seen them grow through the winter into strong and hardy mums and gave us lush

colorful blooms in September and October, that brightened our yards and brought joy to our lives in 2025.

Now that winter will be soon upon us, we need to follow Dr. Popat's advice.

- Do not cut them down to the ground but trim them up about 12" from the ground.
- Put plenty of mulch all around the plant.
- Water it lightly and wait till the next spring.

If you have potted plants, take them indoors, prune them and protect them from freezing.

Abbey Vijlee

ON HEART ATTACK

When the blood flow to that heart is cut off, that's called a heart attack. But how do we know when we are having one. It's important to catch it early on as it could be a life saver. Otherwise, a heart attack could be a killer. I came across some pointers from my readings which I thought would be worth sharing.

- Eye exams (for cataract, retinopathy and glaucoma screening)
- Chest pain or discomfort
- Pain in the jaw, neck, back or arms
- Shortness of breath
- Fatigue, faintness, or nausea

These symptoms could be from other causes too and not necessarily mean a heart attack. On the other hand, you may have none of these symptoms and still be having a heart attack, what they call a "silent attack". That happens in 20% of people. When having these symptoms, one should arrive at an E.R. within 30 minutes and be treated in 90 minutes.

Shailesh Kapadia

USAP TOTAL MEMBERSHIP
(AS OF SEPTEMBER 30, 2025)

TOTAL Members : 399

.....
Charter Members : 223

4 Year Members : 176

Annual Members : --

**WELCOME TO NEW
CHARTER (LIFE) MEMBERS**

Jayeshkumar & Ramaben Patel

**WELCOME TO
NEW 4-YEAR MEMBERS**

Sanjay & Kirti Gulati
Ajay & Ranjana Katiyar
Nandlal & Bharti Khamar
Sanjay & Amita Mehta
Padma Melachuri
Vinita Patel
Bharat & Rasila Rana
Priyesh & Ketu Shah
Girija & Rajagopal
Thiruvadamarudur

**Please upgrade your 4-Years Membership to
Charter Membership**

**We sincerely appreciate your support to make USAP one of the
fastest growing organization of Pittsburgh and
boost the membership to close to 400 members.**

SOUTH AMERICA TOUR 2026
Brazil, Argentina and Peru

USAP is pleased to announce our wonderful international tour for 2026 starting April 17 which covers three countries : Brazil, Argentina and Peru in South America.

We have been working on a 12 day (including travel day) Amazing South America Tour package which includes Rio De Janeiro, Iguassu Falls (both Brazil and Argentina side), Buenos Aires, Lima, Cuzco and the world-famous Machu Picchu. Highlights include Copacabana and Ipanema beaches, Christ the Redeemer, Sugar Loaf Mountain, Tijuca National Park in Rio; Iguassu Falls with Itaipu Dam and Big Adventure Boat Excursion; Buenos Aires with Tigre Delta Boat Excursion, Gaucho Show, Tango Show and many city attractions; Cuzco , Machu Picchu and Lima excursions with exciting sightseeing attractions.

Finalized itinerary and cost details will be available soon for all USAP members who wish to reserve their spots on this exciting group tour. Please watch out for Reservation Announcement in the next few days through USAP What's App Members Group.

HAPPY BIRTHDAY WISHES TO OUR SPECIAL USAP MEMBERS

October: Navin Kadakia, Pankaj Desai, Madhu Duggal, Sudha Dixit, Shantha Balu, Hasmukh Smita Shah, Manisha Mittal, Sushil Jain, Urvashi Surti, Ashtosh & Wimi Ganjoo, Chandrakant Pujara, Ashok Sahai, Dilip Shinde, Surinder Aneja, Sadhana Gupta, Anita Rustagi, Sheela Swarup, Veena Agarwal, Nilufer Daruwala, Mohan Nama

November: Leena Ladani, Bharati Shah, Kamlesh Aggarwal, Bharati Parikh, Jamnadas Thakkar, Visalam Dharmarajan, Vaishali Patil, Jasmin Tamboli, Rajesh Mehta, Binu Advani, Rekha Mehta, Bakula Patel, Venkatram Dharmarajan, Neelam Katyal, Ranjana Sahai, Nilima Badlani, Vipin Mehta, Jyoti Soneji, Mananda Bhende, Manoj Patel, Amit Mukherjee, Damini Parikh

December: Chetan Ladani, Rita Patel, Dilip Desai, Rashmi Shah, Ardeshir Tamboli, Vasu Malepati, Ravi Kant, Rajnikant Popat, Pratap Doshi, Vasant Germanwala, Som Sharma, Leena Thakar, Narsinhbhai Ghelani, PJ Prabhu, Hemal Purohit, Pritam Advani, Vikram Asher, Ravish Gandhi, Minnie Mahajan, Madhavi Patel



United Seniors Association of Pittsburgh is a tax-exempt charitable organization.

Your support goes a long way in supporting free lunches and expanding our services to the senior citizens.

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USAP News is published quarterly by United Seniors Association of Pittsburgh to keep its members and subscribers informed and connected. Your comments and suggestions are welcome to improve the dialogue.

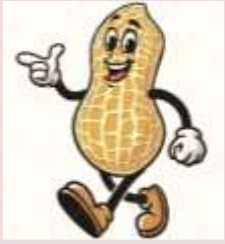
Editors:

Subash Ahuja, Chetan Patel

PLEASE MARK YOUR CALANDER
USAP ANNUAL GENERAL BODY MEETING
ON SUNDAY, DECEMBER 14, 2025
NEW TAXATION LAWS BY SANJAY LODHA
ON SUNDAY, JANUARY 11, 2026

KNOW YOUR NUTS

By Subash Ahuja, MD



It has been claimed that **PEANUTS** are poor man's meat in some parts of the world and there may be some truth in this expression.

Peanuts are extremely rich in protein (approximately 25%) which is similar to or even higher than many animal-based sources. Weight by weight comparison, cooked lean chicken contains 31% protein and red meat 26%. Pork, fish, and eggs contain less protein than peanuts.

Besides proteins, peanuts are also rich in folates, niacin, magnesium, phosphorous, potassium and resveratrol (an antioxidant). Studies show that moderate peanut consumption helps reduce LDL cholesterol and supports heart health.

Peanuts are actually legumes like beans and lentils and grow easily in many climates, which keeps their price low. Peanuts are among the cheapest and most widely available nuts in the world. So, the phrase "poor man's protein" doesn't imply low quality, but it means high nutritional value for low cost.

TREE NUTS on the other hand, like **almonds, walnuts, cashews, pistachios, hazelnuts, pecans, Brazil nuts and Macadamia nuts** are pricier but all share similar nutritional values, being rich in healthy fats, fiber and micronutrients. Tree nuts generally provide a broader range of nutrients like magnesium, omega-3s, and minerals.

SOME KEY NUTRITIONAL HIGHLIGHTS OF VARIOUS NUTS

PROTEIN: Peanuts and almonds lead in protein content. Almonds also deliver vitamin E, an antioxidant.

HEALTHY FATS: Macadamia nuts and pecans are high in monosaturated fats, which are beneficial for heart health.

MINERALS: Brazil nuts are exceptionally high in magnesium and iron, while almonds provide a significant amount of calcium.

FIBER CONTENT: Hazelnuts and pistachios provide substantial dietary fiber, aiding in digestion and promoting satiety.

ANTIOXIDANTS: Almonds and hazelnuts are rich in Vitamin E, an antioxidant that helps protect cells from oxidative damage.

Cashew nuts are rich in monounsaturated fats, iron, zinc, magnesium, and copper. They also contain lutein and zeaxanthin, antioxidants beneficial for eye health.

The amino acid L-arginine contained in some nuts is important for endothelial health and thus good for heart health.

In summary, nuts are not only rich in plant-based protein, they are also rich in many other nutrients like vitamins, amino acids, unsaturated fatty acids, fiber and minerals that are good for heart and gut health and our overall good health. Feel free to snack up on nuts but use raw or dry-roasted unsalted nuts rather than heavily salted or coated varieties.

ASK THE DOCTOR Q & A SESSION



L to R – Dr. Ved Kaushik (Colorectal surgeon), Dr. Ajay K. Mathur (Rheumatologist, Dr. Vasanti Majmudar (Gynecologist), Dr. Chetan Ladani (Cardiologist)

This was arranged by Dr. Chetan Ladani on July 23, 2025. A panel of four doctors, specialists in their own fields gave a brief summary of what's new in their specialties and entertained and answered many questions pertaining to gynecology, heart, gut health and joints and muscle problems. Some excerpts are provided here for those who may have missed.

KNOW YOUR GYN EXAM WHEN YOU SEE YOUR GYNECOLOGIST

By Dr. Vasanti Majmudar (Gynecologist)

To stay in good health, stay under your doctor's radar for regular maintenance and close follow ups for needed medical treatment.

Women are blessed with a unique body which requires special exam by a specialist called a gynecologist.

What is GYN exam?

It is a routine exam of the external and internal reproductive organs to assess overall health and detect potential issues.

- . Breast exam
- . Pelvic exam
- . Pap smear
- . Stool check

Why GYN exam is important?

- . Early detection of problems
- . Preventing care
- . Address concerns
- . Update Vaccination
- . Encourage healthy life style

Testing

- . Pap smear
- . Mammogram
- . Osteoporosis screen (Dexa)
- . Colonoscopy, Cologuard

Common menopausal problems

- . Postmenopausal bleeding
- . Vaginal atrophy, Dyspareunia
- . Urinary incontinence, leakage
- . Pelvic organ prolapse
- . Vulvar dermatological problems
- . Post menopausal symptoms.

Stay Healthy

INTRODUCTION TO ARTHRITIS AND MUSCULOSKELETAL DISEASES

By Ajay K Mathur, MD, FACP; Rheumatologist, Penn Highlands Health Care



Approximately 30% of the US population suffer from some type of **musculoskeletal diseases**. These are conditions that affect the bone, joints, cartilage, muscles, ligaments and tendons. These structures are held together by specialized proteins that make up the connective tissue.

There are over 100 different types of musculoskeletal diseases. A few common disorders are osteoarthritis, rheumatoid arthritis, ankylosing spondylitis, arthritis related to psoriasis, and arthritis related to inflammatory colitis.

Gout (sometimes referred to as disease of kings) classically involves the big toe and is extremely painful.

Connective tissue diseases can be more serious and affect internal organs, besides the joints, muscles and blood vessels. A few examples are systemic lupus erythematosus, polymyositis, Sjogren's syndrome and vasculitis.

Osteoporosis is a bone disease in which the bones become brittle and weak, which can lead to fractures with minimal trauma, or at times even without any trauma. Fibromyalgia does not affect the joints but can be extremely frustrating due to chronic diffuse pain.

Early diagnosis is critical in treating these problems to prevent long-term disability and complications. Besides use of medications, maintaining a healthy lifestyle, avoiding weight gain, proper diet, regular strengthening exercises and avoiding falls can control and treat these conditions quite adequately.

High quality research, and now with the use of artificial intelligence, the future looks remarkably promising in the management of these chronic and complex diseases.

REGULAR SCREENING PROTOCOLS FOR OVERALL HEALTH

By Swarna Varma, MD (Endocrinologist)

Some guidelines for screening tests.

Screening for Diabetes should be done yearly.

Diabetic patients should go for yearly

- Eye exams (for cataract, retinopathy and glaucoma screening)
- Foot exams, screening for neuropathy, (to prevent infections and limb loss)
- Screening for kidney complications, (to prevent kidney failure)

Screening for Pre-diabetes

- 7 to 19 % of individuals above age 45 with pre-diabetes progress to diabetes, (Fasting glucose 100 to 125 mg/dl, or 2-hour post meal glucose reading of 140 to 199 mg/dl).
- Prediabetic patients are also at increased risk for heart disease
- People with diabetes or pre-diabetes can benefit from making lifestyle changes – eat low glycemic diet, aerobic and isometric exercise at least 2-3 hours a week) and weight loss measures. It is important to prevent pre-diabetes to progress to diabetes.

Screening for Thyroid function

- Yearly check on thyroid hormone levels to screen for overactive thyroid (Hyperthyroidism), or underactive thyroid (hypothyroidism).
- Early diagnosis and treatment will prevent complications.

Check on Weight Gain or Fatigue

- Need appropriate screening for Adrenal glands, Pituitary, Testicular, and Ovarian functions to confirm optimal status. Overactivity or underactivity will require further investigation and treatment. Appropriate weight loss medications can be used under medical supervision.

Yearly monitoring for Serum Calcium, Phosphorus, Magnesium, and Vitamin D levels, to ensure optimal levels.

Osteoporosis screening

Important for post menopausal women, and other high-risk individuals, to prevent future fractures and disability.

Maintain Optimal Blood Pressure

- Follow diet, exercise, and if needed, appropriate medications.
- If high blood pressure is diagnosed at a young age, or if blood pressure is difficult to control, then screening for secondary causes (blockage or narrowing of arteries to the kidneys, high adrenal hormones (aldosterone, metanephrines, cortisol) need to be investigated, and treated if necessary.

Lab work for complete blood count, lipid levels, chemistries that check for liver, kidneys, prostate, lung screening for cancer for people who smoke, colonoscopy for colon polyps and cancer, PAP smears for uterine cervical cancer, mammograms for breast cancer screenings also should be done routinely.

USAP MEDICAL ADVISORY COUNCIL

Please save the following reference list of physician specialists who have offered to provide advice and guidance to USAP members. Please know that such help is advisory only and should not be construed as treatment. The physician shall not be held liable in any manner whatsoever for offering such guidance.

ALLERGIST

ADI TAMBOLI, MD.

412-997-7007

CARDIOLOGISTS:

BRAHMA SHARMA, MD

412-708-9128

CHETAN LADANI, MD

412-519-9024

COLORECTAL SURGEON:

VED KAUSHIK, MD

724-816-9818

ENT SURGEON:

VASU MALEPATI, MD

724-344-3301

INFECTIOUS DISEASES:

USHA KARUMUDI, MD

412-874-2423

NEUROLOGIST:

KIRAN PATIL, MD

914-316-0643

OB GYN:

RAJNIKANT POPAT, MD

724-366-0867

OPHTHALMOLOGIST:

JUGINDER LUTHRA, MD

304-794-6336

MANOJ PATEL, MD - 412-716-4565

PSYCHIATRIST:

RAVI KOLLI, MD - 412-498-5098

VASCULAR NEUROLOGIST

ASHIS TAYAL, MD - 412-605-4418

HOMEOPATH

GIRIJA RAJAGOPAL - 412-499-2841



We Offer

- Medicare Advantage Plans
- Medicare Supplement Plans
- Part D Rx Plans
- Individual (ACA - Affordable Care Act) Plans

We can help with

- Making sure your doctors are covered
- Verifying your prescriptions are covered
- Reviewing your group/employer coverage vs. getting your own plan
- Helping with PA Health Exchange (Pennie)
- Seeing if you qualify for premium credits (lower premiums)
- Explaining access to doctors (Network Options)

Scott partners with Nayan Shah to help USAP members



Protect Your Family - Make A Plan Today



HEALTH INSURANCE ADVISORS

Scott R. Lindstrom helps people obtain the lowest insurance. He is an independent broker working with many different insurance companies.

He offers a variety of quality life options for you to choose from!

Contact Us For Your Life Insurance Needs:

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