



# APPNA NEWSLETTER

A quarterly publication of the Association of Physicians of Pakistani Descent of North America

Volume 19, Number 2

Fall 2009

## What's Inside ...

San Francisco Meeting a huge success!

Health Reform incomplete without any Tort Reform - Editorial

Winter Meeting in Karachi, December 29-31, 2009

## APPNA Fall Meeting

# Niagara Falls

September 25-27, 2009

Niagara Falls, Ontario, Canada

*Association of Physicians of Pakistani Descent of North America*



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Volume 19, Number 2

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## Editorial

### Health Care Reform

Zia Moiz Ahmad, MD



**I**t is how one views access to health care that defines how one approaches the debate over health care reform. Is access to basic health care a right or a privilege? Is this a moral issue or a purely financial problem? Is this what defines our national character or is it simply a question of what we can afford? Whereas there are credible and reasonable points to be made for both the positions, we strongly feel that access to basic health care is a right of citizenship.

American health care system is a strange mix of contradictions. On one hand it is the envy of the world for the best that medicine has to offer but on the other hand we have 43 million citizens without health care. On one hand our physicians and hospitals can sustain life against all odds but on the other hand our system is financially unsustainable. On one hand we have access to the best and brightest medical specialists in the world but on the other hand the care can at times be fragmented and uncoordinated. In short, in spite of our centers of medical excellence and the unmatched quality of medical care, the American health care system is in urgent need of a complete overhaul. The challenges we face today as a nation are first and foremost to do away with our national shame of 15% of fellow citizens without access to health care; second we need to preserve and nourish the ingenuity and brilliance of our physicians and scientists; third we need to build strong incentives for preventive care and not just palliative care; fourth we need to bring the profiteers in health care under some serious regulation and control; and last but not the least we have to bring the health care costs under control.

Attempts to reform health care are about a century old starting with President Theodore Roosevelt in 1912. He was followed by Presidents Harry Truman, Richard Nixon and Bill Clinton who all made efforts to fix the system but each failed and paid a political price. So what is different now that health care reform seems a real possibility? It is the realization by all concerned, including and especially the American public that time for meaningful and sweeping reform has come. And that the status quo is unacceptable and the cost of inaction threatens not just the health of Americans but our entire economic system. This, combined with the commitment of President Obama and the legislative will of the Congress, has created a confluence of forces that make health care reform not only a real possibility but almost a certainty. As physicians all of us have seen the need for real and affordable health care firsthand. In the past the physicians and organized medicine have unwisely opposed reform and favored continuing the existing system but the tide has changed now. Most if not all physicians favor reforming the system and the professional societies have endorsed the effort. By doing so the physicians have declared themselves to be part of the solution to the present problem rather than part of the problem. But endorsement of health care reform

## APPNA Newsletter Volume 19, Number 2

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and support of the legislative effort is only the beginning of the role for the physicians. We have to be proactive to make sure that the interests and well being of patients is given the highest priority and what is best about our health care system is not changed. As they say “if it is not broken don’t fix it”.

In our view any health care reform has to include Tort Reform. Any bill without meaningful tort reform will be a victory for trial lawyers lobby and a defeat for the patients and the physicians. And tort reform is not just caps on financial awards (which benefits the insurance industry primarily) but protection against frivolous lawsuits. We are not opposed to victims of malpractice and negligence being fairly compensated but we strongly oppose baseless and frivolous lawsuits with the sole aim of a big payday with complete disregard to the medical facts of the case. A panel of physicians from the specific field of medicine should evaluate each case before it can go to the court for trial. There should also be strong safeguards against the abuse of the insurance companies, both of patients and physicians. In the case of patients by denial of coverage and valid claims and in the case of physicians by delaying and denying payment for services provided. Insurance companies presently conduct their business largely unregulated with mainly profits driving their decisions. It is no surprise that the insurance companies continue to be the most profitable companies even in the present economic environment. The system of reimbursement of physicians needs to be fair and transparent. Any and all changes in the payment to physicians by the CMS should be done in an open and transparent fashion so as to give the physicians a chance to look at the data that is being used to justify these cuts. And physician reimbursement should not be the first item that the government policy makers reflexly look at to bring the health care spending within the budgetary projec-

tions. Payments to physicians account for less than a quarter of the health care dollars with the rest being spent on hospitals, long term care facilities, pharmaceuticals and device companies. The policy makers also need to take into account the growing population and the rapid and disproportionate increase in elderly patient population.

One of the most politically charged issue in the health care reform debate is the so-called “public option”. Although there are strong views on both sides of the argument, our position is very simple and straightforward. If the public option is included to curb the abuses of the insurance industry and provide some real competition and give patients a real choice, then we support it. However if this is being used as a back door entrance to a single payer system where bureaucrats determine the income of the physicians, then we are opposed to it. And the manner in which CMS has traditionally conducted its business when deciding on physician payments certainly does not inspire confidence of the medical profession.

In the words of Late Senator Edward Kennedy, written shortly before his death, he called the health care debate a moral issue facing our nation and his efforts for it spanning his entire political career “the cause of my life”. Now more than ever a growing majority of Americans agree with him. We are closer than ever in our national political history to passing a meaningful health care reform that can be a true tribute to his years of work and dedication to this cause. It will remove the dubious distinction we Americans have as being the only developed country that does not provide health care to its citizens. This will also bring into line our health care system with our national character where we believe in helping the unfortunate and the weak amongst us.

## LETTER TO THE EDITOR

I want to congratulate APPNA for organizing a very successful and great annual summer meeting at San Francisco this year. DR. Mubasher Rana, Chair of local host committee and his dedicated team of APPNA members and volunteer spent countless number of hours to organize a program for APPNA members which will be remembered for years to come. Dr. Rana showed great leadership in organizing this wonderful program.

I also want to congratulate Dr. Jamil Farooqui for a memorable, though provoking social program under APPNA social forum. It highlights this young man’s talents and leadership in arranging a well thought event which was presented very professionally. It kept the speakers and audience involved until the end of the program. I hope that Dr. Farooqui will be able to present similar events under APPNA platform in future. He is a man of great talents.

As a member of APPNA for number of years, I have seen many presidents come and go. Dr. Samad is an exceptional president. Under his active leadership, many precedents have been set to make APPNA a vibrant organization that is viewed with respect in social and political circles in US and Pakistan. APPNA will benefit from his leadership and dedication in years to come.

— Muhammad Aleem, Ex-Chair Local host Exhibition Committee

The Editorial Board of the Publication Committee reserves the right to edit all materials submitted for publication.





## President's Message

Syed A. Samad, MD

Dear APPNA Friends,

Assalam-o-Alaikum.

Welcome to the historic first Canadian APPNA Council

Meeting in serene Niagara Falls, Canada. The host committee under the leadership of Dr. Arshad Saeed has put in several months of committed hard work to ensure a once in a life time experience for the APPNA family.

Today I would like to share my thoughts on two very important issues confronting APPNA members this year. Health care reform is one of the most urgent and important challenges confronting us as a nation. Soaring health care costs make our current course unsustainable. Spiraling premiums and out-of-pocket expenses are pushing families into bankruptcy. It is unsustainable for business, forcing more and more of them to choose between keeping their doors open or covering their workers. And the ever increasing cost of Medicare and Medicaid are among the main drivers of enormous budget deficits that are threatening our economic future. In short, the status quo is broken, not sustainable and is unacceptable. As physicians on the front line of our health care, reform is urgently needed and must be passed this year. If this window of opportunity is lost, we may not have another chance for years.

At this historic juncture, we should make a strong unprecedented coalition of health care workers, insurers, labor, business and legislators to achieve our prime goal of providing "affordable high quality health coverage for all Americans". Several APPNA members have already worked at the grass root level. They have appeared on radio, television and town hall meetings explaining the urgency, importance and proposed structure of the comprehensive health care reform. We have shared our proposals and concerns with our state legislators so that the final bill includes everything to improve the lives of millions of Americans. At this historic time I want to stress the importance of sustained effort required to achieve our goal. These are some of the issues I look forward to discussing with you in greater detail in the Fall

Council Meeting. However this year, we must do more than just discuss. We must act. The American people and America's future demand it.

The second most important challenge facing our membership this year was the very "hotly contested" election. The upstream impact of vigorous campaigning by the candidates and election results within a very narrow margin has divided the membership. Both sides may be sincere in their views but neither side is entirely right. We are up against the idea that it is acceptable to demonize your opponents and say and do anything to win an election. We know that this is exactly what's wrong with our politics; this is why people don't believe what their leaders say anymore and tune out.

Dear friends, this cycle of suspicion and discord must end. We cannot afford to be divided. I know we are not perfect. I know we have made our share of mistakes. I know there are times that our actions have not lived up to our best intentions, but I also know how much we all love APPNA. Yes, there have been differences between us and yes there will be differences in the future but the burden of being a Pakistani American physician community continues to bind us together. The scale of our challenge is great but this is the moment we must come together and stand as one. We must renew our resolve to rout the differences that threaten our organization and give our membership a reason to believe again. We should choose the right path and not just the easy path.

I want to take this opportunity to lay out how we intend to resolve the outstanding issues. We are currently in the process of reviewing the ambiguities in our Constitution and Bylaws. We intend to bring comprehensive reform in the membership criteria, voting eligibility and the whole election process. An election reform committee has been established which will present its recommendations in the Fall Council Meeting. I want to emphasize that I believe now it is time to move forward, and "I cannot do this alone". This change will not come easy and will not happen overnight. It is the time to build new bridges through constant cooperation, mutual trust, build consensus by listening to each

(Continued on page 7)



## Report By The President Elect

Zeelaf Munir, MD

**T**hank you dear APPNA members for enduring yet another election cycle. Congratulations to Drs. Manzoor Tariq, Nasar Qureshi and Mubashir Rana for

being elected. I look forward to working with you. Likewise, I would like to thank Drs. Javed Suleman, Saima Zafar and Irfan ul Haq for participating in the democratic process. The Nomination and Election Committee had to fulfill their responsibility under very trying circumstances. They had to make tough decisions and I commend them for doing so.

Role of President Elect – Article 18.3.4 of the APPNA Constitution states: The President Elect shall verify the membership and Component Societies.

Component Societies of APPNA consist of the Alumni Associations and the regional chapters. For our 501c (3) status and IRS regulations, all component societies are required to provide their bank statements, have By Laws for their governance and elected officers.

13 Alumni Associations were recertified and one new Alumnus was inducted. 28 chapters were recertified. One defunct chapter was reestablished and one chapter was decertified due to lack of documentation.

In 2004 APPNA's Constitution and By Laws were amended. The responsibility of confirmation and verification of membership was changed from Secretary to President Elect. The reasoning for doing so was that the President Elect is no longer involved in the electoral process and hence has no conflict of interest and can ensure fairness and impartiality, unlike Secretary, Treasurer or Committee Chairs aspiring for office.

Given the pledge I had made to the membership and the overwhelming mandate I got, this was a responsibility I took very seriously. For many years, problems with membership had been surfacing at Election times. I challenged the status quo in 2006. As a result, in 2007, for the first time a membership verification process and a revised Election Code of Conduct were established in APPNA. However, no written policy has yet been developed clarifying the membership criteria and acceptable methods of payment.

**To keep the process transparent and avoid any politicization**, on March 30, 2009 (via email with cc to the officers and candidates) **I had suggested** to the Chairman of the Membership Committee (CMC) that we visit the APPNA Central office **together** to review the membership files and carry out the **membership verification process jointly** with input from the Executive Director. Unfortunately, my offer was declined. Also, the verification process by the CMC was not started until after the last date of becoming a voting member (March 31). Hence, the somewhat **arbitrary and inconsistent** criteria used by CMC to approve voting membership were made after the membership application lists were known, adding another element of potential bias.

2815 applications were received by March 31, 2009. Although touted otherwise, this number is not extraordinary especially in an election year with 6 candidates. The CMC initially recommended 2550 applications for voting membership. This list was **provisionally** approved by the President Elect and the candidates with the clear understanding that the verification process is not complete and hence this list is not final (email dated May 1, 2009 with cc to candidates). Later claims were made to the contrary by some candidates, which were not accurate.

265 applicants were rejected for voting membership by CMC. Upon further verification by the APPNA office and President Elect, 147 of these were found to meet Constitutional criteria for voting membership. About 100 of them were licensed physicians. 40 physicians were involved in academics/research/management in health care and 7 had inactive but unrevoked licenses. Subsequently, CMC approved another 59 of these applications. 120 applications could not be approved in time for voting membership due to lack of documentation.

The criteria used by the Executive Director at the APPNA office and President Elect were consistent with those applied in 2007 and 2008, as were the **rules for third party payments including authorization**. This was done on advice of the APPNA legal counsel so as **not to change the rules in the middle of the game and retroactively**. The rules applied for membership verification were the same as those that were applicable at the time of application.





Contrary to rumors, no allied health professionals such as phlebotomists were in the 147 approved. Additionally, claims by CMC of using criteria outlined by the courts were also misinformed. Also, ironically, candidates and their supporters demanding stringent membership criteria and crying wolf, were the ones earlier advocating in public forums for “inclusiveness” and gift memberships. **Elections are over, so should be all the rhetoric and posturing.**

We need to be diligent in verifying members to keep our election process clean and transparent. Likewise, it is also imperative that we are careful not to disenfranchise any legitimate applicant. **Selective disenfranchisement** to influence elections can also be considered fraudulent as is enrolling ineligible members.

There is a lot that has been learnt and a lot that has to be improved in the membership verification and election process. We need to:

- Develop a written policy clarifying membership criteria
- Disallow payments by money orders or bulk payments by credit cards. We can establish guidelines for third party payments such as by employers, corporations and immediate family members.
- **These policies have to be in place before the next membership renewal cycle so that the rules can be applied prospectively.**

- Membership criteria should be outlined on the electronic and paper applications, including the renewal forms.
- The verification process should start in January and the Membership committee and President Elect should work together.
- The negative and intrusive election campaigning has to stop. The Election Code of Conduct needs to be expanded and strictly followed, while relevant committees should have the teeth to enforce the rules.

This year the voter turnout was the lowest in many years with significant member dissatisfaction. **The high degree of politicization, polarization and paranoia is hurting the organization.**

I think it is about time we start conducting ourselves like a professional organization. I do have the will, commitment and courage to follow through with serious election reforms. I need your help. Please call your alumni and chapter presidents and ask them to vote for election reforms in the Council.

**I am excited about next year.** The term of office is just one year which I would absolutely not like to waste in partisanship. Now we have to get back to what APPNA is about and what our founders envisioned for APPNA. We bear the responsibility of being the largest organization of our diaspora. We have done good work for our community and the people of Pakistan. There is so much more we have to do. The potential of APPNA is limitless.

Let's come together and let's move forward. Thank You.

## President's Message . . . (Continued from page 5)

other, learning from each other and most of all trusting and respecting each other. True partnership and progress requires constant work and substantial sacrifice. So let us build on our common ground and engage in that noble struggle to rebuild and recover and in the end we will emerge stronger than before.

I would take this opportunity to recognize the host committee of San Francisco Meeting under the dynamic leadership of Dr. Mubashir Rana for arranging one of the most successful summer meetings in the history of APPNA. I am also grateful to Dr. Zia Moiz Ahmad, Dr. Nadeem Zafar, Dr. Tariq Shahab, Dr. Rizwan Karatela, Dr. Adeel Butt, Dr. Shahid Sheikh, Mrs. Rukhsana Mahmood, Dr. Tariq Cheema, Dr. Zahid Asghar and Mr. Tipu Ahmed for their outstanding contributions to make this meeting

a huge success.

A detailed progress report on all the organizational committees can be found in this issue and your registration folder. Thanks to the volunteers, and to each committee for their commitment, dedication and sacrifice for advancing the cause of APPNA. A special thanks to my wife Ayesha and our three lovely children, Ahmed, Rabiya and Ahad for their help and support. And last but not the least I would like to thank all of you for being here and making this fall meeting a great success.

Best Wishes,  
Syed A. Samad





## Report From The Secretary

*Manzoor Tariq, MD*

Dear APPNA Family,

**F**all is approaching, heralding not only that the APPNA Fall Meeting right

around the corner, but that the year is coming to a end as well. It is typical for the Secretary to report the happenings of the APPNA Council Summer Meeting in the Secretary's Fall Report, however, no such meeting took place. According to APPNA's Constitution and Bylaws, Article 17.3.1 states: The Council shall meet at least three (3) times a year. This requirement has not yet been fulfilled in 2009, despite repeated requests of the majority of Executive Committee members and many of the Executive Council members.

Following the Summer Meeting, there has been only one Executive Committee teleconference, which took place on August 20, 2009. The minutes for this meeting have been posted on the APPNA web page.

Financially, this year has been positive for APPNA with responsible fund allotment as well as budget management, thanks to the Treasurer, Dr. Saima Zafar, and the Finance Committee. Details on the budget and treasury of APPNA will be provided in the Treasurer's Report.

Another Summer Meeting tradition did not take place this year and that was counting of the election ballots. Traditionally, and as Constitutionally required, the ballots are counted on the morning of the General Body Meeting, which this year was Saturday, July

4 with the results announced at the General Body Meeting itself. The ballots were eventually counted over a month later, and the results were announced on August 16. Throughout the process, the Membership Committee and Constitution and Bylaws Committee did their best to uphold the Constitution in the face of unprecedented contention and chaos.

For the first time ever, APPNA organized a CME cruise in August 2009. Over 350 people from APPNA went on the cruise to Alaska and it was an enjoyable experience. The cruise was well organized, with Pakistani food and entertainment. The CME had high attendance, was very productive, and covered excellent topics.

The APPNA trip to Australia and New Zealand will be taking place in a few weeks, from October 12 – October 24. The next APPNA meeting will be in the winter at Aga Khan University from December 29–31.

I would like to thank the membership for their support during my term as Secretary of APPNA. I look forward to completing my term as Secretary and continuing to serve you as President Elect 2010 and President 2011.

Any questions, comments, and suggestions are always welcome and appreciated. Thank you.

Respectfully Submitted,  
Manzoor Tariq, MD, FACC, FSCAI  
APPNA Secretary 2009



## Report From The Treasurer

Saima Zafar, MD

Dear APPNA Members,

**I** am delighted to inform you, that so far this year, we have been successful in achieving and

maintaining a head start in keeping our financial status at a positive balance.

Initially, in February, the Finance Committee met and voted on reducing entertainment cost during the quarterly meetings and the Summer Meeting. We placed a cap on the expenses in this regards. The Spring and Fall Meeting were budgeted to have entertainment at a maximum of \$10,000, while the Summer Meeting was budgeted at \$60,000. Fortunately, we were able to contain ourselves in this budget.

The Committee also voted on reducing Publication cost. This was estimated to bring us an additional cost savings of \$20,000.

We had a very successful Spring Meeting, thanks to the efforts of the host committee in Dallas. The meeting was profitable with an estimated net earning of \$40,000. This meeting has given us the best revenue for a Spring Meeting in several years.

Similarly, the Summer meeting gave us impressive financial gains. The net profit was \$119,000, better than the last few years. Despite the lower participation and vendor space, we did extremely well.

As the next step, we asked Mr. David Lade, our part-time accountant, to prepare balance sheets for each component society on a quarterly basis. Any funds owed to any of the component society was to be paid out on a quarterly basis as well.

Our investment fund is being evaluated by a subcommittee headed by Dr. Azfar Malik, with the help of our financial advisor. Recommendations will be made after a thorough assessment of the market, and the products best suited in the current climate will be selected.

The Social Welfare and Disaster Relief Committee worked with great zeal and effort to raise over \$200,000 for the Internally Displaced People in Pakistan. This money is to be sent to entities such as Edhi Foundation, Red Crescent Society of Pakistan, Mardan Clinic and Khyber Alumni Social Welfare Society.

At this point, we are anxiously awaiting the Fall and Winter Meeting with hopes of a financially successful venture.

I am grateful to the members of the Finance Committee, Dr. Azfar Malik, Dr. Haroon Durrani, Dr. Arif Agha, Dr. Aftab Ahmed,

Dr. Bushra Cheema, Dr. Waseem Ahmar, Dr. Naheed Choudhry, Dr. Sajid Zafar, Dr. Nusrum Iqbal, Dr. Riaz Choudhry and Dr. Muddassir Malik.

### APPNA Summary BALANCE SHEET as of AUGUST 31, 2009

#### ASSETS

Checking Accounts	213,374
Investments in Securities	986,837
Real Estate	330,345
Prepaid Meeting Expenses and Receivables	788,376
<b>TOTAL ASSETS</b>	<b>2,318,932</b>

#### LIABILITIES

Deferred Meeting Revenue	728,115
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#### NET ASSETS

Unrestricted Fund Balances	217,293
Lifetime Dues	1,194,837
Restricted Funds	178,687
<b>= \$2,318,932 - \$728,115</b>	<b>1,590,817</b>





## Publication Committee Report

*Tariq Shahab, MD – Chair*

Dear APPNA members;

Niagara Falls – the honey moon capital of the world and the venue of the fall meeting – turned out to be a great success. After a hot summer and the hotly contested elections, we had hoped that the cool breeze of the fall and the cool mist from the “Maid of the Mist” will help to calm down tempers. And that turned out to be true. The members of APPNA did demonstrate the same brotherly camaraderie and affection, as has been the hallmark of our organization for so many years. The fall council meeting was held in a very professional and cordial manner to resolve many outstanding matters. Kudos to President Samad and all other council section members! The members simultaneously enjoyed the various social outlets and many other activities that these meetings bring.

The Publication Committee feels proud to present to you the combined edition of the 2009 Fall Newsletter and the Meeting Souvenir, as it did with the Spring Newsletter and the Summer Journal. This is the first time in the history of APPNA that the meeting souvenir has been combined with the official publication, with immense savings to the organization and more interactions between the local host committee and the central committee members. We hope this tradition will continue in the coming years as well.

The fall newsletter/meeting souvenir brings to you messages from the APPNA officials, the elected Canadian representatives, details about the fall meeting and the pictorial activities of APPNA and its affiliated Alumni and Chapters.

In this issue of the newsletter, we also bring you interesting articles, alumni reports, chapter reports and updates from various APPNA committees. The publication committee has decided not to change any reports if approved by the executive council and the president. However, all other reports and articles submitted directly for publication will go through the usual editing process as per the guidelines of the publication committee and in the larger interest of the organization.

In the end, I would like to take this opportunity to thank all the host committee members, especially Arshad Saeed, Zahid Asghar and Minhaj Qidwai for their hard work and dedication in making this meeting and the newsletter a huge success. I would also like to thank the members of the publication committee including Zia Moiz, Jameel Farooqui, Shahid Yusuf, Aisha Zafar, Talha Siddiqui and our new members Dawood Nasir and Fariya Afridi. My list of gratitude would not be complete, if I do not thank Syed Samad (President), Tariq Cheema (ED) and Sidra-tul-Muntaha (Central Office Coordinator); without whom, all this work is not possible.

Enjoy reading...  
S. Tariq Shahab

### Members of the Publication Committee



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Cochair



*Zia Moiz Ahmad*  
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## Nomination & Election Committee Report

Ahsan U. Rashid, MD – Chairman

This year was for the first time in the Elections of APPNA that ballots were not opened and votes not counted and results not announced in the 32 years of history

of the organization, because of impasse on the membership and voters eligibility.

On 4th, July 2009, the NEC met at San Francisco and decided unanimously that given the disagreement on the voters list the ballots will not be opened and it was referred back to the President, BOT to resolve the matter amicably.

The Election Services, our vendors that help us in conducting the Elections were sent back to New York with unopened ballots, I got a tentative date to count the ballots from the Election Services for 8/16/2009, few days later as I am aware of their busy schedule.

Multiple meetings were held by the President with the BOT and the candidates, but it seemed the impasse was not coming to an end at that stage I was asked by the President to convene the meeting of the E&N and according to the Election Code of Conduct give the candidates another chance to sign off the voters list or file official objections.

The E&N held a meeting on 8/3/2009 a motion was passed which was as follows:

“NEC to count all the 2697 votes as verified by the President Elect and the candidates have 48 hours to sign off the list and object to a member’s right to vote and the NEC will address these objections within a week.”

3/6 candidates filed objections to the voters list as proposed by the NEC 2/6 objections were more constitutional and beyond the scope of the NEC, one candidate had objected the validity of 88 members within the time frame given by the NEC.

At this stage according to the Code of Conduct # 10 passed by the APPNA Executive council in Fall of 2008, the NEC decided to look in to the eligibility of the disputed 88 members.

The 88 membership forms along with all supporting documents were sent to all 10 members of NEC and given one week to look into the eligibility of these members according to the constitution and Byelaws of APPNA.

The members of NEC diligently worked on the documents provided by the central office of APPNA and another meeting was held on August 14, 2009 and ALL DISPUTED members WERE discussed and voted upon by the committee, it was decided at that meeting 31 out of 88 did not meet the criteria due to the lack of proper documentation and their ballots should not be counted.

The vote count was set for 8/16/2009 in Chicago, IL at 8 am. Six members of NEC made it to Chicago for counting.

At 7.55 am five minutes before the start of the count, one of the candidate and a candidates representative informed the NEC that the BOT had an emergency meeting prior afternoon and resolved that the NEC should only count the 2550 votes initially approved by the Chair Membership Committee, I informed the committee, the candidates and their representatives present, that as Chair of the NEC, I had not received verbally or electronically any such communication from either the BOT or President, subsequently the ED of APPNA brought this Internal Memo to the committee, in this memo BOT suggested that the votes to be counted in batches of 2550, then 59 and 88. (2550 being the one initially approved and signed off by Chair Membership committee and President Elect, 59 were approved later on by President elect and then agreed by the Chair of Membership committee, followed by 88 that were approved by the President Elect.)

To preserve the integrity of electoral process and to preserve the privacy of voters, NEC decided unanimously NOT to open the ballots in different batches. What if the lead changed after each batch was counted we would have had bigger problem than before, this was sure way of litigation. I had a conference call with Drs. Alavi and Ihsanul Haq and conveyed the committee’s decision of opening all the ballots at the same time.

At this stage the representatives of three candidates walked out without conceding the election and decided not to be part of the process of vote counting.

The ballots were opened according to the set procedure by the Election Services and all the disputed votes were shared with the committee, as you all recall the committee consists of Drs. Suleman, Past president of APPNA and Chairs of multiple committee in past, Ishaq Chisti past Chair of BOT, Faiz Bhora, President of Aga Khan Alumni, Aftab Ahmed President Elect SMC Alumni, with Sophia Janjua and Ashraf Sabahat members of the Executive Council, along with Jamil Farooqui and Shehzad Saeed.

The result was as follows:

President Elect	Dr. Javed Suleman	866	Elected
	Dr. Manzoor Tariq	888	
Secretary	Dr. Nasar Qureshi	888	Elected
	Dr. Saima Zafar	853	
Treasurer	Dr. Irfan Ul Haq	761	Elected
	Dr. Mubasher Rana	976	

The NEC is forwarding comprehensive reform to the Executive Council for consideration at the Fall meeting, including third party payers and electronic ballots, which will be presented by the Cochair of NEC, Dr. Sophia Janjua on my behalf.





## Resource & Development Committee Report

Nasir Qureshi, MD – Chairman

**I**n its first meeting, the Resource Committee in consultation with APPNA President, Dr. Syed Samad, considered its charter and decided the following:

- **Short Term Goal**

Planning/conducting APPNA projects, not under the direct purview of other committees

- **Long Term Goals**

Plan and execute pilot projects which can have a lasting effect, and can be expanded upon in future, at central APPNA and component society level, either in the United States or Pakistan,

Two planning committee meetings were held in February and a short list of projects was developed. The proposed projects and progress is reported below;

### Short Term Goals

#### Production of T-shirts to promote the APPNA 2009 (year of heart health) at the Summer Meeting

A design competition for the T-shirts was conducted for the general membership. T-shirt with the winning design were distributed free of cost to the attendees of the APPNA summer meeting, and artwork was used as the theme design for the meeting. The committee raised US \$3000 to defray the cost of the T-shirts.

#### Development of brochures related to heart health and distribution to centers in USA and possibly Pakistan

The content and design of the brochure was handed over to APPNA in June for production and distribution.

#### Marketing APPNA events

- Develop a listing of exhibitors at various APPNA central and local events in recent past
- Develop a listing of all upcoming National and Regional events in 2009
- Develop promotional/marketing material for distribution to potential advertisers/vendors for APPNA and component society meetings

Request for submission of needed data was sent to all component society presidents in May. Collection of data is under way is under way with the hope that it becomes a recurring annual marketing initiative for APPNA events.

We faced an unforeseen event with the crisis of internally displaced Pakistanis. The resource committee in order to assist APPNA relief efforts and possible need of transport of equipment and supplies for relief efforts requested and was guaranteed free transportation of any equipment and supplies for IDPs by the Government of Pakistan. The facility is available for any utilization as needed.

### Long Term Goals

#### APPNA Education and Research Forum Goals

1. Establishment of resources facilities to aid in research efforts and educational efforts for students at various medical schools in Pakistan
- 2 Collaborative efforts between researchers in USA and students and faculty of various medical colleges. Assist the institutions in developing IRB and departments/faculty to support and monitor clinical research where not available. Provide mentoring in grant writing, data collection and ongoing project evaluation and manuscript preparation

#### E-Library at Fatima Jinnah Medical College – A pilot project

The resource committee received request to assist Fatima Jinnah Medical College Alumni in planning and establishing an electronic library for the medical students. In August the details of the project were finalized. A state of the art E-Library with 26 work stations has been planned and approved. The total budget of the library is \$23,000.00. The project will be completed in collaboration with FJMC Alumni and APPNA Resource Committee – \$ 15,000 have been raised by the Resource Committee and \$ 8000.00 has been committed by members of FJMC alumni towards completion of the project. The library is projected to be functional by the first week of November.

The joint effort of the FJMC Alumni and the Resource Committee for undertaking and completing a major project for the benefit of students of FJMC is praiseworthy. We hope this project will provide a stimulus and long term interaction between FJ Medical College and its alumni to initiate research projects as envisioned above. Hopefully this also provides a stimulus for other component societies to duplicate such projects.

#### Medical Equipment & Supplies Procurement, & Distribution To Institution In Pakistan

**Aim** – Feasibility study, plan and possible completion of a model project

(Continued on page 13)



## Social Welfare & Disaster Relief Committee Report

Aisha Zafar, MD – Chair

The rise to prominence of SWDRC in the Pakistani US expatriate community can be measured by the numerous requests we receive for medical assistance

in areas of our operations. Whether it is petrol and wages for ambulances serving the internally displaced persons or it is the need of high end medical diagnostic instruments such as C-arm X-ray machines, APPNA has been sought by charitable organizations. This summer in San Francisco we had a delegation from Khyber Medical College in the person of Vice Chancellor Dr. Hafeezullah and UM Healthcare Trust delegation of three as well as Indus Hospital Karachi representative Dr. Abdul Bari Khan.

The SWDRC has so far collected from APPNA membership \$200,000 towards the Internally Displaced Persons (IDP) of Northern Pakistan. The committee has already released 100,000 dollars and another 40,000 dollars will be released during Ramzan. Many camps were supplied with medicines. Financial support was also provided for more basic human needs such as food and shelter through our partners such as the Bilquis Edhi

Foundation and the Red Crescent Society of Pakistan. Dr. Tariq Cheema, APPNA Executive Director visited Pakistan in late July and assisted SWDRC in focusing aid to the ongoing new needs. Situation in Swat is returning towards normality though full functioning has not resumed. Mingora Hospital in Swat is in disrepair and funds have been sought from APPNA to equip Mingora Hospital to some degree of working. Medical manpower which existed before the exodus may take time to rebuild. APPNA may be able to assist those who have taken it upon themselves to again begin healing the sick and frail.

Whereas during the earthquake of 2005 many medical and surgical teams were dispatched, in the current IDP exodus because of lack of security and other concerns our volunteers who had been in waiting were so far unable to proceed to Pakistan. It is hoped that once that is achieved some more volunteers may be dispatched.

Given the success of SWDRC in the past five years it is hoped that it continues not only to retain its able and willing volunteers but also to attract young members of APPNA upon whose shoulders this noble mission will continue to flourish.

## Resource & Development Committee Report . . . (Continued from page 12)

### Goals

- Coordination with institutions to determine their needs
- Procurement of such equipment in good condition
- Development of resources to transport to Pakistan
- Costs of installation, service and maintenance of equipment

An initial working document for the above project was prepared and approved by the committee in March 2009. The resource committee was sent a request for procurement of a CT scan for Indus Hospital. The committee was able to locate a refurbished CT scanner and arrange for its procurement and transportation. However adequate ongoing service in Pakistan was not available for the model available and therefore it was decided not to deploy the particular scanner.

For future needs, the committee however has arranged for a warehousing facility to collect and store prior to shipment of any supplies prior to shipment to Pakistan.

Some of the above projects may seem ambitious; however numerous such projects have been completed by Physicians of Pakistani descent in their individual capacity. The committee is hopeful that with the tremendous resource and expertise of APPNA members, we shall not only achieve our goals but also provide a solid basis for continuation and expansion of similar projects at the chapter and alumnus levels.

### Resource Committee Officers

M. Nasar Qureshi, MD, PhD – Chair  
Joseph Emanuel, MD – Cochair  
Shaheen Mian, MD – Cochair

### Members

Rizwan Akhtar, MD, Shahnaz Akhtar, MD, Nur Khan, MD,  
Asif Rehman, MD, Farrukh Nizam, MD, Shahid Sheikh, MD,  
Mohammad Taqi, MD, Nadeem Zafar, MD

### Ad Hoc Members

Imtiaz Arain, MD, Sajid Chaudhary, MD, Shaista Usmani, MD





## Committee On Young Physicians Report

*APPNA House project is another step to help young physicians*

*Abdul Rashid Piracha, MD – Chair & Rubina Inayat, MD – Cochair*

Dear APPNA members:

ASSALAAM-O-ALAEKOM!

**Visa security clearance issue:** Visa clearance issue continues to trouble the physicians who apply for US visa. CYP received plea for help from 50 some physicians who had matched in residency programs and were stuck in security clearance. A subcommittee comprising of chair and cochair worked with the state department & US embassy and 44 of those were cleared in time for the physicians to join their residency. It was noted that most delays occurred due to late visa interview for H-1 visa. Needless to say that APPNA will need to continue its work in this regard.

**Website:** Committee launched its new website, [www.cyponline.net](http://www.cyponline.net) as a resource center for young physicians.

**Residency Match 2010:** While committee members provide guidance to young physicians, we receive numerous requests for residency assistance as well. A concerted effort needs to be continued in conjunction with participation of APPNA members in building a strong network of physicians who are in residency programs and can assist in interview slots to good applicants.

We hope that readers of this report will also volunteer and help in facilitating research/ Clerkship placements: and advocate for residency interviews for qualified Pakistani Physicians. Register as a volunteer at <http://www.cyponline.net/registerM.asp>

**APPNA HOUSE:** Committee is proud to announce the new project of “APPNA House”. This project was initiated this year to provide subsidized temporary accommodation to young Pakistani Physicians who will spend a few months in US to do elective/ research or appear in residency interview etc

Project was approved by APPNA Council in the spring meeting of 2009 at the chair's request.

In July Committee rented an apartment in Bronx New York, which is being managed and supervised by young volunteers of the committee.

**Here is a brief description of the first “APPNA HOUSE”:**

1. APPNA HOUSE is a spacious residential facility in Bronx,

NY. It consists of 3 bedrooms, 2 full bathrooms, a lounge and a kitchen. It has cable Internet connection.

3. It has the capacity to accommodate at least 10–15 residents at one time. Currently 9 young physicians are residing there and more have applied

4. Grocery shops and public transport on 174Th street are at few minutes of walking distance.

5. Residents pay \$25 /week & \$100/ month + share the cost of groceries

6. One senior resident is in charge of maintaining the monthly accounts, collecting money and assigning various duties of up-keep of apt.

7. One assigned member of CYP visits the apt. frequently (2–4 / month) and provides supervision & maintains all records.

**Please note that residents sign an MOU and abide by the established rules of the facility.**

Our next goal is to establish similar residences in Chicago, Houston, Philadelphia and other major cities.

Committee also receives numerous requests of financial assistance from struggling young physician. Committee has set up project of interest free loans to help deserving young physicians but needs funds to implement that project. Unfortunately, APPNA treasury is unable to allocate funds for this project this year.

Please support this worthwhile cause with your contributions. Committee has set up an on line donation system on its new website [www.cyponline.net/donations.asp](http://www.cyponline.net/donations.asp) and has collected \$6500 in last quarter from generous donation of APPNA members and committee members.

**Please visit [www.cyponline.net/donations.asp](http://www.cyponline.net/donations.asp) and either make a one time donation or monthly pledge of \$25 or more.** Checks can be made payable to APPNA CYP (Committee on Young Physicians), and mailed at the address shown below.

6414 South Cass Avenue, Westmont IL, 60559

Your generous contribution will go a long way in helping young physicians who are the real future of APPNA. May Allah accept our sacrifices and good deeds.



## Constitution & Bylaws Committee Report

Asif M. Rehman, MD, FACC – Chair, CABL 2009

**A**s chair of the Constitution & Bylaws Committee, I approached several senior veteran members of APPNA and also tried to include young physicians so we could achieve a good mixture

of experience in the committee. I was fortunate to have Dr. Riaz Chaudhry and Dr. Sarwat Iqbal as co-chairs and Dr. Mufiz Chauhan as an advisor to the committee. The other experienced members included Dr. Shahid Latif, Dr. Ahsan Rashed, Dr. Manzoor Tariq, Dr. Arshad Saeed from Canada, Dr. Sajid Zafar, Dr. Faiz Bhora, Dr. Mohammad Suleman and Dr. Mian Khalid Iqbal.

*[Dr. Riaz Chaudhry and Dr. Mufiz Chauhan have been actively involved with CABL during the last decade while Dr. Mohammad Suleman, “a past chair of CABL,” was involved when the bylaws were amended in 2004. Over a period of several months, we conducted numerous meetings.] In our first meeting, amendment in 12.2.1 was discussed in detail, to include dentists and physicians from Canada, North America as well as the Caribbean Islands. [The purpose of the amendments was to have a broad-spectrum representation of physicians of Pakistani descent.] During our first teleconference, a women’s forum of APPNA was presented. At the Dallas meeting, it was approved by the council as an auxiliary society.*

Also at the Dallas meeting a new central California chapter was submitted for approval. *[It was referred to CABL to consider the legal aspects, as there already are two chapters in California south and north.] During the teleconferences it was discussed at length and Dr. Aftab Niaz was called to present his case. We felt that articles 12.1.4.1, 12.1.4.2, 12.1.4.3 do not directly prohibit the creation of a central California chapter, as the south and north chapters are not contiguous counties. It was suggested that the Executive Committee of each of these chapters meet to discuss the zone “boundaries” of their chapters. [In the future, if there are two chapters in one state, they should follow the above suggestions.]*

In response to a request from the President and the Executive Committee to recommend clarification in ambiguity of what constitutes a voting member in article 13.6.2, we had several meetings. The recommendations were first presented at the Dallas Council meeting and after their approval; the following recommendations were referred for legal opinion.

*[Dr. Mufiz Chauhan represented CABL in the Executive Committee after legal opinion was obtained and outlined that the CABL recommendations superseded the legal opinion according to the*

*Robert rules of order. At the request of the President, Constitution & Bylaws Committee met again, (minutes are available where ambiguity of voting members in article was discussed in detail) and the following are the recommendations made.]*

- Physicians with an unrevoked license – self-explanatory.
- Members in academia should be in a college or university setting or have a teaching degree, e.g. PhD, with a letter from the university included with the membership application.
- Research must be IRB certified in a university, private settings including the pharmaceutical industry. *[We are all aware that a legitimate research always has supervisors or an overseeing body.]*
- Members doing research must provide IRB copy with a letter from a supervisor.
- Medical management in a hospital, nursing home, state or city level public health certification or MS, must have a letter provided by a supervisor. The committee does not consider a physician working in an office as an office manager or other secretarial position, phlebotomist or technician qualifies them to be considered in medical management.
- A physician-in-training can be a voting member after paying annual dues and a letter from the program director is received.
- As far as money orders are concerned, we think that it is a legal form of payment and, therefore, cannot be denied unless they originate from one source and are serially numbered, then they can be denied, for which we have precedent in APPNA.
- The committee strongly feels that in order to deny the money orders in the future, there should be an appropriate change in the APPNA applications form, clearly stating that money orders will not be accepted as a form of payment.
- The committee previously recommended that all new members provide a written affidavit. Knowing that there are more than 700-800 new members, it will be a daunting task to send and receive responses in such a short period of time. We are leaving an option to send letters only to those members whose documents are not in accordance with the existing guidelines.

*[We strongly believe that these are recommendations and clarifications, “not a change in the existing constitution and bylaws.”]*

*(Continued on page 17)*





## Membership Committee Report

*Sajid Chaudhary, MD – Chairman*

**T**his year a record number of **700 new applications** were received while **1186** were renewing annual membership. The Membership Committee (MC) completed

marathon task of verifying this large number in a short course of 6 weeks. More than 90% of the new applicants were verified & recommended for active membership by May 15, 2009. An updated list submitted to president elect on May 21st & June 1st 2009. At the beginning of the year **Lifetime members tally was 929**. Total **1623** were recommended for active APPNA membership, 184 were recommended for **associate membership** based on the fact that they did not fulfill the criteria for active membership. **88** remained unverified due to lack of supporting documents. **99** applicant's dues were made by a third party and this was considered separately in light of similar case occurring in 2006.

Whereas almost all US licensees were granted immediate membership, verification of non licensed physicians was rather tedious and time consuming. The membership of the latter group has been a source of dispute for many years. This contention has lead to litigation that marred the image of APPNA in the recent past.

Membership committee exercised a very thorough verification process using the highest standards as provided under the Constitution and Bylaws (CBL) of APPNA. The committee adopted following criteria:

1. An applicant with an active unrevoked license is eligible to become an active member with right to vote and hold office.
2. A non-licensed applicant needs to provide proof of employment i.e., copy of the contract or letter from employer etc. They should be salaried employee in Academics, Medical Research, or management in any field of Health care in North America.

3. Physicians who were working on temporary voluntary basis would not be considered eligible. Similarly, applicants working as lab technicians, radiographers, medical office workers, medical assistants and phlebotomists etc will not be eligible as active voting members. Instead, they will be recommended for associate / affiliate membership.

It is important to note that interpretations of CBL committee on membership eligibility of non-licensed physicians were not available to the MC till late in the process and were not used this year. The MC however feels that those interpretations are a good step to establish the highest standards of APPNA membership and can be exercised for the remainder of the year and for future.

As APPNA went through growing pains, many constitutional clauses relevant to powers/responsibilities on membership verification, recommendation and confirmation became the focus of attention. The committee took an unambiguous stance that any new membership has to go through the committee's recommendation as defined in the CBL.

In closing, I would humbly submit that MC has carried out verification very scrupulously and made its unanimous recommendations in accordance with APPNA's CBL. The President-Elect will confirm these members in compliance with CBL based on these recommendations.

I wish to express my gratitude to all the members of my committee for their tireless work and principled stance. I want to thank APPNA membership for allowing us to serve them in this journey of progress. I envision that one day APPNA membership will be free of election biased disputes, granted on clear and unambiguous pre-defined criteria and cherished by all members as association with prestigious group of physicians of Pakistani descent. United we stand!

The Publication Committee invites you to submit your reports, articles, poems, and all other items of interest for the APPNA Winter Journal before December 10, 2009.



## Office Management Committee Report

Imtiaz Arain, MD – Chair & Sohail Khan, MD – Cochair

The Office Management Committee has convened once at APPNA Central Office while Committee Chair and Executive Director maintained regular communication throughout.

With the huge success of Alaska Cruise Meeting having full attendance in CME conference, we are looking forward for the 6th International Meeting in Australia/ New Zealand and Winter Meeting in Pakistan. Office staff has worked diligently to put together two international meetings within 30–60 days after the annual summer, held in San Francisco in July.

Office has also provided infrastructural support to the ballot counting process of annual elections that took place in Chicago on August 16th, 2009. Nomination and Election Committee Chair along with the committee members, Candidates / Candidates representatives and office staff were present.

A comprehensive activity report to ACCME has been submitted for audit putting more than 200 hours in compiling of all the required materials.

APPNA Community Health Center is running smoothly. Attendance is on rise. Committee is pleased to announce that blood work and ultrasound services are available on site with nominal charge through third party. We appreciate the volunteer work of all the physicians for the clinic.

The new telephone system is installed at the office as well as at the community health center.

Another suite adjacent to central office (6416 S. Cass Ave) is on sale. Committee finds it very feasible for APPNA to buy this unit. The facility can be rented out to Community Clinic or to any outside business.

The overall operation of the office is satisfactory

Recommendations:

- 1) The election schedule may be moved to the last quarter of the year to balance the workload.
- 2) Office unit adjacent to central office may be purchased.

### Office Management Committee Members

Imtiaz Arain, MD – Chair  
Sohail Khan, MD – Cochair  
Javed Imam, MD  
Aftab Khan, MD  
Maleeha Ahsan, MD  
Raza Khan, MD  
Zubair Syed, MD

## Constitution & Bylaws Committee Report . . . (Continued from page 15)

It was recommended that in view of the current seasonal voting members, for election purposes, amendments should be made to stop these uncommitted seasonal members to affect the voting process.

It was also suggested that to be a voting member you must be a member in good standing for 2 years to be eligible to vote. There were no changes in lifetime members criteria to vote and it was overwhelmingly approved. It will be presented as Action Items at the summer meeting.

### ACTION ITEM 1:

#### Amendment to 12.1.2

Graduates of Pakistani decent from Medical and Dental schools/ colleges from Pakistan, Canada, North American, Caribbean Islands or from any other country may join together to make one or more alumni as Component Societies. Their graduating

schools/colleges must be acknowledged by either ECFMG or WHO (World Health Organization).

### ACTION ITEM 2

#### “Criteria to Become A Voting Member”

- (a) Annual Member: Must be a member for two consecutive years in order to be considered a voting member.
- (b) The criteria is unchanged for Lifetime members who become voting members upon joining the Association.

We still believe that as an organization we should be all inclusive and physicians of Pakistani decent should enjoy the privilege of the organization and vice versa by becoming non voting members as the constitution allows like honorary members, associate, emeritus members unless or until they fulfill above mentioned criteria to be a voting members.



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# ALUMNI REPORTS

## AIMCAANA Fall Report

By Rizwan Akhtar, MD – President AIMCAANA



I would like to take this opportunity to inform the AIMCCANA and APPNA community about the accomplishments of 2009. Since the summer meeting in San Francisco CA, it has been a great year for AIMCAANA we have achieved most of the goals and keeping up with the stride we will continue to improve on the lessons learned.

- AIMCAANA website was updated with some new features including online payment using Pay pal account and blast email system.
- AIMCAANA CONNECTION, is also was very well perceived by not only Iqbalians but also by other APPNA members.
- AIMCAANA annual summer meeting had good attendance about 100 Iqbalians and their families shared old memories with each other. AIMCAANA has also arranged a social forum in collaboration with NMCAANA. Featuring Omar Khan, Maleeha Lodhi, Shamila Chaudhry, Anwar Iqbal, Sohail Warraich, Athar Minallah. It was a great success.
- AIMCAANA Endowment fund was established and was \$50,000 last year and likely will be in \$60,000 to \$70,000 range

this year. It is being worked on at this time. Fund raising was also done for the JAIDE and scholarship fund for the medical students at AIMC who require financial assistance. We have pledges of around \$50,000.

- A CITIZENS COMMITTEE in Lahore is nominated after the approval of Executive council to ensure the proper use of AIMCAANA funds. 106 students have received Scholarship in Pakistan after screening and approval of the Citizens Committee.
- We have sponsored the renovation of Jinnah Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE). This project is about to start in near future.
- There is an ongoing Qarz-e-Hasna program to help young Iqbalians who are in the process of finding the residency programs.
- We have Audience Response system for 200 people being shipped to AIMC Lahore as I am writing this report.

In the end I want to thank the dedication of the volunteers who has the energy to pursue the dream of making the AIMCAANA's past present and future a success.

## AKU-ANA Fall Report

By Faiz Bhora, MD – President AKU-ANA



Two major events have taken place since June of 2009:

Meeting the President of the Aga Khan University, Mr. Firoz Rasul on 20th June in New York City: The aim of the meeting was to develop a strategy to strengthen bonds with the University. It was very successful

meeting and discussions were candid. The most encouraging outcome of this meeting was that the University is encouraging Alumni involvement and providing the Alumni Association with support to develop. It also became clear that our most important and immediate challenge is to update the AKU Alumni database, which is essential for effective communication with Alumni throughout North America and worldwide. There are over 1000 AKU Medical College Alumni in North America, making this one of the largest alumni bodies in APPNA.

The AKU Reunion Dinner in San Francisco on 3rd July was held at the Marriott Hotel and was attended by approximately 50

persons. After an initial “meet and greet”, presentations by Mrs. Carol Ariano, VP for Human Resources; Dr. Farhat Abbas, Acting Dean of the Medical College and Dr. Faiz Bhora, President of the AKU Medical College Alumni Association North America updated alumni on both University and Alumni initiatives. This was a very successful event and most in attendance felt it was the best Reunion thus far. We certainly hope more Alumni will attend the next Reunion.

Update on AKU-ANA Initiatives:

1. Improve connectivity amongst North American Alumni: we regularly send out communications to AKU Alumni regarding the Association's activities. Should you be an AKU Alumnus not receiving our communications, please send your name, e-mail address and graduating class information to: [alumni.nachapter@aku.edu](mailto:alumni.nachapter@aku.edu).
2. Develop close working relationships with the University: Alumni were involved in conducting interviews for admission





to the MBBS program at AKU. This was a fulfilling activity for those who participated and we appreciate their contributions. In addition, Faiz Bhora will be involved in regular dialogue with Dr. Farhat Abbas to identify initiatives where collaboration with Alumni would benefit the University.

3. Global AKU Alumni Constitution: This document is in its final stages and we are very proud that one of our very own North American Alumni, Adeel Butt, is leading this initiative.

4. Website: We are in the final stages of designing an AKU Medical College Alumni website and hope to publish the URL in the next APPNA publication. Faisal Cheema, Secretary of the Alumni Association, is the lead for this initiative and we applaud him for taking on this monumental task.

5. Increase active membership: we are currently preparing an AKU Medical College Alumni Membership Welcome package for those wanting to become registered members of the AKU Alumni Association. Membership applications and dues will be processed online, once the website has been launched.

6. Alumni Impact: this is a challenging project being led by Dr. Umer Darr. The goal is to measure the impact AKU Alumni are making globally, something that has not been looked at especially in regards to a University in the developing world.

The Aga Khan University, Karachi, will be hosting the APPNA 2009 Winter Meeting from December 29 to December 31st. We hope to have a substantial turnout at this event and look forward to meeting many of you in Karachi in December. Please go to the APPNA website at <http://www.appna.org/APPNA-2009-Event-Calendar-.id.704.htm> where detailed information on this meeting will be posted as soon as it becomes available.

It is an honor to have the opportunity to chart the course of the Alumni Association of this great institution and our hope is to provide the leadership to take the Alumni Association to the next level.

Please forward comments or questions to [alumni.nachapter@aku.edu](mailto:alumni.nachapter@aku.edu). Thank you

Dr. Faiz Bhora, President – Dr. Faisal Cheema, Secretary

## DOGANA Fall Report

By Muslim Jami, MD – President, DOGANA



This year has been a very productive year for the DOGANA as an organization. Let me take this opportunity to update you with recent events and summer meeting proceedings.

During the San Francisco summer meeting this year DOGANA Membership and Registration Booth remained the liveliest and busiest of all alumni booths. Many volunteered at the booth took care of business enthusiastically including banner displays, membership, ticket sales and distribution of program and magazines. The Meet and Greet Session with Dr. Masood Hameed, Vice Chancellor of DUHS was organized and moderated by the President of DOGANA Muslim Jami and attended by over twenty Dowites. The highlights of this brainstorming session with Dr. Hameed were strengthening relationship between DOGANA and DUHS, and exploration of core areas of mutual interest and collaboration.

A Business Meeting with ECFMG with Stephen Seeling, Vice President of operation of ECFMG and all alumni presidents and Vice Chancellors present at the meeting took place on Thursday afternoon. Muslim Jami representing DOGANA and Dr. Masood Hameed DUHS participated in this meeting. The issues discussed included ECFMG portal establishment, a special preparation for Pakistani medical students regarding visa interviews and 2-year home rule for J-1 visa requirement.

Keeping up with the past tradition DOGANA lead the way in collaborating with other alumni and organizing a United Social

Forum. "Swat, A Paradise lost or a Heaven gained" was selected as a topic of discussion. Dr. Amjad Hussain moderated the discussion, the guest list included Babar Awan, Javed Hashmi, Farooq Sattar, Iqbal Khalil, Shujah Bawaz, Haji Adeel and Dr. Pervaiz Hoodhboy. This forum turned out to be a tremendously successful event.

This year's Friday Night Alumni Banquet was well organized, by far the most successful and best attended Banquet of all alumni functions. After executive committee members and President's speech, Past Presidents were recognized; Committee chairs and Class of 1959 on their 50 years of graduation were also recognized. This year Dr. Nuzhat Ahmad received Presidential award for her outstanding academic, educational and Social work both in Pakistan and in US. The Lifetime achievement award was given to Dr. Abdul Bari Khan for his outstanding achievements. Dr. Masood Hameed gave a speech to Dowites as chief guest of the evening. Mr. Mike Honda, Democrat, CA-15 and Congressman spoke on the health care issue. Dr. Amjad Hussain was the keynote speaker of the evening who gave an inspiring speech. Brief presentation by Nadeem Zafar discussing current situation of ENDOW. Tanveer Imam presented the concept of National Health forum and transparency within that organization. Suhail Khan, Salma Agha and Talha Siddiqui presented Dow Scholarship Fund and how it can benefit young physicians of Dow. Class of 1984 project by Jamil Farooqui followed this.

The General Body Meeting started Saturday afternoon with a detailed President's report by Muslim Jami. This was followed by

Committee chairs reports. Nasar Qureshi gave detailed account of election process to be followed this year. Towards the end Nadeem Zafar presented a report on ENDOW. This was followed by Q&A session.

Following Board of Trustees were appointed as mandated by the approved amendment of the Bylaws, Dr. Aftab Naz, Dr. Hafeez-Ur-Rahman, Dr. Abdul Rahman, Dr. Abid Nisar and Dr. Wa-

mique Yusuf. As we come close to first DOGANA election to be conducted by mail ballots, last years and this years membership committees have worked hard to update all the membership list. The names of members will be available on the web page soon for your review. Please provide your preferred mailing addresses to the membership committee in time to ensure participation of all members in this democratic process.

## FJMCNA Fall Report

by Sarwat Azma Iqbal, MD – President FJMC



**I**t is my great honor and pleasure to report that our summer meeting in San Francisco went very well.

Amongst our speakers were:

- Our Principal, Dr. Abdul Majeed Chaudhary who spoke for all the new developments he had been doing at FJMC.
- Mr. Stephen Seeling, Vice President ECFMG who educated us about ECFMG Web Portal. The FJMCNA President arranged a meeting between Mr. Stephen Seeling, all Alumni Presidents, Dean of Agha Khan University Dr. Farhat Abbas, VC Dow University Dr. Masood Hameed Khan, VC KEMC University Dr. Zaffarullah Khan, and many APPNA members. The meeting was very productive.
- Miss Farhana Khera from Muslim Advocates spoke about the legal aspects of donations.
- Dr. Asma Jaffri spoke about ways to climb the success ladder in US.
- Dr. Lubna Kammal talked about her dedication to AMWPA.
- Excellent entertainment from Dr. M. Khalid and company.

### Our Goals and Achievements 2009

1. Electronic Library at Fatima Jinnah Medical college this year. Electronic library will open new horizons for FJMC students. It will provide valuable services to our FJMC researchers both students and Faculty

2. We continue provide scholarships to FJMC students.
3. Improve Communication and understanding amongst FJMC, FJMCNA members, APPNA members, all other Alumni, Invite and involve all Fatima Jinnah graduates in FJMCNA activities through FJMCNA@yahoogroups.com and new improved new website.

During this year I was fortunate enough to work with many APPNA members, all the Alumni Presidents, members of Membership Committee, Constitution and Bylaws Committee, Communication Committee, APPNA Council and APPNA Officers.

I am very thankful to all those who have helped me and FJMCNA, Those are the ones who always help and are great assets of APPNA.

May Allah keep APPNA and its members, in his protection and keep all of us on the right path.

I am specially thankful to Dr. Shaheen Mian, Dr. Naheed Chaudhry and Dr. Nosheen Mazhar for their help for Summer meeting.

*Dr. Sarwat Iqbal is a graduate & current president of Fatima Jinnah Medical College. Besides being a busy practitioner in Philadelphia, PA she balances her family life of raising 3 children with her dentist husband & her social activities of being a cochair of cable, member of membership committee, treasurer of WAPPNA.*

## KEMCAANA Fall Report

by M. Haseeb, MD – President KEMCAANA



**T**he Annual Summer meeting of KEMCAANA in San Francisco was a memorable event. All programs and projects of KEMCAANA were presented and approved by the membership in the General Body meeting. The KE VC, Prof. Zafar Ullah Khan acknowledged the role of KEMCAA-

NA and presented an update on the financial status of KE and the current issues faced by Mayo Hospital. Dr. Majeed Chaudhry, Principal, FJMC attended our GB meeting as a special guest.

KEMCAANA Leadership and KE VC met with the ECFMG VP, Mr. Stephen Seeling along with other Alumni organizations in an event well organized by the FJ Alumni President Sarwat Iqbal.





The Annual Banquet on Friday night July 3, as usual was a night full of glory. Guest speakers included Todd Shea and Congressman Mcnearney. Todd Shea did a presentation on his Voluntary work in the Swat area and won the hearts of the audience by singing Dil Dil Pakistan.

The recipients of the KEMCAANA DISTINGUISHED SERVICE AWARD included Maqbool Ahmed, KE 1968 and Asim Malik KE 1976. Both KE grads were recognized for their exceptional roles in Philanthropy and leadership.

The Young Investigator Award was introduced this year to recognize KE grads in the US who have made exceptional contributions in Research or Clinical practice by virtue of introducing novel approaches/ patents for advancement of patient care. The recipient of this award was Dr. Mehdi Hamadani, KE 2001, a Heme Onc. Fellow at Ohio State University

KEMCAANA would especially like to thank two individuals who gave a significant boost to the Endowment fund. Maqbool Ahmed KE 1968 pledged \$ 250,000 and Fawad Zafar KE 1985, \$10,000 per year on behalf of his mother Dr. Bilqees Jamal Zafar. Gratitude is also due to several others including Aisha Zafar KE 1987 for \$ 5000 per year to the Asthma Clinic at Mayo. Masood Akbar KE 1973, Waheed Akbar KE 1976, Maqbool Arshad KE 80, M. Amjad Bhatti KE 61, Mohammed Haque KE 1969, Tariq Jamil KE 1987, Qamar Jalil KE 1970, Khalid Mahmood KE 1981, Asim Malik KE 1977, Mohamed Haseeb KE 1980, Mubasher Rana KE 1981 and Mohammed Suleman KE 1973, all will be supporting the running expenses of the Computer lab Projects at KE and Mayo Hospital.

The KEMCAANA Visiting Faculty program formally took its shape this year and has been a great success. Several KE grads have made trips to KE and Mayo. Notable among them are: Nasir Siddiqi KE 1990, Asst. Prof. Interventional Radiology, Washington University, conducted a 6 day program introducing procedures and giving didactic lectures both at Mayo and KE. Asif Masood KE 1995, Clinical Asst. Prof. Heme Onc, University of Arkansas, did a three day program and Ghazala Hayat KE 1977, Prof. of Neurology, St. Louis University did a two day program.

The Curriculum reform team of KEMCAANA is fully engaged with KE Steering Committee for the reforms and will be doing a follow up in December.

At the suggestion of the KE VC, KEMCAANA is undertaking the extension of the current computer lab for the students from 56 stations to approximately 100. The work on this project will start soon and hopefully be completed before the end of the year.

The KEMCAANA Annual Winter meeting will be held in Lahore from Dec.16th to 19th. This will include an 8 Hour CME program, Annual Banquet and a Program for the College of Family Physicians.

On behalf of the Executive council of KEMCAANA and myself, I would like to express my sincere gratitude to the membership for all the support extended in every single program and project. Thank You so much!

Warm regards and Best Wishes to all the APPNA family.

## KMCAANA Fall Report

*by Mohammad Taqi, MD – President KMCAANA*



**K**MCAANA's summer meeting was held on July 3, 2009 as part of APPNA Annual Summer meeting in San Francisco, California.

The meeting was a success with over 80 alumni and family members in attendance. President Mohammad Taqi welcomed the attendees and the meeting commenced with a recitation of the Holy Quran by Begum Dr. Shafiullah.

Secretary and Treasurer Sajjad Savul gave a report of various committee activities. These reports included social welfare and disaster relief, finance, bylaws, membership, and communications. An update about KMCAANA portal/website ([www.KMCAANA.org](http://www.KMCAANA.org)) was given. The website serves as a communication channel for the alumni. Dr. Mujib Jan was nominated as the

Election Commissioner for the Alumni elections and Dr. Omar Atiq was appointed Chair bylaws committee. A BOT was formed – pending bylaws amendment – comprising Drs. S. Amjad Hus-sain, Naeem Khan, Ehsanul Haq and Omar Atiq.

Special guest Dr. Muhammad Hafizullah (Vice Chancellor, Khyber Medical University) gave a detailed report on the IDP project. He explicitly discussed the manpower and the monies behind the successful humanitarian project, a joint venture of KMCAANA, Social Welfare Society of KMC and APPNA. Dr. Hafizullah also elaborated his "Journey of Search and Research" project, where Khyber Medical University is taking its curriculum to excellence.

Guest of honor and former principal of the KMC Professor Sirajuddin Ahmed gave an insight about the quality of education in Pakistan and how we continue to lag behind as a nation.



A traditional Pakistani dinner was then followed by an all new item at this summer meeting i.e. a superb musical evening with the renowned Pashto singer Haroon Badshah. His songs brought back tons of memories from the fatherland. His Pashto anthem "Aiy Zama Watana" (O' my country) brought many to their feet in respect, but with tears in their eyes.

Earlier during the day, KMCAANA cohosted a symposium, "Swat: Paradise Lost or Heaven Gained", along with Dow and SMC. Dr. S. Amjad Hussain, a past president of APPNA & KMCAANA, moderated the seminar attended by academics and politicians from Pakistan and the USA.

As is known to our readers, the KMCAANA responded with vigor, to the humanitarian crisis precipitated by the mass exodus of people from Swat during the operation to clear the valley from terrorists. More than a million internally displaced persons (IDPs) had left their homes and sought refuge at Mardan, Swabi and Nowshera.

KMCAANA organized a fund raising effort in concert with APPNA's SWDRC and its affiliates like APPNE. More than \$100,000 was collected. Relief activities on the ground were undertaken by the Social Welfare Society (SWS) of the Khyber Medical College. Teams of volunteer medical students and doctors visited the camps on a daily basis and provided medical and humanitarian relief. Prof. Hafizullah and Prof. Ijaz Hassan Khattak (KMC) supervised the SWS activities. As majority of the IDPs have now returned home, phase two of the relief work is underway to help people of Malakand with rehabilitation. Support to the Saidu Sharif hospital is being planned by KMCAANA in concert with APPNA.

KMCAANA has also been actively helping KHPAL KOR (our house/Apna Ghar), an orphanage project in Mingora, Swat. This self help based facility was destroyed by the Taliban and the KMCAANA, Virginia Chapter of APPNA and their local community along with APPNE is contributing 55000 dollars in the first phase to rebuild the orphanage and its school.

## QMCAANA Fall Report

by Dawood Nasir, MD – QMCAANA President



Dear APPNA & QMCAANA members,  
Assalam-o-alaikum & Eid Mubarrak.

After seeing the excellent summer magazine of 2009, several members called to inquire about the absence of QMCAANA report in that issue. As I have explained to some & will do this again,

hopefully for the last time, that my report could not be published due to inadvertent oversight by the publishing committee. I received & accepted personal apology from APPNA president, editor in chief & the chairman of publication committee.

This year is a very unique for our alumni as one of our alumnus member & founder of our alumni Dr. Manzoor Tariq won the election for APPNA president. Dr. Manzoor Tariq although being the member of the smallest alumni achieved this success due to his hard work, devotion & dedication to this organization. We feel great pride in his success & congratulate him & his family for this extraordinary achievement.

This year was also unique, in the sense that our membership hit a new high & proportionally we have more life members than annual members. But we still have a long way to go & our membership drive needs to be continued.

APPNA summer meeting was excellent & our alumni dinner was very well attended. Lot of pledges & donations were collected for establishing an ACLS center at QMC campus.

Last year during the winter meeting QMCAANA gave 50 scholarships to QMC students & two gold medals, one "Dawood Nasir gold medal" is to be given annually for best graduate. Dr. Manzoor Tariq donated equipment for the cardiac cath lab of Bahawal Victoria Hospital. He also performed the 1st ever cardiac cath in that hospital. (He also trained the cardiac staff & some of the faculty members visited St. Louis to attain firsthand experience from him).

This year's winter symposium will be held on December 23rd in Bahawalpur. I extend an invitation to all APPNA members, on my behalf and on behalf of the executive committee of QMCAANA to please join us on this day in the desert of Punjab. We promise the guests a true flavor of mid city atmosphere of Pakistan.

During summer meeting new executive committee of QMCAANA was elected & the volunteers who accepted the positions are as follows:

Dr. Farooq Khokar – President 2010

Dr. Sajid Mueed – Secretary 2010

Dr. Anwar Ahmed Khan – Treasurer 2010

We wish all of them well & extend our full support & confidence in their leadership.





Next year's summer meeting in 2010 will be held in Dallas from July 1-4 & 2011 summer meeting will be held in St. Louis. I urge QMCAANA alumni members to please attend. APPNA 2009 winter meeting being held in Aga Khan Hospital in Karachi from Dec. 29-Dec. 31. I hope to see a large QMCAANA delegation for the winter meeting both in Bahawalpur and Karachi

*Dr. Dawood Nasir is the director of acute pain & regional anesthesia at UT Southwestern medical center. He is secretary/treasurer & president elect for Dallas County Anesthesia Society. He is also delegate member of Texas Society of Anesthesia, President of QMCAANA & treasurer of North Texas Chapter. He is a speaker & member of several state & national societies.*

## RMCAANA Fall Report

by Tanveer Ahmad, MD – President RMCAANA



The annual summer meeting at San Francisco was a great success. I would like to share with you the highlights of RMCAANA activities at the annual alumni dinner program.

We raised over fifteen thousand dollars for the Child Development Center (CDC) located at Rawalpindi Medical College. We have hired two full time psychologists at CDC. Their job will be to act as liaison for RMCAANA physicians in the US and their counter parts in Pakistan to conduct web base video teleconferences, didactic sessions as well as participate in psychotherapy sessions.

Rao K. Baber (Chairman of RMCOF, a non for profit 501c3 organization) gave an excellent presentation on the burn center located at Rawalpindi. The yearly cost to run this project is \$77,000. Please review the breakdown of the services delivered at the burn center for the year 2007.

### Type of Care.....Number of Patients

Inpatient care .....	117
Outpatient .....	2,569
Major surgeries .....	403
Hydrotherapies under anesthesia .....	444
Minor surgeries .....	1,422

Salam Al Marayati, the founder of MPAC Foundation, gave a thought provoking speech on civil rights. He urged everyone to participate in the civic duties at the local as well as central level. Our presence at Capital Hill is of paramount importance when the law makers are at work.

In the end, I thank all the RMCAANA members for enthusiastic participation and generous donations for the worthy cause.

## Obituary

Dr. Mian Khalid Iqbal, President Elect of DENTAL-APPNA 2009, and his wife Mrs. Maleeha Iqbal died in a car accident on Thursday, September 10, 2009.

Dr. Iqbal was a graduate of Khyber Medical and Dental College. He worked for 12 years in Saudi Arabia. He did his Masters in Endodontics in Minnesota. Currently he was the Director of Post Graduate Education in the Endodontics Program at the University of Pennsylvania. He was also the President Elect 2009 for DENTAL-APPNA and a member of the CABL Committee 2009.

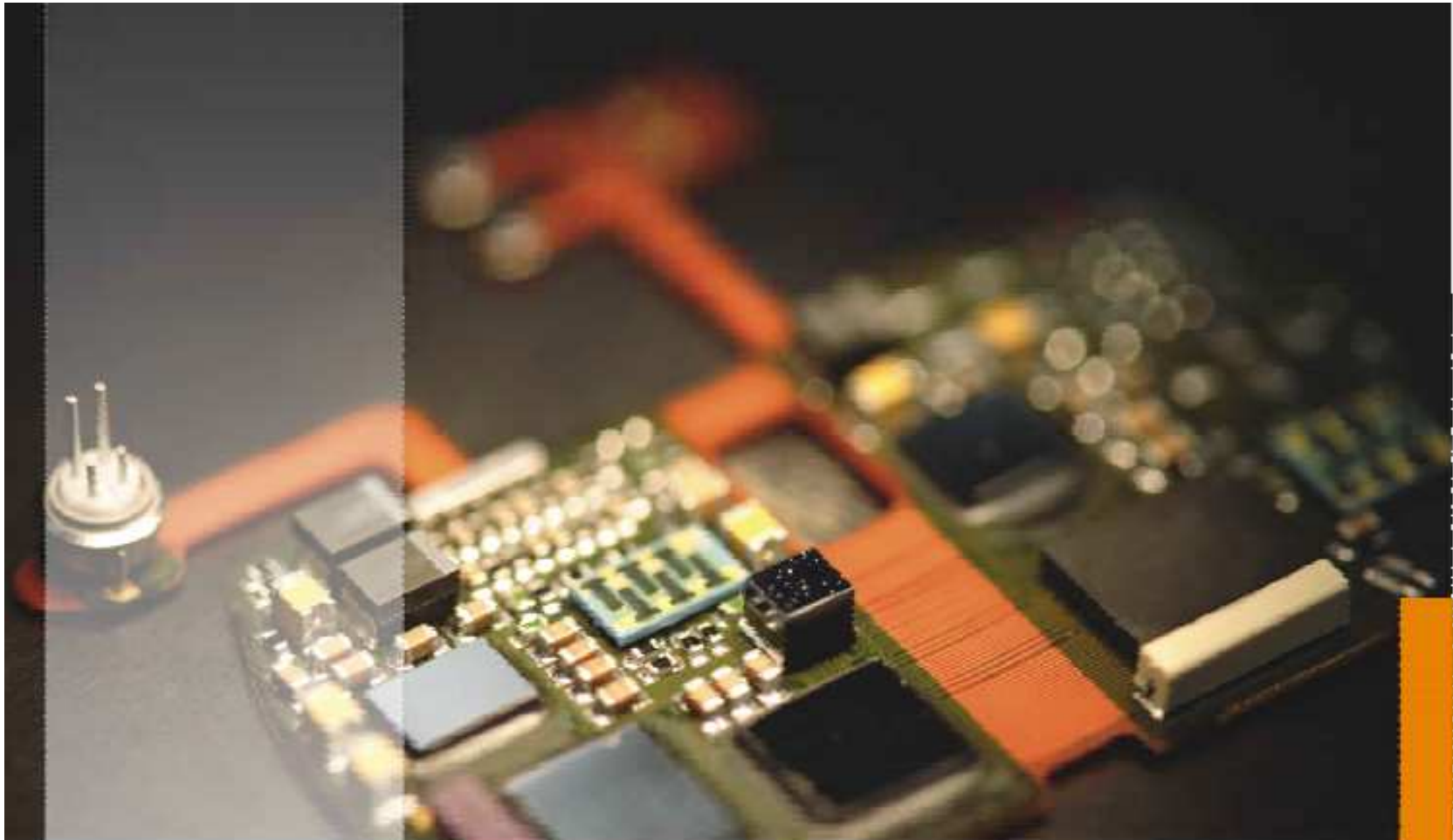
Dr. Iqbal was a good singer, a humble, helpful and professional individual. He was a great asset to APPNA and DENTAL-APPNA.

His wife, a teacher in Montessori school, was also a very polite and dedicated person. It is a great loss for the entire community.

We honor both Dr. Khalid Iqbal & his wife with our prayers. May Allah keep them in heaven and give his only child Taimur Iqbal the strength to cope with this great loss.



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LCol Arshad Saeed  
Senior Staff Officer –  
Surgeon General  
Canadian Forces  
Health Services Group  
Headquarters

## Welcome Message – *Bienvenue au Canada!*

With utmost pleasure, we extend a warm welcome to all the attendees of the 2009 APPNA fall meeting. We are extremely thankful to the APPNA Executive Committee for giving us the responsibility of hosting this meeting in Niagara Falls, Canada. That this is the first time that an APPNA annual meeting is being hosted on this side of the border gives us all the more reason to be happy and proud. The whole team of the Host committee has been working tirelessly for last few months for putting together a hassle free program and ensuring that no proverbial stone is left unturned for a successful meeting.

Special thanks to the friends and colleagues of APPNA Upstate New York chapter who worked hand in hand during every step of the organization and planning of this meeting.

We are truly indebted to the entire APPNA Executive Committee for offering their unwavering support and guidance in all aspects of the arrangements for this meeting.

We sincerely hope that you will take back some cherishable memories of this beautiful part of Canada and that your visit is both professionally satisfying and enjoyable.

Vive le Canada! et Vive l'APPNA.

Arshad Saeed  
Chair, Host Committee



(L to R) Dr. Zahid Asgher, Dr. Naheed Choudhry, Dr. Minhaj Qidwai, Dr. Arshad Saeed, Mrs. Kauser Saeed, Dr. Riffat Bajwa, Dr. Uzma Qidwai, Ayesha Sheikh, Mrs. Farah Malik



# Fall Meeting Host Committee Members



Dr. Arshad Saeed

Chair



Dr. Naheed Chaudhry

Cochair

CME Committee

Hospitality Committee



Dr. Zahid Asgher

Cochair

Entertainment Committee Chair



Dr. Minhaj Qidwai

Publication Committee Chair



Kausar Saeed

Exhibits Committee Chair



Farah Malik

Hospitality Committee Chair



Dr. Uzma Qidwai

Exhibits Committee



Dr. Ashraf Sabahat

Entertainment Committee



Dr. Shabnam Hussain

Hospitality Committee



Dr. Taseer Cheema

Entertainment Committee

- Chair**  
Dr. Arshad Saeed

**Cochairs**  
Dr. Naheed Chaudhry  
Dr. Zahid Asgher

**CME Committee**  
Dr. Aamer Mahmud, Chair  
Dr. Naheed Chaudhry  
Dr. Ashfaq Shuaib

- Publication Committee**  
Dr. Minhaj Qidwai, Chair  
Dr. Riffat Bajwa  
Dr. Saima Ijaz

**Exhibits Committee**  
Kausar Saeed, Chair  
Dr. Uzma Qidwai  
Dr. Shirin Ahmed

- Entertainment Committee**  
Dr. Zahid Asgher, Chair  
Dr. Ashraf Sabahat  
Dr. Taseer Cheema

**Hospitality Committee**  
Farah Malik, Chair  
Dr. Naheed Chaudhry  
Dr. Shabnam Hussain  
Rubina Sabzwari  
Kausar Saeed





I have great pleasure and privilege in sending this message to the Association of Physicians of Pakistani Descent of North America (APPNA) on their fall meeting, being held in Niagra on 25-26 September 2009

The Association has an enviable record of service in promoting not only medical education and research but also furthering better understanding between Pakistan and North America and participating actively in relief and charitable activities.

APPNA's subsidiaries such as APPNA SEHAT and PAKPAC have also done commendable work promoting the health sector in Pakistan and in giving a voice to the political goals of the Pakistani community in North America.

APPNA's meeting takes place at a time when Pakistan is faced with enormous challenges particularly in terms of the Government's efforts to stabilize the economy and counter the threat of extremism and terrorism. Concurrently Pakistan is also involved in efforts to stabilize our neighbourhood. I hope that these efforts will receive APPNA's strong endorsement.

I would also like to say that relations between Pakistan and Canada remain extremely warm and close. We appreciate Canada's interest in support of Pakistan's development and well being as well as its efforts towards regional peace and stability. It is our consistent endeavour to further augment these ties. The Pakistani-Canadian community, our biggest asset, is also striving to promote ties between our two countries.

I wish APPNA and all its members every success in its noble endeavours.

(Akbar Zeb)  
High Commissioner for Pakistan



August 27, 2009

## **A personal message from Bob Delaney**

*Member of Provincial Parliament, Mississauga-Streetsville*

The Association of Physicians of Pakistani descent of North America was formally incorporated in 1977. It was formed by expatriate Pakistani physicians to meet and further their interests in North America. Ontario is home to a large number of people from South Asian descent. They have made great contributions to every aspect of Canadian society.

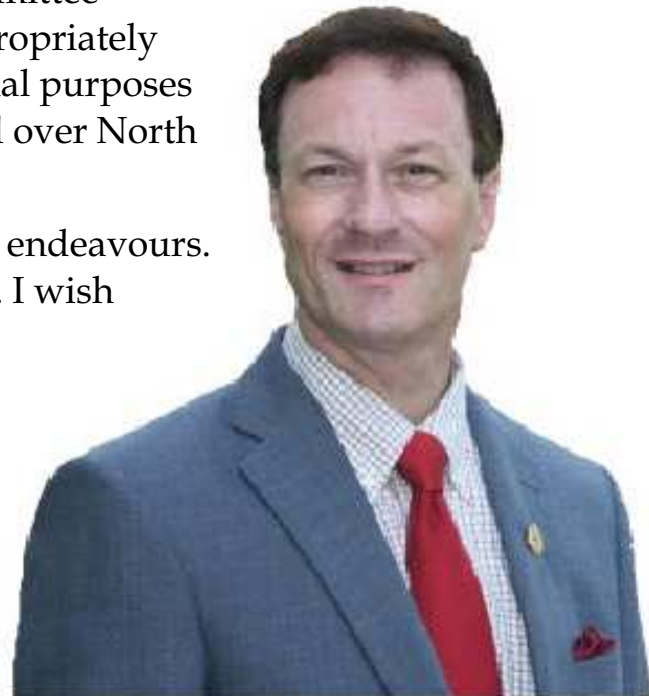
I wish to extend warmest wishes to the committee members and organizers of APPNA (ours) appropriately named, who arrange these events for educational purposes and a reason to meet their counterparts from all over North America.

I wish you continued success in your future endeavours. Belated Eid ul Fitr greetings to all the attendees. I wish everyone a pleasant evening.

Sincerely,

A handwritten signature in blue ink that reads "Bob Delaney".

Bob Delaney  
Member of Provincial Parliament  
Mississauga-Streetsville





Mayor Ted Salci



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4310 Queen Street  
P.O. Box 1023  
Niagara Falls, ON L2E 6X5  
web site: [www.niagarafalls.ca](http://www.niagarafalls.ca)  
(905) 356-7521 Ext. 4201  
Fax: (905) 374-3557  
[tsalci@niagarafalls.ca](mailto:tsalci@niagarafalls.ca)

## Greetings

On behalf of the Members of Council and the residents of the City of Niagara Falls, it gives me great pleasure to welcome the Association of Physicians of Pakistani-descent of North America (APPNA) annual fall meeting. We are very proud to be your host city and we wish you an event filled with success.

Niagara Falls is one of the world's most spectacular natural wonders and for centuries visitors have been fascinated by its beauty, power and mystery. As a world-renowned tourist destination we offer a city rich with not only natural beauty and history but a full compliment of man-made attractions, venues, premier golf course facilities, world class estate wineries, and two thrilling casinos to first-class shopping and dining, and a wide range of fun family-friendly attractions, there is truly something for everyone in Niagara Falls.

We hope you have a few hours of free time to explore our great city and that your visit with us is a memorable one.



Warmest regards,

R. T. (Ted) Salci  
Mayor



## Canadian Chapter President Elect's Message

*Naheed Chaudhry, MD*

Dear friends,

**I**t has been an honor and delight to work on reestablishing the Canadian APPNA chapter, alongside Dr. Arshad Saeed.

After speaking to many of you over the phone, I was pleasantly surprised to learn that there are so many physicians of

Pakistani descent are practicing in Canada. You all are highly accomplished to have beat the odds in obtaining and completing residency positions in the US to return to practice in Canada.

That being said, you all have enormous potential to achieve much, much more. As a Canadian chapter, your CME and social activities can incorporate charitable activities. This will further project you all as a caring and dedicated group of physicians of Pakistani descent.

As our organization grows and becomes more cohesive, we will have a greater influence in Canadian health care. We, as a Canadian chapter, can also be instrumental in assisting the less fortunate group of physicians from Pakistani who are unable to enter the system.

With your participation in APPNA activities, our chapter can only grow stronger.

Kind regards,  
Naheed Chaudhry, MBBS, FRCS(C)  
Obstetrician Gynecologist, Niagara Health System  
Welland, Ontario  
Graduate of FJMC, Lahore 1975  
President Elect Canadian Chapter 2010  
Secretary WAPPNA 2009



Keynote Speaker

## Nancy H. Nielsen, MD, PhD

*Immediate Past President, American Medical Association*

**N**ancy H. Nielsen, MD, PhD, an internist from Buffalo, New York, most recently served as the 163rd president of the American

Medical Association (AMA) from June 2008 to June 2009. Dr. Nielsen was speaker of the AMA House of Delegates (HOD) from 2003 until 2007 and vice speaker for the three preceding years. She was a delegate from New York and previously served two terms on the AMA Council on Scientific Affairs, where she helped formulate policy positions for AMA-HOD debates on scientific and public health issues. She is also a strong proponent of the need for affordable health insurance for all Americans.

Among other AMA positions she has held, Dr. Nielsen has served as a member of the National Patient Safety Foundation Board of Directors, the Commission for the Prevention of Youth Violence, and the Task Force on Quality and Patient Safety. She is the AMA representative on many quality initiatives, including the National Quality Forum, the AMA convened Physician

Consortium for Performance Improvement, the Ambulatory Care Quality Alliance (AQA), and the Quality Alliance Steering Committee. She serves on the Institute of Medicine's Roundtable on Evidence-Based Medicine. Dr. Nielsen was speaker of the Medical Society of the State of New York House of Delegates, and a member of the board of directors of the Medical Liability Mutual Insurance Company—one of the largest malpractice carriers in the country. She also was president of her county medical society and her hospital's medical staff.

Dr. Nielsen holds a doctorate in microbiology and received her medical degree from the State University of New York (SUNY) at Buffalo School of Medicine and Biomedical Sciences, where she is a clinical professor of medicine and senior associate dean for medical education. She has served as a trustee of the SUNY system and as a member of the board of directors of Kaleida Health, a five-hospital system in western New York. She also was chief medical officer of a large regional health plan in the Buffalo area.

Dr. Nielsen, who was born and raised in West Virginia, is the mother of five children.





APPNA • *Fall Meeting • Niagara Falls, Ontario • Sept 25-26, 2009*



## APPNA Fall Meeting Program

September 25–27, 2009 • Embassy Suites • Niagara Falls, Canada

### Thursday September 24, 2009

#### LOCATION

6:00–9:00 pm	<b>Arrival / Welcome of Guests</b> Desk will be set up with tea/snacks by Hospitality Committee	Embassy Suites Hotel Atrium
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### Friday September 25, 2009

7:00–10:00 am	<b>Full Buffet Breakfast</b> (included in the room rate for all)	Embassy Suites Hotel 9th Floor
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7:30–10:00 am	<b>CME</b>	
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10:00 am–6:00 pm	<b>Shopping Tour – Farah Malik</b> A 24 passenger van has been reserved for the Shopping tour. It will make two trips. First one from 10:00 am to 1:00 pm and the second one from 2:30 pm to 5:30 pm.	
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10:30 am–12:20 pm	<b>CME</b>	
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12:20–1:30 pm	<b>Lunch</b>	
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1:30 pm	<b>Friday Prayers</b> <i>Tipu Ahmad</i>	Embassy Suites Hotel
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3:00 pm	<b>APPNA Canada Chapter Meeting</b>	
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#### **Dinner/Musical Program**

*Ayesha Shaikh – Master of Ceremony*

Sheraton Fallsview Hotel  
(6755 Fallsview Blvd)

6:00– 7:00 pm	<b>Social Hour</b> – Canapes/Hors d'Oeuvres	Oakes Foyer
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7:20 pm	<b>Tilawat</b>	
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7:25 pm	<b>Host Committee Introduction &amp; Thanks</b> <i>Dr. A. Saeed</i>	
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7:30 pm	<b>Canada Chapter Report</b> <i>Dr. Naheed Chaudhry</i>	
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7:40 pm	<b>Dr. Shafiq Qaadri, MPP, Ontario</b>	
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7:45 pm	<b>Wajid Ali Khan, ex-MP, Mississauga, Streetsville</b>	
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8:00 pm	<b>Dinner</b>	
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8:30 pm–1:00 am	<b>Musical Program</b> Ghazal / Nostalgic Filmi Songs	
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## APPNA Fall Meeting Program

September 25–27, 2009 • Embassy Suites • Niagara Falls, Canada

### Saturday September 26, 2009

#### LOCATION

7:00–10:00 am	<b>Full Buffet Breakfast</b> (included in the room rate)	Embassy Suites Hotel 9th Floor
9:00 am–5:00 pm	<b>APPNA EC Meeting</b>	Embassy Suites Hotel
12:00–1:00 pm	<b>Lunch Talk</b> <i>Sponsored by Churchill Management Group</i>	
11:00 am–4:00 pm	<b>Tours of Niagara Falls – Farah Malik</b> A 24 passengers Van has been booked by Farah Malik – 8 seats are still available.	Maid of the Mist Niagara on the lake

#### **Dinner/Entertainment Banquet**

*Master of Ceremonies, Dr. Zia Moizuddin Ahmad*

Sheraton Fallsview Hotel  
(6755 Fallsview Blvd)

6:00–7:00 pm	<b>Social Hour</b> – Canapes/Hors d'Oeuvres	Oakes Foyer
7:15 pm	<b>Tilawat</b> – Asad Qidwai	
7:20 pm	<b>National Anthems</b> – Canada, Pakistan & USA	
7:30 pm	<b>Dr. Syed Samad</b> , President APPNA	
7:35 pm	<b>Mayor Ted Salci</b> , City of Niagara	
7:40 pm	<b>Kim Craitor</b> , MPP, Niagara Falls	
7:45 pm	<b>Keynote Address</b> – <b>Dr. Nancy Nielsen</b> , Immediate Past President, AMA	
8:00 pm	<b>Dinner</b>	
9:00 pm–1:00 am	<b>Musical Program</b> <i>Musical Group – Avengers from Toronto</i>	

### Sunday September 27, 2009

7:00 – 10:00 am	<b>Full Buffet Breakfast</b> (included in the room rate)	Embassy Suites Hotel 9th Floor
9:00 am–1:00 pm	<b>Executive Council Meeting</b>	

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## Continuing Medical Education Schedule

APPNA Fall Meeting 2009 • Embassy Suites, Niagara Falls, Canada • Friday, September 25, 2009

7:30 am - 7:55 am	<b>Registration &amp; Breakfast</b>
7:55 am - 8:00 am	<b>Welcome &amp; CME Accreditation &amp; Disclosure Statement</b> <i>Aamer Mahmud, MD, FRCPC – Chair CME</i>
8:00 am - 8:30 am	<b>Current Issues In The Management Of Stroke</b> <i>Ashfaq Shuaib, MD, FRCPC – Edmonton</i>
8:30 am - 9:00 am	<b>Cognitive Behavior Therapy – The Basic Concepts</b> <i>S. Hamid, MD, FRCPC – Calgary</i>
9:00 am - 9:40 am	<b>H1N1 – The New Epidemic</b> <i>Shahid Husain, MD – Toronto</i>
9:40 am - 10:10 am	<b>Emergencies In Rheumatology: An Approach To Management</b> <i>Tanveer Towheed, MD, FRCPC – Kingston</i>
10:10 am - 10:30 am	<b>BREAK</b>
10:30 am - 11:00 am	<b>Engineering Solutions To Tumor Metastasis</b> <i>M. Zaman, PhD – Boston</i>
11:00 am - 11:30 am	<b>Prostate Cancer</b> <i>Siraj Hussain, MD, FRCPC – Calgary</i>
11:30 am - 12:00 am	<b>Colorectal Cancer</b> <i>I. Chalchal, MD – Regina</i>
12:00 am - 12:20 pm	<b>Discussion</b>
12:20 pm - 1:30 pm	<b>LUNCH</b>

### DISCLOSURE POLICY

It is the policy of APPNA that the faculty and presenters disclose all real or apparent conflicts of interest relating to the topics they present at this conference, and also disclose discussions of unlabeled/unapproved use of drugs and devices during their presentation(s). APPNA and the Conference Committee have established guidelines in accordance with the ACCME guidelines to identify and resolve any and all conflicts of interest prior to this educational activity. Detailed disclosures are provided in this brochure, and will also be provided in the course handout materials as well as prior to each presentation.

To keep the content of this conference free of all bias, no direct commercial support from any entity has been sought or accepted for the educational component of the program. The program is funded solely by the CME fees paid by the attendees and APPNA educational funds.

### ACCREDITATION STATEMENT

The Association of Physicians of Pakistani-descent in North America is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide Continuing Medical Education (CME) for physicians. This activity has been planned and implemented in accordance with the Essential Areas and Policies of the ACCME.

APPNA designates this educational activity for a maximum of 4.0 contact hours. Each attendee may claim only those hours where he/she actually attended.

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# CHAPTER REPORTS

## Arizona Chapter Report

by Taqu Azam, MD – President, APPNA Arizona Chapter

The Arizona chapter has been active in organizing educational, social and professional events for its members and their families. Recently, a semi-annual dinner was held in Tucson, AZ along with APPNA physicians and families, local dignitaries and community leaders also attended. The event was highly successful with an attendance of 250 people including: Communication Director from Congresswoman Gabriella Giffords office, Assistant Attorney General of AZ, and Vice Chair of AZ Democratic Party. The AZ chapter is currently planning its Annual dinner on December 5, 2009 in Phoenix, AZ.

The AZ Chapter helped raise funds for ISPU (Institute for Social Policy and Understanding) to conduct a comprehensive study on the impact of American Muslim Physicians in the United States. The APPNA AZ Chapter is committed to helping ISPU attain its goals and calls upon interested individuals to support this effort. As well, recently, the AZ chapter had a fund raising event for IDP (Internally Displaced People) in collaboration with Pakistani

engineers in Phoenix, AZ. The AZ chapter also sponsors free clinic for uninsured members of the population in Phoenix area. Dr. Taqi Azam met with Congresswoman Gabriella Giffords on June 18, 2009 in Tucson, AZ at Congress Corner Event to discuss Health Care Reform and the contributions of Pakistani physicians in Southeast Arizona.

Our goals are to expand membership and plan events that allow our community to come together for educational, social, and volunteer activities.

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*Dr. Taqi Azam has been serving as the APPNA President of the Arizona chapter since January 2009. He is a graduate of Sind Medical College, University of Karachi, 1987. He completed his residency in Internal Medicine from Wood Hull Medical Health Center, affiliated with State University of New York.*

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## APPSF – APPNA South Florida Chapter

by Rahat Abbas, MD – President APPSE, APPNA South Florida Chapter

Ek Shaam Urdu Ke Naam

APPNA-South Florida Chapter (APPSF) has shown its commitment of community service by supporting UHI free Medical Clinic in Miami run by Pakistanis. Pakistani physicians along with community activists are able to provide free health clinic for uninsured and non-affording members of the community. During the past Holiday season, our Toy Drive, headed by Dr. Danyal Khan, Dr. Zulqurnain Naqvi and their team was very well received by the young and sick patients of Miami Children's Hospital.

The innovative program, "Ek Sham Urdu ke Naam", in its fourth year, had a tribute to Urdu, in the Spring, 2009. This year the program celebrated the works of the great poet Faiz Ahmed Faiz. It emphasized the importance of keeping Urdu alive in our lives so that our children will not forget their language and heritage. The first half of the evening was presented by the youth and

community members highlighting Urdu and particularly poetry by Faiz. Musical evening with Ghazals and Geet followed the presentations.

One of the main focuses of the organization has been to promote building leadership skills among our youth. The APPSF fourth Annual Youth Debate was held on March 29th, 2009 at the Broward Community College Campus. The topic for the High School debaters was "Should USA engage in bilateral relations with Russia". The topic for the Middle school youth was "Peer pressure is more beneficial than harmful". Indeed, the debate was very engaging. Every year the winners are awarded trophies that are given in a formal ceremony held in our main annual function at the end of the year.

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*Dr. Rahat Abbas, President APPNA South Florida Chapter, is an Internist in South Florida. He is a graduate of Sindh Medical College.*

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## Southern California Chapter Report

by Kaman A. Qureshi, MD – President, APPNA Southern California Chapter



**I**t is my pleasure to present our chapter activities. On November 22, 2008, we held our Grand Annual Banquet in Marriot Ontario California. More than 225 people attended the program. It included CME on CHF, presented by world class speaker Dr. Heywood of Scripps Clinic, Lajolla, California.

The highlight was the keynote speaker Shaykh Hamza Yusuf's amazingly motivating address to the Pakistani community. He urged the Pakistani Physicians to establish a University. Some money was also raised for Pakistan earthquake victims and Southern California firefighters.

On February 27, 2009, APPNA Southern California hosted a "Meet the Candidates" evening with the help of past president Dr. Ahsan Rashid. Members had the privilege of listening to Mubasher Rana, Nasar Qureshi, Javed Suleman, and a written message from Manzoor Tariq.

On May 9, 2009, Central Asia Institute held "Three Cups of Tea" fund raising dinner in Los Angeles. Among the host committee were APPNA Southern California Secretary Dr. Suhail Siddiqui and President Elect Dr. Asif Mahmood. The highlight of the event of course was Greg Mortenson and his amazing journey and his dedication to promote education in remote areas of Pakistan. He is Nobel Peace Prize nominee and received Pakistan's highest civil award Sitara-e-Pakistan. His book, Three Cups of Tea is New York Times best seller. The event raised Two hundred and fifty thousand dollars.

On May 30, 2009, APPNA Southern California helped organize a "Peace for Pakistan" rally in collaboration with other Pakistani Organizations. Large number of people gathered outside the City Hall, Los Angeles and showed solidarity, unity and rejection of terrorism.

*Dr. Kamran Qureshi is an Internist in Hemet, CA. He graduated from Dow Medical college in 1984.*

## North Texas Chapter Report

by Khalid Mahmood, MD – President

**N**orth Texas Chapter of APPNA represents more than 600 physicians residing within the Dallas/Fort Worth Metroplex. This area has recently seen a surge in members of the Pakistani community, including Pakistani physicians, which in turn generated an increase in the number of Pakistani restaurants, businesses, & Islamic Centers.

There are several APPNA leaders who reside in this area. To name a few, we have three APPNA Past Presidents: Dr. Amanullah Khan, Dr. Hassan Bukhari, and Dr. Aslam Malik. Also among us are current Secretary of DO GANA Dr. Adnan Nadir, Director of Alama Iqbal Medical college Dr. Jalil Khan, QMC President Dr. Dawood Nasir, APPNA Alliance President Rukhsana Mahmood, and SAYA Vice President Sara Mahmood.

Our chapter was recently the host of the APPNA Spring Meeting 2009, which received great reviews. Next year, the 2010 APPNA Annual Summer Meeting will be held here in Dallas, in which North Texas Chapter will actively participate.

As the Pakistani community continues to grow, so does the number of Pakistani physicians in the area. One of our goals is to reach out to these physicians and expand our membership. However, like other chapters, we are facing challenges in attracting new members. To fix this, several ideas are being considered. One of these is to host an annual picnic. This allows people to be

able to meet and mingle in an informal setting, while also learning about what North Texas Chapter has to offer. Another idea is to hold two general body meetings a year. In this way, members of the community can voice their ideas and opinions and get to know more about North Texas Chapter's contributions to the community.

The website for this chapter is currently under construction. This website will provide information about our chapter, as well as facilitate easy contact between members. We are also hoping to have a directory containing all physicians' contact information published by the end of the year. This directory will be available to all members of the APPNA North Texas Chapter.

The Executive committee of our Chapter is elected every two years North Texas Chapters. 2009–2010 elected officials include:

President	Dr. Khalid Mahmood
President Elect	Dr. Hasan Hashmi
Secretary	Dr. Raza Ahmed
Treasurer	Dr. Dawood Nasir

We look forward to a great year for APPNA North Texas Chapter. I urge everyone to get involved and spread the word. Likewise, do not forget to register early for next year's Annual Meeting. With your help we hope to make it a memorable event!





## APPNA Summer Meeting 2009

### **Straight Talk**

*A narrative of the gala from the diary of a desi*

*By Talha Siddiqui, MD*

**T**his year APPNA Summer Meeting was held in San Francisco and the venue was none other than the famous Marriott hotel. Sometimes I wonder why

in the Northeast and West, APPNA administration has a penchant for the Marriott. The only palatable rationale can be that Marriott wallahs are a patient lot and can withstand the four days of anarchy perpetrated by the Pakistani folks in their hotels. Any other hotel would have barred us by now. But disregarding the wisecrack, it was one of the most organized social meetings of professional Pakistanis in the USA.

I have been attending the APPNA Summer Meetings for the past three years. This year my kids insisted that they want to cancel their Pakistan trip for the meeting. Being a through bread patriot, I tried to discourage them but to no avail. They had a wonderful experience in the last two meetings held in Orlando and Washington, DC. They insisted on accompanying me and I surrendered. We reached San Francisco on Wednesday eve and directly headed for the hotel.

When I arrived at the hotel, it was late night but I was positive that multiple APPNA groups would be standing or sitting in the corridors or stairs engrossed in casual conversation or small talk. I was not disenchanted as I could see familiar faces acknowledging my arrival at the venue but initially there was something missing. Maybe the election mayhem or the lack of attendance, I was not certain.

I went to my room and after a few minutes returned to the lobby. To my surprise the crowd had come out from their hideouts and one could hear the buzzing throughout the hotel. The lobby was chock full in a few minutes. Out of nowhere women in colorful dresses and kids and teens had totally invaded the hotel lobby. Some of the male physicians were wearing their ethnic attire while others felt comfortable in their western clothes. It was a vibrant combination of east and west. This is what I was expecting and it continued on all the late nights that I spent in the hotel lobby.

The CME program was well attended. I still believe that the standard of CME for APPNA meeting has a lot of ground to cover. The APPNA members should be consulted in advance for the choice of topics for the lectures. This could harness more support and attraction for the CME activities.

Friday is an active day during these meetings. From CME to Juma prayers to the social forum and not to forget the Alumni dinner in the evening, the day is the busiest. This year too, it was as lively as ever.

The United social forum although a success, did portray the true character of the Pakistani politicians. The topic was Swat, but most of the politicians deviated from the topic and started propagating what they and their parties have done for Pakistan and democracy. If it was Mochi darwaza or Nishtar Park, maybe the crowd would have started the zindabad slogan so misused and abused back home but I could sense the ennui on the faces of the physicians when the topic was evaded by these guests. The moderator had to interrupt a few times to get them back on track. The take home message for me was apparent. It is a squander of time, energy and dollars to invite politicians from Pakistan. We can watch the several talk shows on Geo and Ary to pay heed to the droning speeches and arguments of these politicians. No need to invite them at the social forum. This trend needs to be changed. A more vibrant social forum can emerge if we invite intellectuals residing in USA. Having stated the facts, I must admit that the forum was well planned and well attended and the question and answer session went along slickly unlike last year when Mr. Haqqani was the speaker. Congratulations to Jamil Farooqui for spear heading a successful forum. I would like to also mention Mohammed Taqi, Rizwan Naeem, Suhail Siddiqui, Sofia Janjua, Zahid Imran and DOGANA President, Muslim Jami, MD for their relentless support for this forum. Without them it would not have been a united forum.

The Alumni night on Friday is a very special event for the physicians. We meet old friends and college mates and some even come across old flames. Being a Dowite, I attended the DOGANA dinner. Muslim Jami, President DOGANA kept the proceedings uncomplicated and organized. The food was sumptuous and speeches brief and to the point. This year, DOGANA had invited Dr. Masood Hameed, the Vice Chancellor of the Dow University of Health Sciences (DUHS), and we had a separate meeting with him regarding a more fruitful collaboration between DOGANA and DUHS. I am confident that this relationship will be further cemented in the coming years because the desire is present among both the groups.



The very next day after CME, General Body meeting of the APPNA was held. The hall was packed with physicians. I had attended the Orlando and DC meetings. They were scantily attended. I was anticipating the same but to my amaze this one had generated a lot of curiosity. Obviously the election fiasco and the membership charade were responsible for the large attendance. There was a lot of hooting and disorder during the meeting. The candidates, although remaining civil, persuaded their supporters to keep the temperatures elevated in the hall. Zeelaf Munir's presentation was well prepared but it did not reassure the opposition. The meeting concluded without any concrete prescription for the membership problem. I watched Saima Zafar protesting to Syed Samad because she was not given the time to present the treasurer's report. It all appeared like a divided house where no one was willing to concede from his stated position.

The APPNA banquet held on Saturday evening was the most organized APPNA event. I still remember the chaos in previous APPNA banquets when crowds were dejected with the seating arrangements. This year, the computer did the job. The earlier you registered for the meeting, the better option you had to sit in the front rows. First come first serve was the principle and I must acknowledge it clicked. The function proceeded well and was balanced.

One of the guest, ex-ambassador to Pakistan, Wendy Chamberlain equated Pakistan with Iran and Afghanistan. This was not appreciated by the crowd and Dr. Zia Moiz, Master of the Ceremony in his rebuttal refuted the comparison. APPNA has come a long way in finally asserting itself and getting its message across the table to the US administration. APPNA in future should invite officials from the US administration and listen to their point of view. In reply APPNA should clarify the misconceptions about Pakistan. This is the beauty of American democracy. The opponents should be invited to APPNA forums. We need to continue this dialogue.

The highlight of the evening was the stand up performance by the veteran Pakistani comedian, Omar Sharif. His jokes were archaic and were in reality tidbits from his stage plays but they were crowd pullers. I could hear the young and old laughing throughout his one hour and fifteen minute performance. Zahid Asghar was the moderator of the program and did an excellent job. It is not easy balancing the egos of the artists and stars.

Tahira Syed also performed during the banquet but "abhi tu min jawan hon" has lost its touch. I still remember the rings she used to wear for the performance. However, it was nostalgic and a significant observable fact in APPNA meetings is the nostalgia. Be it friends from college, veteran celebrities from back home or social forums, all revive the reminiscence of our homeland.

I met friends from my college and also people who are active writers on Shahid Latif's e-list. I was the first one to name it Shalapna e-list but no one recognizes this important fact. There were two separate e-list programs this year. As usual bipartisan fellows like me attended both the functions but it did reflect the division in APPNA. As muslims, we should forget and forgive and move on!

Although unofficial, the pivotal event during these meetings is the late night gup-shup among friends. It is the most appealing aspect of the meeting. Here you meet genuine people, and not the stiff neck doctors. The late night Baithak among APPNA friends is not only demonstrative and convivial but proves that APPNA is a conglomeration of different ethnicities intertwined in the realm of Pakistaniat. I have always attended these sittings and enjoyed them. I hope the political divide in APPNA will not become toxic for these baithaks.

The APPNA Bazaar was again another delightful event. It had clothes, jewelry and books for both the secular and religious participants. Bazaar was swarmed by the womenfolk busy in buying Pakistani clothes and products. This reminded me of Anarkali, Lahore and Bori Bazaar, Karachi. Sellers come from far and wide cities and towns in US to participate in APPNA Bazaar. This has become a vital commercial platform for them.

I left the hotel on Sunday morning to fly back to Washington, DC. I was not assigned the desired seat with my family members and had to sit at the back alone and heavy-eyed. As I peeped outside the window, the first thought which came to my mind was about the meeting. Was it worth attending? With such a profound polarization among APPNA members is it prudent to be present at these meetings? I closed my eyes and tried to figure out the pros and cons of the meeting.

It was the best organized and least attended APPNA meeting for the past three years. It was politically charged because of the election fiasco but everyone remained civil in the corridors and in the meetings. But why APPNA cannot have elections held in November and spare the Summer Meetings from the schism? This can drop the temperatures during the Summer Meetings.

APPNA President, although tranquil and courteous should take the initiative and resolve the membership crisis. This is the time to do it otherwise APPNA will suffer immensely.

The Social forums should concentrate more on American politics and future of our younger generation in USA. A D&D, Debate and Dialogue approach should be initiated by APPNA physicians between the think tanks in USA and intellectuals belonging to

*(Continued on page 41)*





“Swat, a Paradise lost or Heaven gained”

## United Social Forum 2009

*Jamil Farooqui, Chair United Social Forum, 2009*

**D**OW has a long history of arranging healthy and intellectual discussions on various social and political issues for the purpose of education. In 2003,

during the presidency of Dr. Zia Moiz, DOGANA organized the first “Social Forum” during the APPNA summer meeting in Florida. Since that time, this forum has become a DOW tradition and one of the main attractions at APPNA.

This year I was selected and entrusted with the chairmanship of the Social Forum Committee by Muslim Jami, the president of DOGANA. At this time we were observing our beloved country going through a lot of turbulence; and with heavy hearts we witnessed the killing of innocent people, the lawlessness in Pakistan, and the unique phenomenon of “Internally Displaced Pakistanis”.

These heartbreaking events were occurring predominantly in the valley of Swat, which is also known as a Paradise on earth. The valley begets this name not only because of the lush green valleys, fruit laden orchards, snow-capped mountains and the gushing waters of Swat River; but also because of the simplicity and hospitality of its people and a rich culture marked by the foot prints of Ancient Buddhists, Alexander the Great and Mohammad Ghazi

With this background we decided to discuss the issue of Swat in our forum by bringing together key political, religious and intellectual leaders.

Unity was the need of the hour, so an invitation was extended to the entire Alumnus to join hands and synergistically help this cause. Mohammad Taqi of Khyber was one of the first responders, followed by others including Suhail Siddiqui of SMC, Zahid Imran of QMC and Sophia Janjua of RMC. A broad based committee was formed and the traditional Dow social forum was transformed into the first ever “United Social Forum” of APPNA. This was sponsored by DOW, Khyber, SMC, RMC & QMC. Others have also participated in the meetings and have extended their moral support.

On the third of July 2009, the doors of Salon 8, Marriott San Francisco were opened after Jumrah prayers, and within minutes the hall with a sitting capacity of 300 was jam-packed with individuals whose sympathy and patriotism resonated with the topic of debate. People were standing in the aisles of the meeting hall to participate in this discussion of social injustice.

The program was started by DOGANA president Muslim Jami

who welcomed the guest and invited me, Jamil Farooqui as Chair of the Forum. I gave a brief history of the Social Forum and introduced Dr. Amjad Hussain, a past president of APPNA, as the moderator.

The panel comprised of the following guests:

Dr. Babar Awan, MNA PPPP, Federal Minister for Parliamentary Affairs

Mr. Makhdoom Javed Hashmi, MNA PML (N), Seasoned Politician

Dr. Farooq Sattar, MNA (MQM), Federal Minister for Overseas Pakistanis

Dr. Pervez Hoodbhoy, Educationist, A vocal critic of the establishment

Mr. Shuja Nawaz, Author of “Crossed Swords: Pakistan its army and the war within”

Mr. Haji M. Adeel, Senator (ANP), SVP, Awami National Party

Mr. Sajjad Burki, Pakistan Tehreek insaf

Dr. Mohammad Iqbal Khalil, Activist Jamat i Islami, Pakistan

After the initial opening statement of the panelists, Rizwan Naeem of SMC requested the audience to help IDP’s by participating in fund raising. At this point APPNA president Syed Samad delivered a short speech and emphasized the importance



*Jamil Farooqui and Maliha Lodhi*





*Section of the audience*

of democracy and independent judiciary in Pakistan. The floor was then opened for an interactive Q & A session.

The forum turned out to be a colossal success. The audience was littered with intelligent and thought provoking individuals that allowed for a meaningful discourse between them and the panel. Dr. Maliha Lodhi, ex-High Commissioner of Pakistan in the United Kingdom was also among the audience members and was recognized from the podium.

At the end of the discussion, Mohammad Taqi of Khyber thanked the honorable guests and the audience.

I would like to personally thank members of the organizing committee of the United Social Forum, including Talha Siddiqui, Mohammad Taqi, Rizwan Naeem, Zahid Imran and Sophia Janjua; and also the members of the Social Forum committee of DOGANA for their continued efforts and support and making this wonderful event possible.

I hope that this gesture of unity will transform the current APPNA into a "One United APPNA", and permeate into Pakistan changing it for the better as well.



*(L-R) **Panelists (Sitting):** Mohammad Khalil, Sajjad Barki, Shuja Nawaz, Pervaiz Hoodbhoy, Javaid Hashmi, Haji Adeel, Farooq Sattar, Babar Awan. **Organizers (Standing):** Rizwan Naeem, Jamil Farooqui, Zahid Imran, Amjad Hussain, Talha Siddiqui, Mohammad Taqi*

## Straight Talk . . . (Continued from page 39)

the Pakistani community. We should involve our youth in these discussions and forums. A wild late night party during APPNA Summer Meeting is not enough to galvanize the youth. We should be doing more for the teenagers.

Last but not the least, APPNA meetings should remain a family event. This is a Pakistani mela for the kids who do not come across such events easily. We should concentrate more on how to attract kids and younger generation to our meetings.

Renaissance and Reformation is what we require in our meetings and in our organization. With younger.... I apologize, middle

aged physicians taking on the leadership of APPNA, I am confident that we will reorganize to progress in the right direction and according to our own desi American perspective.

Congratulations to Dr. Syed Samad, President APPNA and his team for coordinating the most organized Summer Meeting for APPNA. The host, Dr. Mubashar Rana along with his committee needs an applaud too for their voluntary effort for this meeting. A lot of effort, time and energy are consumed during the preparation for these meetings.

Wish you all a happy Eid Mubarak!



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## Creative Health In Dire Circumstances

*Reflections from the Palestinian Refugee Camps of Lebanon*



This summer, Sana Malik traveled to Beirut, Lebanon to work in the Palestinian Refugee Camps around the country with the American Near East Refugee Association (ANERA). Having focused on Peace and Conflict Studies and Health and Human Rights in her undergraduate studies at the University of Toronto, plus holding a strong interest in Refugee rights

and the Middle East, traveling to Lebanon and seeing the difficult situation for Palestinians in the country seemed to place all these pieces together. Lebanon provides one of the worst case scenarios for Palestinian refugees dispersed in Arab countries since the 1948 exodus. The conditions in the 12 officially recognized United Nations Relief and Works Agency camps are dire and basic, and legal rights are withheld from the refugees. Amongst these difficult circumstances, Sana explored the state of health promotion and community participation in improving health outcomes through this internship. She saw that health festivals put on by organizations like ANERA give the camps a creative, engaging and lively reason to take interest in their personal health, even if the larger picture remains bleak. Sana hopes to continue her work in Conflict and Health, specializing in health for populations in situations of prolonged displacement as she completes her Masters in Public Health at the London School of Hygiene and Tropical Medicine this fall.

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Sana Malik worked with the American Near East Refugee Association in Lebanon this summer on a Creative Health Campaign in the Palestinian Refugee Camps throughout the country.

As a part of the internship, Sana participated as a facilitator of creative health sessions in the Janana Summer Encounter in the beautiful mountain setting of Brummana outside of Beirut, Lebanon. As a space for Palestinian and Lebanese activists to build on skills in the expressive and creative arts, the Summer Encounter provides the ideal forum for activists to open up and share experiences about their communities in Lebanon, as well as in the West Bank, Jordan, Gaza and Egypt. This year the sessions were held under the title of Aqua-Denia, an initiative of the Creative Health Campaign, centering on the theme of anti-tobacco with the aim of promoting smoke free space, protecting fetuses, babies and others from the harms of second hand smoking, and

providing support to smokers wishing to quit. The participants in the Aqua-Denia sessions at Brummana used creative approaches towards antismoking through interactive activities and games. The beautiful setting of Brummana High School, plenty of fresh air, and outdoor excursions helped activists put some of these tools into context, thinking about how healthy environments combining stories of human interest and information presented in a fun way can become traditions in their own community.

The week culminated with the “Qadet-Shisha” festival involving over 100 participants from the Janana Summer Encounter and visitors from in interactive corners, performances, cooking a cigarette, poster displays and artistic decoration as well as experiencing the smoker’s body. Corners encouraged attendees to express antismoking messages through the creative and expressive arts with activities like embodying a smoker’s face through clay. The festivals always prove to be engaging ways of involving community members and participants and building a culture of anti-tobacco and healthy living and getting them to do it creatively. By the end of the Encounter, the Aqua-Denia team reflected on how the experience had built a sense of community and bonding among the participants and empowered them to think about how they can creatively deliver these messages in a way that is relevant and engaging in their own communities.

The experience at Janana and with ANERA provided insight into the daily life and struggles of Palestinian refugees living in Lebanon. Lebanon provides one of the worst case scenarios for Palestinian refugees dispersed in Arab countries since the 1948 exodus. The conditions in the 12 officially recognized United Nations Relief and Works Agency camps are dire and basic, legal rights are withheld from the refugees. Amongst these difficult circumstances, Sana explored the state of health promotion and community participation in improving health outcomes through this internship. She saw that health festivals put on by organizations like ANERA give the camps a creative, engaging and lively reason to take interest in their personal health, even if the larger picture remains bleak. Sana hopes to continue her work in Conflict and Health, specializing in health for populations in situations of prolonged displacement as she completes her Masters in Public Health at the London School of Hygiene and Tropical Medicine this fall. You can read more about Sana’s adventures and work this summer at This is Worldtown ([www.thisisworldtown.com](http://www.thisisworldtown.com)), an online magazine she cofounded for immigrant and diaspora youth.





## Autism – A Challenging Epidemic

By Saima Ejaz, MD

**I**t is high time for the professionals and other community helpers to take this growing disorder more seriously and with greater empathy. As by supporting the struggling families with awareness and coordinated team efforts, one can help them step towards a more successful, integrated lifestyles.

Autism is a lifelong developmental disorder that affects how a person communicates and relates to others. It was first described by an Austrian psychiatrist Leo Kanner, as classic autistic syndrome in a seminal paper in 1943.

One in every 100 children is being diagnosed with autism, making it more common than childhood cancer, juvenile diabetes and asthma combined. An estimated 1.5 million individuals in States, more than half a million people in the UK and tens of millions worldwide are affected by autism. Government statistics suggest the prevalence rate of autism is increasing 10–17 percent annually. There is not any established explanation for this increase, although improved diagnosis, genetic and environmental influences are the three reasons often considered. Boys are four times more likely than girls to develop autism disorders.

Individuals with autism demonstrate characteristic features in three areas:

- Difficulty forming social relationships
- Impaired understanding and use of language
- Restricted patterns of activities and interests

Autism is considered a spectrum disorder because the symptoms and characteristics can be present in different combinations and at different levels of severity.



Children with autism often appear relatively normal in their development until the age of 12–18 months, when parents may notice delays in language, play and social skills, along with some repetitive and obsessive behaviors. According to the National Institute of Child Health, there are some red flag signs for autism that the professionals should look for even in very young children. Parents and practitioners should pay special attention to the kids who are showing some or all of these indicators for evaluations, assessments, parent education, early diagnosis and

intervention programs establishment.

- Doesn't babble, point, or make meaningful gestures by 1 year, one word by 16 months or combines 2 words by 2 years
- Doesn't respond to name
- Has poor eye contact
- Doesn't seem to know how to play with toys
- Excessively lines up or feels toys or other objects
- Is attached to one particular toy or an object
- Doesn't smile meaningfully
- At times seems to be hearing impaired

An 'autistic savant' which is an ASD with an extraordinary talent, is only one or two at the most amongst 200 cases. However even those on the severe end have inborn visual learning strengths, that could be gently groomed into developing visual and then to verbal communicating skills. There are ongoing researches on various aspects of autism, including how it develops, the communication difficulties or differences of people who have autism, investigations of brain development and functioning in autism and the use and effects of certain drugs on communication behavior and controlling anxieties.

While the best outcome is seen with early diagnosis and therapy, more than 40% of the cases take more than three years for a clear diagnosis, others longer still. Then comes the next step, there are long waiting lists for the service providers, therapies are expensive and mostly not covered by the insurance companies.

The goal of therapy should be to improve useful communication. Not one method has been found to successfully improve communication in all individuals who have autism, and thus the need of individualized program is crucial. The best treatment plan begins early, during the preschool years, is individually tailored and monitored, targets both behavior and communication, and involves parents or primary caregivers.

School system is unfortunately another hard nut to crack. Progress made by the 'in home individualized programs' is sometimes not understood or supported enough within the school system, which poses a continuous struggle for majority of the families. Lack of awareness and resources are the two main reasons. Parents who have been a part of the child's program setups are sometimes more knowledgeable than the therapeutic and the special Ed. staff, which causes defensive attitudes and thus barriers towards coordinated team efforts, an integral component for the child's continuing progress.

*(Continued on page 46)*



## Extending The Reach Of Medical Help In Pakistan

By Misbah Islam, PhD

You may know that Pakistan is amongst the top countries of the world where charity provides the best value for money (Ref: [www.oDesk.com](http://www.oDesk.com)). For Pakistani people the ratio of charity compared to disposable income is very high. If not in absolute terms but in effective terms the amount of charity is significant. It is the largesse of the lower and middle classes of Pakistan that insures the survival of the poor and the hungry. It is one of the reasons why our society has not imploded (as yet). Besides being entrenched in our culture, generosity and charity has an important place in our beliefs and faith.

Pakistanis, wherever they may be, have proven to be most generous once they are convinced of the gravity of the situation and the difference they can make. According to figures quoted by Dr. Mahjabeen Islam (APPNA Journal, Summer, 2008), Pakistani-Americans as a whole contribute \$250 million annually in local and overseas charity. Per capita also, they give more – 3.5 percent of their income compared to the overall average of 3.1 percent. This implies a cumulative annual income exceeding \$ 7 Billion.

Although an exact figure for the share of the 15000 doctors under the ambit of APPNA is not known, it can be safely assumed that it is significant. They are ideally positioned to provide care to the people of Pakistan, a country to whose infrastructure we all owe a great deal. It is an unmistakable fact that for whatever reasons, Pakistan could not reap the benefits of the proportionally large investment it made in us out of its meagre resources.

(According the median income figures, it can be estimated that the members of medical diaspora over their working careers will cumulatively provide health services equivalent to at least \$150 billion directed towards the wellbeing of the residents of North America. The downstream impact on the overall GNP is much more).

Having lived in the Western milieu, the medical and other professionals also understand the philosophical underpinnings upon which Western society really stands: that of duty and right ethics, responsibility, generosity, concept of common wealth, utilitarianism etc. As a result they have developed an innate desire and ethos to transfer some of these values to their land of origin, (SWDR Report: Dr. Shahabul Arfeen, APPNA Journal, Summer 2009).

### What Else Can Be Done?

It must provide immense satisfaction to the donors to see that they are fulfilling the needs of the people who would otherwise go deprived and unattended. Although the reach of these projects is limited considering the scale of the problem but their 'value' from the viewpoint of the consumer is priceless. Much more is needed.

It will be appropriate to mention the activities of another organization Medicins Sans Frontieres, (MSF) of France which has managed to develop a significant presence in Pakistan. With its 413 strong field staff, it is involved in alleviating suffering related to four major areas: aftermath of armed conflicts, natural disasters (cyclones, floods and earthquakes), epidemics and endemic diseases, mitigation of the effects of social violence and health care exclusion (MSF Country Report on Pakistan 2007). What is really needed on a permanent basis is a counterpart organization, Medicins Entre Frontieres, (MEF) that is home grown. Could this be a collaborative affair between MSF and APPNA?

The basic conundrum we all face is how to manage the available funds (and time) in order to obtain the optimum return, or using the well known aphorism: the biggest bang for the buck. But we have to be sure what do we really mean by the term 'bang' or 'return on investment'. This meaning will vary from project to project but once this is clearly stated, we will be able to confidently delve in trade offs in order to apportion the limited number of 'bucks', i.e. time and money resources we have. Another important matter to be resolved is the nature of the 'reach' of the service. Is it geared towards providing the equalized (low level) benefit to maximum number of people or maximal (high quality) benefit to a privileged few?

Definition of 'bang' may involve estimation of the effectiveness of existing or future projects. To do a good job, we need to do objective as well as subjective studies and audits. In many cases we do not have the luxury to do these studies on a thorough basis, but such analysis is highly recommended for high value projects to reduce the risk of failure or wastage.

Several quantitative matrixes can be proposed to help do an objective (data based) analysis. For example, scope and reach, numbers of patients served, throughput rate – time per patient, cost per patient, quality of care, rate of cure, disease recurrence rate, patient satisfaction, improvement rate related to disease prevention, long term running costs, etc.

For subjective studies we can consider (soft) factors such as the provision of service to remote populations, minority and ethnic groups, prioritized services, e.g. mitigation of epidemics, political issues, policy, manageability and sustainability, technical issues and even donor wishes. Other examples include the constraints on using the existing resources or the need to introduce state-of-the-art technology, treatment, procedures and training that can prove to be more effective in the long run.





## Extending The Reach

Projects can be single-handed or collaborative e.g. the Burn Unit in Islamabad where a group of professionals were needed in view of the scale and complexity. On the other hand, single-handed projects, e.g. a small scale dispensary providing local services can be started by individuals or their families. There are pros and cons associated with both of these approaches.

Collaborative projects can provide advanced services that did not exist before. They can also act as embryonic centers of excellence and the successful ones can be cited for replication. Besides expenditure, they require lots of planning and administrative overhead. In order to be successful, the initial zeal and motivation needs to be backed up and sustained by long-term commitment, trust and teamwork, attributes that may be rare or have a short lifespan. APPNA members are ideally positioned to identify the high runner collaborative projects for catering to the enormous needs that undoubtedly exist.

Based on their knowledge, experience and research, they can specify practices best suited for Pakistan. They can also design templates to facilitate the setting up and running the projects. The projects can be entry level research in areas such as Hepatitis C, malnutrition, hygiene, iodine deficiency, dehydration, diabetes, tuberculosis, cardiac diseases, anxiety control etc, testing laboratories, training of paramedics, equipment operation and maintenance, generic drug manufacture, etc.

The advantage of single-handed project such as a small scale dispensary is that it extends the reach to the needy, the poor and the destitute. The comparatively low capital and running costs allows individual or family contributors to setup and run dispensaries in their home towns or neighborhoods in Pakistan. A typical dispensary with one volunteer medical doctor can serve about 30–40 patients a day. Yearly running costs typically are \$10000 which amount to less than one dollar a patient visit.

This can be illustrated with the help of a case study, that of Model

Town Ladies Club dispensary in Lahore with which our family is privileged to be associated since its formation in 1997.

The dispensary offers free OPD services to 30–40 patients every day. Four lady and two male doctors kindly volunteer their services. The only staffs that are on the payroll are the health care workers. The dispensary has a diagnostic lab and is equipped with ECG, ultra sound, autoclave, cauterization machine and other instruments. A new hospital wing is nearly complete. The building costs are \$120, 000. Besides a labour cum operating room it will accommodate up to twelve maternity beds. Details can be obtained by e-mailing the author.

The project has been registered with Human Concern International, a charity organization in Ottawa that periodically arranges shipments of medicines and supplies. This allows for tax deductible receipts for contributions from Canada. A charity bazaar held recently in Ottawa raised \$12000.

APPNA members visiting Lahore are urged to visit the facility to offer consultation, advice and if possible tangible help in terms of equipment, capital or running costs. They can also view this facility as a template to start such dispensaries in their own home towns. Considering that there are 15000 medical professional in North America, even if one percent of them can be induced to sponsor a dispensary each, then approximately 1.8 Million patient visits can be catered every year. This will be a direct application of Qatra—Darya (Droplet—River) metaphor proposed by Dr. Mahjabeen Islam.

Acknowledgements: I am thankful for discussions with medical professionals: Drs. Arshad Saeed and Aamer Mahmud of APPNA and my immediate family, Drs. Nigar, Omar and Ali Islam.

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*Misbah Islam is an engineer by profession and has served as a university professor. He is based in Ottawa and writes on Muslim and Pakistan issues. He is the author of a book, "Decline of Muslim States and Societies: The Real Root Causes and What Can be Done Next" published in 2008 by Xlibris, Philadelphia. Email: misbahi@yahoo.com, Web: www.misbahislam.com*

## Autism . . . (Continued from page 44)

Misdiagnosed as well as improperly managed cases result in elevated anxieties and other mood disorders, which continue to peak, till the child gets dropped out of school, college or suffers an emotional breakdown. Also one in three autistic adults suffers mental health problems, and for each of those, not one but several lives are shattered.

With the incidence this high and continuously on the rise, its of imperative value that the primary health care givers take a parental concern of probable developmental delay seriously and refer the child for further evaluations for an early diagnosis. Measures should also be taken to educate the communities en mass and

involved health professionals, early educators and the affected families in specific about the importance and benefits of early interventions and coordinated team work for helping the child.

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*Saima Ijaz MD, is a graduate of RMC, class of '89. She currently works as a behavior consultant for the children on the autism spectrum in Northern BC. She carries many years of experience in educating professionals and families within Canada and Pakistan and emphasizes on the importance of parents as the primary advocates and educators of their children. Dr. Saima has a teenage son on this Spectrum Disorder.*



## Awards & Appointments



**Dr. Hina Chaudhry was awarded the Sitara - e- Imtiaz from Government of Pakistan in August 2009** She holds a B.S. in Chemistry and a B.S. in Biology with a thesis in Physics from MIT, and obtained her M.D. with Honors from Harvard Medical School. She is board-certified by the American Board of Medicine in both Internal Medicine and Cardiovascular Disease. -She has published in numerous medical and scientific journals, been an invited speaker at major international conferences, and has been interviewed for NBC news, Business Week, and Reuters regarding cardiac repair. She completed her fellowship training at the Hospital of the University of Pennsylvania, where she received the American Heart Association's highest award for cardiology fellows, the Clinician-Scientist Award, one of ten awarded nationally. She was also the top-ranked cardiology fellow in the U.S. for the National Institutes of Health (NIH) National Research Service Award. She then joined the faculty at Columbia University where she held an endowed chair as an Irving Scholar, Columbia University's highest award for its young medical faculty. Some of her recent work was selected as one of the "Highlights" of the European Society of Cardiology Congress in September 2005. She was Columbia University's sole 2006 nominee for the W.M. Keck Foundation Distinguished Young Scholars in Medical Research Program and a 2007 nominee for the Burroughs Wellcome Trust Clinical Scientist Award. In March 2008, she was recruited to Mount Sinai School of Medicine as Associate Professor of Medicine with Tenure and Director of Cardiovascular Regenerative Medicine.

In addition to clinical patient care and teaching, she runs an NIH-funded research program investigating mechanisms of cardiac regeneration. Her findings regarding key genetic regulators of cell division in the heart and the use of stem cells will help pave the way for growing new heart muscle cells in patients after a heart attack. She has several patents pending for methods to prevent degeneration of heart tissue after heart attack or during heart failure. She is also the founder and chief scientific officer of VentriNova, Inc., a biotech start-up company aimed at developing clinical treatments based on her research findings.

In addition to her academic and professional interests, Dr. Chaudhry has held leadership positions in several Pakistani-American organizations, including the Association of Pakistani Physicians of North America and the Organization of Pakistani Entrepreneurs of North America. She won the Dr. Abdus Salam Prize from the Pakistan League of America in 2006 for her scientific endeavors and her assistance to the government and people of Pakistan during the Kashmir earthquake in 2005. She has also served as an adviser to the U.S. Department of State on U.S.-Pakistan Relations through the Aspen Institute, is a member of Operation Heartbeat, and serves on the advisory board of Turning Point. ([http://www.pakpac.net/BOD\\_HC.asp](http://www.pakpac.net/BOD_HC.asp))



**Dr. Javed Suleman was awarded the Tamgha e Imtiaz by the Government of Pakistan in August 2009.** He obtained his MBBS degree from Sindh Medical College, Karachi in 1986. He then left for USA where he did his Residency in Internal Medicine from North Shore Medical Center - Salem Hospital, an affiliate of prestigious Harvard Medical School from 1992 - 1996. After completing his Internal Medicine Residency he joined the Cardiology Fellowship of Saint Vincent Hospital, University of Massachusetts Medical School in 1996 and completed his Cardiology Fellowship in 1999. Later, for his final leg of training, he joined the prestigious Mount Sinai Medical Center in New York for a year of Interventional Cardiology Fellowship which he completed in 2000.

Dr. Suleman is working at Mount Sinai Medical Center as Interventional Cardiologist. He is Diplomate American Board of Medicine, Cardiology and Interventional Cardiology. He is presently Associate Professor of Medicine at Mount Sinai School of Medicine and holds the title of the Director of Interventions in Queens for Mount Sinai Medical Center, New York.

Dr. Javed Suleman has been actively involved in Association of Physician of Pakistani-descent of North America (APPNA) since mid 1990's. He is a life time member of APPNA. During 9/11, he was the coordinator of the relief center formed by APPNA New York which specially helped the local Pakistani American community to help cope with the tragedy. He coordinated the Earthquake Relief work of APPNA New York in 2005-06. He is involved in research, education, scientific and educational (RESA) work both through Mount Sinai Medical Center and through APPNA. He is an active member of RESA Committee for over seven years. His research work in Cardiology is published in major peer review journals. Dr. Suleman is working on formation of free medical clinics of all State Chapters in APPNA, which will specially help indigent Pakistani American patients and generally to all indigent patients of any nationalities. He recently received the community award / citation from Nassau County for his outstanding contributions to the community. Dr. Javed Suleman worked for the interest of Pakistani and Pakistani American community, with the elected officials including Congressmen and Senators. He is the founding President of Association of Pakistani-descent Cardiologists of North America (APCNA), which is a professional organization. Since 2004, every year through the platform of APCNA, cardiac supplies worth over a million dollars per year, are donated to not-for-profit teaching hospitals in Pakistan for use in indigent patients. Dr. Suleman volunteers to do cardiac procedures to the needy patients in Pakistan. His team, under the banner of APCNA has been to Karachi, Lahore, Rawalpindi and Peshawar. They arrange a yearly educational symposium with the local host Cardiac Centers where they participate in education and learning through didactic lectures and live cases. They do bed side rounds with medical students and House Staff, and guide them in their career development. Dr. Suleman and his colleagues have formed Free Pacemaker Bank in Pakistan. It provides free pacemakers and implantable defibrillators to needy patients. His with his APCNA colleagues initiated Basic Life Support training program in Pakistan for physicians, with cooperation of Pakistan Medical Association.



**Dr Mushtaq Sheikh** was honored by the US Congressman (NY) Eric J.J. Massa for his years of service to the members of community. State of New York Senate Resolution 6888 also honored Dr. Sheikh by presenting him with 2008 Southern Tier Distinguished Citizen Award from the Economic Opportunity Program Inc. of Chemung and Schuyler Counties. The resolution recognized him as the founder of upstate NY/PA Chapter of APPNA and of establishing a Free Wellness Clinic working with community leaders and hospitals and APPNA. The resolution noted that Dr Sheikh has helped raise significant funding through the American Red Cross to assist victims of earthquakes, floods, and other natural disasters nationally and across the world and together with his son USAF Major Dr. Fareed Sheikh manned the MASH unit in Kashmir.

Dr. Mushtaq Sheikh is a graduate of Nishtar Medical College 1968 and has been in New York 1971 to date and has held various offices Chief, Geriatrics & Extended Care, VAMC, Bath, NY--- 2009-current, Medical Director Elcor Health Services --- 1994-2008, President, Medical Staff, Arnot Ogden Medical Center, Elmira NY --1996, Chairman, Department of Medicine, Arnot Ogden Medical Center, Elmira NY 1992-1994, President, Chemung County Medical Society 1998-1999 and 2008-current, Delegate, Medical Society of State of New York --- 2000 through current, 10 times winner of A-Plus and Applause Award for Excellence in Quality Care from Arnot Ogden Medical Center, Elmira, NY, Member AMA, ACP, AGS, MSSNY, Chemung County Medical Society, APPNA; Advocacy Committees of ACP, MSSNY & APPNA and Alternate Delegate, Sen. Hillary Clinton for President, DNCC-2008

(L-R) NY Senator Winner, Dr. Mushtaq Sheikh and Mrs. Bushra Sheikh at the award ceremony.



**Dr. Farha Abbasi** has been elected President of the Resident Physicians Section of Michigan Psychiatric Society. She has also served as the Michigan State University (MSU) Representative to the Michigan Psychiatric Council. She is a speaker for the International Speakers Bureau working with visiting professors of different countries visiting MSU. She has worked with MI State Rep. Paul DeWeese MD's outreach program under which she went to different schools, post 9/11, to talk about love, tolerance and unity in the community. She was requested by the Bureau of Citizenship and Immigration Services to give the Pledge of Allegiance to 200 new citizens at their oath taking ceremony." (MPS Newsletter Aug'2009)

Dr. Abbasi remains the legislative representative of MPS since 2007. She graduated from Liaquat Medical College Hyderabad in 1989 and currently is in a fellowship program. Dr. Abbasi lectures on various areas of psychiatry and medicine and has also given lectures on diversity. She is on the cultural competence panel of Michigan State University College of Osteopathic Medicine. Last year she gave a lecture at Workshop: "Dealing with Arab American Patient Population. Building Cultural Bridges in Health Care: Strength in diversity at National Arab American Nurses Association Convention. She was a speaker at the Oct. 2007 World Federation of Mental Health Conference on Transcultural Mental Health in Changing World: Building a Global Response. She has been a panelist at a symposium organized by Pakistan Students Association at MSU "What dream Pakistan was built on?" She remains active in the community in areas of health, health care policy and advocacy.



## Alaska Cruise August 5-12, 2009



Tour group assembles at the edge of a cliff where they rest and photo-shoot.



### Alaska Cruise Aug 5-12, 2009

APPNA excursion tour brings families and friends together. Photos courtesy Drs. Hasan Bukhari, Aftab Naz, Riaz Chaudhry, Manzoor Tariq, Nadeem Kazi and

Alameir Khan



(L-R) Drs. Talat Bukhari and Hassan Bukhari (TX)



Glaciers proved to be a big attraction and tour group assembled to take in the remote natural wilderness

**Photo Right** > Sara Malik and Nimra Tariq, Rain Forest, Zipline, Ketchikan, Alaska.

**PHOTO BELOW** (L-R) Dr. Riaz A. Chaudhry, Emaan Mahmood, Mrs. Shahida Chaudhry and Sophia Mahmood.



**MENDENHAL GLACIER** (l-r) Rukhsana Mahmood, Shahida Chaudhry, Emaan Mahmood, Sefia Khan, Gola Tahirkheli, Mashal Tahirkheli, Eraaj Mahmood, Farhaan Kazi, Shazia Mahmood, Azma Khan, Ayesha Khan, Sophia Mahmood, Dr. Nadeem Kazi standing exhibits glacier fragments.

Below Dr. Alamgir Khan before his aerial excursion of the wilderness.



**ABOVE** Nimra Tariq near wild bear in the park



**PHOTO RIGHT** Sophia Mahmood at the park



(L-R) Nimra Tariq, Mariam Ahmed, Maaria Chaudhry, Sophia Mahmood and Noor Tahirkheli



## Alaska Cruise August 5-12, 2009



Smith Glacier in the back ground (L-R) Dr. Riaz A. Chaudhry, Mrs. Shahida Chaudhry, Mrs. Mahmood, Dr. Mahmood, Dr. Ejaz Mahmood, Mrs. Shazia Mahmood, Sophia Mahmood, Dr. Nadeem Kazi and Mrs. Shani Kazi

PHOTO RIGHT >>>Children seem to keep up their energies and spark whatever the occasion



Tourists take a train ride and enjoy scenic journey. (L-R) left of the aisle Dr. Khalid Mahmood, Rukhsana Mahmood, Dr. Jalil Khan, Ayesha Khan. Right of the Aisle Front Row Dr. Nadeem Kazi, Shani Kazi. Second Row Dr. Ijaz Mahmood and Shazia Mahmood



Dense forest blocks out sunlight giving tourists an eerie feeling (L-R) Dr. Hasan Bukhari, Dr. Talat Bukhari, Mrs. Shazia Mahmood, Dr. Ijaz Mahmood, Dr. Nadeem Kazi, Mrs. Shani Kazi, Dr. Jalil Khan, Mrs. Ayesha Khan, ? ? (PHOTO BELOW) Desi entertainment brings on the festivities in the tourists



Smith Glacier (L-R) Dr. Riffaat Bangash, Dr. Ishtiaque Bangash, Dr. Aftab Naz & Mrs Farzana Naz (Ph.AN)



Stanley Park Vancouver Canada (L-R) Ishtiaque Bangash, Riffaat Bangash Hameeda Tariq, Rukhsana Mahmood, Farzana Naz, Aftab Naz Manzoor Tariq



(L-R) Mrs Firdaus Sharif and Dr. Mushtaq Sharif (IL)



(Standing L-R) Sophia Mahmood, Mariam Ahmed, Emaan Mahmood, Noor Tahirkheli (Sitting) Mrs. Shazia Mahmood, Dr Talat Bukhari



(L-R) Dr. Faiga Qureshi (VA), Dr. Riffaat Bangash, Dr. Ishtiaque Bangash (r)(CA), Mrs. Farzana Naz (CA), Dr. Aftab Naz (r), Dr. Talat Bukhari (TX), Mrs Shani Kazi, Dr. Nadeem Kazi (r) (AZ), Dr. Atiya Khan (NY), Dr. Khalid Mahmood(r), Dr. Ejaz Mahmood(r) (KY), Mrs. Hameeda Tariq, Mrs. Rukhsana Mahmood, Mrs. Shazia Mahmood (KY), Farhaan Kazi, Dr. Manzoor Tariq(MO), Dr. Tariq Khan (NY).



# APPNA 32nd Annual Summer Meeting July 1-5, 2009

Photos by M. Shahid Yousuf



(L-R) Dr. Zeelaf Munir President elect 2010 and Dr. Abdus Samad President APPNA 2009 busy conferencing outside the hub of APPNA activity on Saturday afternoon when 9 concurrent events were being coordinated.



Dr. Maleeha Lodhi former Pakistani Ambassador addresses the annual summer banquet attendees.



Dr. Sara Sheikh (center) sings the national anthems during the San Francisco banquet on July 4th 2009. She has been singing anthems for APPNA since 1994 before which recordings were used. She has been a member of SAYA, SAPNA and NAMA all APPNA affiliates over the years.



Wendy Chamberlin, former US Ambassador to Pakistan, keynote speaker at July 4th 2009 banquet.

PHOTO RIGHT Dr. Manzoor Tariq



Photos ABOVE Drs. Syed Samad, Tariq Cheema and Mohammad Hafeezullah at the Social Welfare and Disaster Relief Committee meeting.

<<Photo Left Dr. Saima Zafar (APPNA Treasurer) speaking at the SWDRC meeting



GENERAL BODY MEETING



US Rep. Mike Honda (D-CA)



Dr Abdul Bari Khan, (Karachi)



(L-R) Drs. Sarwat Iqbal, Vice Chancellor King Edward Medical University Zafarullah Khan, Majeed Chaudhry (Principal FJMC) Nasar Qureshi, Shaheen Mian, Naheed Chaudhry



Dr. Hamid Masud Vice Chancellor DUHS



Dr. Anser Haroun (University of California San Diego) (Deception of Doctors)



Dr. Abeel Manghi (Temple University, PA) (Advances in heart & lung transplantation)



Dr. Farhana Latif (Columbia University NY, NY) (Therapeutic Options in Advanced Heart Failure)



Dr. Syeda Rubina Inamdar (Mercy Medical Group, Sacramento, CA) (Asthma: Still wheezing after all these years)



Dr. Rana Mubasher ( APPNA Treasurer 2010 ) Chair Host Committee San Francisco 32nd Annual Convention



# APPNA 32nd Annual Summer Meeting July 1-5, 2009

Photos by M. Shahid Yousuf



Dr. Amer Khan - Disease Surveillance Systems in Pakistan Using Radio Frequency Chips and Satellite Tracking Technology



Dr. Adeel Butt - Quickest way to a man's heart - Chronic Viral Infections



Dr. Zakia Rahman - Ethnic Skin Diseases



Dr. Fiza Ahmed - Cognitive and Behavioral Screening for ALS.



Dr. Shehzad Saeed - Travellers Diarrhea, Etiology and Preventive Measures



Dr. Naheed Usmani - Models of International Medical Teaching Visits and Their Impact on Clinical Practice in US and Internationally.



Dr. Khalil Ullah Khatri Dermatology 101 for the clinician.



Dr. Syed A. Rizvi - The neurological aspects of chemical and biological terrorism



Dr. A. Jamil Tajik - Structural Heart Disease: Early Identification and Management



Rear Admiral (USN) Ali S. Khan - New Approach to Emerging Infections



(L-R) UM Healthcare Trust Mardan, Pakistan delegation Atif Mumtaz (Project Director), Shamila Keyani (Project Coordinator), Dr. Qasim Nasr ud Din (Medical Officer Incharge)



(L-R) Vice Chancellor Khyber University Dr. Mohammad Hafeezullah and Dr. Aisha Zafar (Chair of SWDRC of APPNA 2009)



(L-R) Drs. Sadeem Mahmood (AR), Zeelaf Munir (DE) and Saima Zafar (IA).



ABOVE (L-R) Jessica Desmarais, baby Alexander Khan, Dr. Nighat Qadri and Dr. Jahanzeb Ali Khan



They first met in China in 2004 and have met annually at APPNA (L-R) Amber Qazi (d/o Dr. Mohammad Qazi FL) and Zahra Ansari (d/o Dr. Athar Ansari CA)



PHOTO RIGHT  
Mrs. Saba Haseeb and Dr. Mustajeeb Haseeb (CA)



(L-R) Dr. Zahida Bhutto and Mr. Mujib Ahmad (CA)



# APPNA 32nd Annual Summer Meeting July 1-5, 2009

Photos by M. Shahid Yousuf



(L-R) Drs. Tariq Mahmood, Jalil Khan (TX), Humeraa Qamar, Asad Qamar (FL)



(Above) Mrs and Dr. Tariq Cheema (APPNA Executive Director)



ABOVE Dr. Zeenat Anwar (MI) and Dr. Maryam Ramay (UK).  
PHOTO BELOW (L-R) Dr. Sophia Janjua and Dr. Rana Suleman (NY)



< (Left) WAPPNA'S INAUGURAL MEETING (L-R) Drs. Naheed Chaudhry, Humeraa Qamar, Sarwat Iqbal and Shaheen Mian, at the podium Senior Washington Correspondent Dawn Anwar Iqbal



(Below Right) Mushaira Audience (L-R) Drs. Aslam Malik (TX) Shabbir Safdar (MO) Nasir Gondal (NY) and Afzal Arain (CA)



Dr. Abdul Rehman (NY) recites his poetry.



Dr. Mufiz Chauhan delivers his poetry at the mushaira (poetry recitation) 2nd left Dr. Abdul Rehman 3rd from left Dr. Salman Zafar



(L-R) Dr. Rana Suleman, Dr. Javed Suleman (NY), Dr. Aftab Ahmed and Mrs. Farzina Ahmed (KY)



(L-R) Mrs. Kausar Saeed, Dr. Arshad Saeed and Aisha Saeed (Canada)



(L-R) Dr. Tanveer Ahmed and Mrs. Farah Ahmad, Crystal Lake, IL



(L-R) Dr. Syeda Ayesha Iftikhar, Dr. Mansoor Alam and Maham Mansoor (IL)



APPNA volunteer Mitra Gholam



Shirin Ahmed, Co-host of the Banquet Reception



# APPNA 32nd Annual Summer Meeting July 1-5, 2009

Photos by Zia Ullah Khan



Tipu helping members at the reception.



Sidra-tul-Muntaha greeting APPNA members at the registration desk.



Dr. Rizwan Naeem speaking at the San Francisco CME meeting.



Dr. Tariq Shahab, Tariq Yoonas (AX Printing) and Dr. Shahid Yousuf at the SF meeting.



Dr. Zia Moiz and Wendy Chamberlain (Former US Ambassador to Pakistan) at the banquet.



President Samad speaking at the banquet reception.



APPNA bazaar at the San Francisco meeting.



Dr. Zia Moiz and Ms. Shirin Ahmed hosted the banquet reception.



President Samad giving an award to Sheikh Hamza Yusuf. Mrs. Aisha Samad is seen in the center.



Organizers of the United Social Forum, Rizwan Naeem, Mohammad Taqi, Jamil Farooqui and Talha Siddiqui



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President Samad giving award to dedicated APPNA volunteer Dr. Nadeem Zafar.



President Samad giving award to Dr. Javed Sulaiman for his services to APPNA.



President Samad giving award to Dr. Tariq Cheema.



Dr. Salman Zafar speaking at the Mushaira program.



Audience enjoying the entertainment program.



Dr. Zahid Asghar hosting the entertainment program.



Tahira Syed performing at the entertainment program.



Alamgir performing at the entertainment program.



Omar Sharif performing at the entertainment program.



## Dow Retreat 2009

(L-R) Drs. Khalil Rehman, Aslam Moeed, Imdad Yusufaly, Asim Fareed, Tariq Shahab, Rizwan Akhter, Iqbal Jangda, Abdul Munis, and Yawar Nensey at the Dow Retreat.

**Group of Dow84**  
APPNA 2009, San Francisco

(L-R) **Standing:** Mohammad Aslam, Iqbal Jangda, Kamran Qureshi, Nadeem Shakir, Jamil Farooqui, Mohammad Jaffer, Qazi Mohsin, Tariq Shahab, Hassan Ali

**Sitting:** Rukhshanda, Gulzar, Atiya, Mahmooda, Tasneem Zahra







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