



APPNA NEWSLETTER

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Volume 14, Number 2

Fall 2004

MESSAGE FROM THE PRESIDENT

Omar Atiq, M.D.

APPNA's Triumph

"It was overwhelming to be in the APPNA meeting. The whole thing was very emotionally charged, very positive, and a speechless experience. I believe your effort in bridge building has a wonderful chance to succeed."(sic) These words by Dr. Ziauddin Ahmed, the President of Bangladesh Medical Association of North America (BMANA), reflect the views of many who attended the 27th Annual APPNA Meeting in Washington D.C., recently.

APPNA has embarked on a well thought out plan to transform into a relevant, effective, and progressive organization. The establishment and nurturing of a mutually beneficial relationship with other professional and ethnic organizations in the country is an important element in our strategy. We have invited all known ethnic medical organizations in the United States to join hands with APPNA to address our common concerns. Bangladesh Medical Association and the Association of American Physicians of Indian Origin (AAPI) responded to our call. APPNA engendered tremendous goodwill by bestowing Honorary Membership on the Presidents of BMANA and AAPI at the annual banquet. Plans are already underway for significant collaboration between APPNA, AAPI and BMANA on various issues of mutual interest, including a rare, joint APPNA and AAPI peace and goodwill trip to India next year.

Furthering its objective of developing a broad-based coalition, APPNA made history when both the Council on American-Islamic Relations (CAIR) and the American Jewish Congress (AJC) were recognized at the annual banquet for their contributions to the cause of human rights and civil liberties. Mr. Phil Baum, the Director Emeritus of AJC, said, "We are most interested in the careful pursuit of possible areas of agreement and common ground, not because we think agreement will be easy to achieve but because continued

tension and hostility threaten both communities."

The theme of the annual meeting and indeed of the year: Liberty, Freedom and Justice – Preservation of Civil Rights, was carried further with invitations to the political leadership of the country who had demonstrated exceptional leadership and courage during these past tumultuous years to join us at the meeting. APPNA Special Recognition Awards were presented to Senator Russ Feingold, Senator Tom Harkin, Senator Tim Johnson, and former Congressman David Bonier. Senator Feingold, who was unable to attend, later sent a note saying, "I just wanted to express my deep appreciation to you and APPNA for the Special Recognition Award. My sole vote against the USA PATRIOT ACT and my work to ensure that our nations anti-terrorism efforts do not trample on our Constitution and our nation's values have been some of my most important work during my tenure in the Senate. I look forward to continuing to work with you."

Our country's leadership that attended the APPNA banquet as well as those who joined us at the Russell Senate building during the first ever APPNA DAY ON THE HILL reception, including Senators Hillary Clinton, Blanche Lincoln, Arlen Specter, Tom Carper, Lincoln Chafee, Tom Harkin, Tim Johnson and Representatives Mike Ross, Sheila Jackson Lee and Rob Simmons acknowledged the importance of the immigrant community in general and of the APPNA membership in particular to the country. Those and numerous other Congressmen who were visited by their respective constituents from the APPNA membership prior to the reception expressed a strong desire to work with us on matters of importance including civil rights and J-1 visa issues.

This year APPNA has tried to cultivate an enduring relationship with the Congressional Minority Caucus, as well. Besides working



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APPNA's Triumph

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closely with the Chair of the Caucus, Congressman Elijah Cummings, a dedicated APPNA member and Chair of the Annual Summer Meeting. Dr. Zahid Butt presented APPNA Special Recognition Award to Congressman Cummings at a recent gathering in Maryland. It was extremely well received. We will continue to work with all the parties involved in the national debate on the country's future, including the members of the administration.

The Symposium on Civil Rights was another highlight at the 27th APPNA Annual meeting. It provided a platform for the membership to focus on the preservation of individual liberties and freedom, interacting with like-minded people from all around the nation. It also provided an opportunity to partner with the leading civil rights organizations of the country including ACLU, NAACP, CAIR, the National Immigration Forum and others.

While cognizant of our focus on community strengthening and vigorous pursuit of preservation of civil rights in our adopted homeland, APPNA can never be oblivious to the happenings in Pakistan, the land of our birth. Besides many other activities, this year we had a symposium on the United Nations Millennium Development Goals in Pakistan. Dr. Hafiz Pasha, the UN Assistant Secretary General and Regional Director of UNDP, presented an in-depth analysis of the rather grim situation in Pakistan. Then Dr. Nasim Ashraf, Chairman of the recently formed National Commission on Human Development, a past president of APPNA and founding chairman of the APPNA SEHAT program gave a presentation highlighting the progress and achievements of the Commission thus far. Dr. Khalid Riaz, another past president of APPNA and Co-chair of HDFNA, a charitable project created by APPNA as a gift to Pakistan in 1997, spoke about non-governmental philanthropy in Pakistan.

The vast majority of APPNA membership has had the rare privilege of receiving their medical education for almost nothing in Pakistan. It was only appropriate for APPNA to formally recognize that by honoring the principals of all the medical schools in Pakistan, something that had never been done before. By doing so, we were acknowledging the exceptional debt we owe to the people of Pakistan who essentially paid for our education and allowed us to be where we are today. The Principals of King Edward, Dow, Nishtar, Khyber, Liaquat, Fatima Jinnah, Rawalpindi, Allama Iqbal and Quaid-e-Azam Medical College received the APPNA Honorary Membership at the annual meeting.

APPNA's effectiveness and progress on any and all fronts is dependent not only on the vision and dedication of its members, their personal sacrifices and untiring efforts but also on the strength of its organizational structure, its adaptability to address new challenges and the soundness of its policies, procedures and operations. Mindful of that, the long awaited revisions in APPNA bylaws have just been approved, and the changes in the constitution should be adopted soon, as well. The first Executive Director of APPNA has taken charge at the helm performing an in-depth analysis of the strengths and weaknesses of the organization. The results of the professional management and improved governance should be apparent to the all in the near future, if we stay the course.

The vigor, vitality and optimism of APPNA membership this year has been inspirational. Dr. Zahid Butt, Dr. Tariq Mahmood and their team exemplified that spirit and enthusiasm when they managed to organize the largest and the most successful APPNA annual meeting ever, with numerous firsts. That a small group of volunteers would pull off something so spectacular is a testament to the dedication and commitment of the APPNA family. I am delighted to be just a very small part of it.

God bless you!

APPNA TIME

Tired But Eager

Furrukh Malik, M.D.

A respected young colleague ceded to my request to join the APPNA convention this year. A new chapter for him and his family. He was enthusiastic and skeptical in the breadth of the two words. He could not come up to the luxury of the Wardman and decided to stay in a local hotel. Evening before as we waited for our dinner on the Connecticut avenue he asked me about the meeting itself. I gathered from his inquiry that he needed to know the purpose of this expensive get together. I faithfully narrated my take on it and especially emphasized the program to meet our Senators and other legislators and apprise them of the civil rights and related issues. He did not seem interested.

I was surprised the next day when He showed up with his wife and two small kids. To him and his family the trip seemed another outing. We cheered and clapped for each Senator and congressman as we heard what we wanted to hear.

"Do they know who we are and our problems*? He asked me during a moment of relative calm. It took me a moment for a thoughtful answer. I knew that they know who we are and the precarious nature of the immigrant*s civil rights,

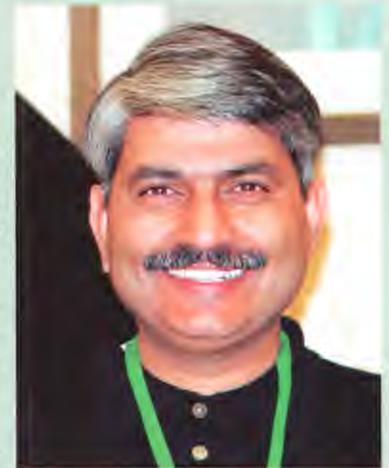
daily harassment at school, job sites and in daily routine life. I knew they know the fear of FBI and detentions and deportations without hearings. I knew that they know that freedom of speech and civil rights is a limited selective expression not available to all and sundry.

I knew but did the rest of us know as to why we were there.

I looked at the tired children. Tired but eager, alongside their concerned parents.

I looked around at other participants and prayed that they know.

The worthy senator made a joke and all of us and the crowd laughed in unison.



EDITORIAL LINES

Rizwan Naeem, M.D.

Environmental Health: From the Front Lines

September 2004 saw a new chapter being started as a partnership between Indo-Pak communities. The event was named **"DOSTI 2004" Celebrating Our Heritage Together for Peace and Prosperity** the motto of this partnership was to develop people to people contact and build bridges in communities and to promote peace and friendship in South Asia. This event also highlighted two charity and philanthropic NGOs of India and Pakistan, AID (Association of Indian Development) from India and Subh-e-Nau from Pakistan.

Among the many public health issues that Pakistan faces today, none is more important than environmental degradation. The ever worsening environmental conditions stem from poverty, increasing population, the degrading and decreasing environmental resources, coupled with other factors such as low educational status. Like other developing countries, Pakistan wants "development-at-any-cost". Policies largely have been in the direction of achieving self-sufficiency in food production, meeting energy demands, slowing population growth, and increasing economic growth, rather than on curbing pollution or other environmental hazards.

Environmental resources are essential for life, of which the most basic is water. Weaknesses in water management and resulting shortages and droughts have left a vast population affected. In 2003; water shortages in Sindh alone devastated marine life, destroyed about 5,000 lakes, left 1 million people unemployed and forced 100,000 families to migrate to other areas. Water contamination accounts for at least 60% of Pakistan's high infant mortality, while according to an estimate; about 80% of mortalities are directly or indirectly related to water in the developing world.

Air pollution is another major environmental and public health concern. Due to the alarmingly high air pollution, there are an estimated 6.4 million hospital admissions, 1,800 deaths, and 418,000 cases of minor sickness every year. According to a US Energy Administration study conducted in 2001, air pollution in Pakistan is adding about \$500 million per year to health care cost. Industrialization, while considered a cornerstone of development, plays a role in degradation of the environment. While generating profits, industries are causing large scale air, water and land pollution. Pollutants from industrial zones close to residential areas have made their way into sewerage and water systems, the air, the soil around the region. Kasur, an industrial district in Punjab is known for its leather tanneries. The district has turned into a killing field with over 62% of ordinary people and 72% of tannery workers contracting one or more problems like cancer and tuberculosis, caused by toxic effluents from the tanneries.

Deforestation is the catastrophe being indifferently witnessed by the people and authorities alike. Forest cover is dismally low at 4% (required forest cover is 25%); while experts opine that this has further reduced as forests have not been protected. Emergency afforestation and protection of existing forests is strongly needed, as people heavily depend on forest resources.

What is needed, more than ever before is to realize that caring for the environment is vital for our existence. In the continual struggle for profits, it is imperative to understand that development is not any different but part and parcel of environment.

The development at-any-cost concept should be strongly challenged, as it may deprive us of the very resource we are trying to tap.

Caring for the environment is not a compromise, but a basic prerequisite for survival. Expatriates, especially doctors have contributed immensely to the development of the health sector in the country. By contributing and supporting the cause of environment, they can further the cause and greatly help in environmental upgradation efforts. Instead of highly specialized care facilities, addressing environmental concerns can help save lives not in mere hundreds, but in millions saving health care costs in billions. At the community level, programs to address lack of awareness about environmental issues, management of resources, and environmental upgradation programs such as afforestation drives are strongly needed. While at the policy level, environmental legislation and advocacy campaigns for sensitizing the policy makers are of prime importance to tackle the relentless environmental degradation taking place in Pakistan today. The dedicated team at Subh-e-Nau is involved in tackling all these issues and more.



FROM MY PERSPECTIVE

Michael Thompson, Ph.D.
APPNA Executive Director

It is a great pleasure to introduce myself to the Association membership. Through the efforts of the President, Officers and the Office Management Committee, I have been asked to serve as the first Executive Director for APPNA.

Though I have 25 years of experience in medical non-profit associations and societies, this is the first time in my career that I have had the honor of serving an association that has so many different aspects to it. I will be learning new names that are not as common in the United States as in Pakistan. I will be learning a new language as I learn the meanings of the names of the various colleges, and alumni associations within APPNA and I will be learning a new organizational structure. So bear with me as I work hard to understand all of the nuances of APPNA.

My first charge from Dr. Atiq is to familiarize myself with all of the major functions of the organization. I have been asked to make recommendations to the Executive Council at their October 1, 2004 meeting about those things that I think might become the foundation for the organization as it continues to grow.

In Washington I was impressed with the strength of the volunteerism of the membership! It is APPNA's core strength. The effort that individual members put into the meeting was amazing. If everyone committed to that level of involvement and energy, APPNA would change Pakistan!

However, at the same time the volunteerism is strength, it can also become a major weakness! Small cliques can form, power struggles can erupt, communications can fail and the limited resources of APPNA can be wasted. My task will be to recommend policies and procedures that will preserve the strength and vital energy of the volunteers, while avoiding some of the pitfalls that can emerge.

I look forward to a productive relationship with APPNA!

MESSAGE FROM THE PRESIDENT ELECT

Hussain Malik, M.D.

Dear APPNA Members, AOA

Thank you for the opportunity to serve you as APPNA President Elect 2004. My role as President Elect is: to help the President carry out his responsibilities, and to promote the Cause of the Association. At the same time I prepare myself to assume the responsibility as President starting January 2005.

I am fortunate to have an excellent relationship with other officers especially the President, which has made it easier for me to plan for APPNA's future.

APPNA Tour of India

I recently came back from a five day trip to India visiting New Delhi, Agra and Bombay. We will have full support of AAPI, Indian Medical Association and Escorts Heart Institute in New Delhi. We will have an excellent CME program, site seeing tours of Muslim History and Architecture and most importantly will promote goodwill between the people of Pakistan and India. Approximately 250 physicians and their families have already signed up for the trip.

AAPI leadership has promised to visit Pakistan and attend our Winter Meeting to be held at King Edward Medical College and Fatima Jinnah Medical College, in Lahore December 23-27, 2005.

APPNA Charitable Foundation

The concept of the foundation was approved by the Execu-

tive Council during the Spring Meeting in New York. Details about the selection of BOT & BOD, and its relationship to APPNA will be discussed during the October meeting in Chicago. I feel very strongly about the financial strength and security of APPNA. APPNA foundation will help us support our existing programs like APPNA Sehat, Women Issues and some future programs like APPNA Free Clinics.



Membership Database

It is imperative that we develop a comprehensive database of all Pakistan Physicians in the US. It will help us in so many different ways like printing a new directory, increasing membership, residency placement, and J1 Visa waivers. It will also help us secure funds and grants from pharmaceutical companies and other sources.

Summer Convention 2005, Houston, Texas

Next summer, our 28th Annual Convention will be held in Houston, Texas June 29 to July 4, 2005. We have taken an early start this year to bring you an excellent CME program, superb music program, and delicious food flavored with warm Southern hospitality. We invite you to bring your family and friends to enjoy a memorable Convention.

TREASURER'S REPORT

Nadeem A Kazi, M.D.

This year budget was approved in March by EC (table 1). The projected revenue (table 2) is so far meeting the expectation except the annual meeting earnings. We have collected \$128,000 from membership dues. We have saved \$59,000 in Executive Director (ED) salary as APPNA hired a consulting ED for two months costing \$16,000. He will provide benchmark report to EC in October. This saving will offset the lower than expected earning from the annual meeting.

BUDGET (2004)	Table 1	REVENUE PROJECTED	Table 2
Administrative expenses	\$165,000	Membership dues	\$125,000
Journal \$ news letter	\$45,000	CME reimbursement	\$25,000
APPNA Sehat	\$110,000	Journal Advertisement	\$30,000
Executive Director	\$75,000	Election fees	\$5,500
Web Site	\$650	Royalty	\$3,500
History Book	\$16,500	Meeting	\$75,000
Miscellaneous	\$5,000	Miscellaneous	\$2,000
Total	\$417,150	Total	\$266,000

This year life time dues fund has done better than market. Year to date APPNA portfolio is up 5.8% compare to Dow Jones down 3.17%, NASDAQ down 8.33%, and S&P down 1.15%. In addition to Life time dues fund (table 3) there is \$85,346 in APPNA Sehat and \$35,845 in Meeting fund is invested in market.

Life time dues	Table 3	Cash as of 8-30-04	Table 4
Preferred Stock		General Funds	\$36,310
Lord Abbot		Meeting Funds	\$18,543
MDT Advisor		CME Funds	\$61,470
Rittenhouse		APPNA Sehat	\$9,228
Total	\$820,830	Relief Fund	\$60,908
		Special Fund	\$24,403
		Miscellaneous	\$5,476
		Total	\$216,338

Our accounting and bookkeeping is very complex and has several predicaments. Together with interim ED, I am assessing the issues handling of bookkeeping. The report and recommendations will be presented to EC in October. After paying off the June meeting expenses cash in different funds is shown in table 4.



ELECTION NEWS

2005 President
Dr. Hussain Malik

President-Elect
Dr. A. R. Piracha

Secretary

Dr. Nadeem Kazi

Treasurer

Dr. Mahmood Alam

27th Annual Summer Meeting

June 9-13, 2004

Washington DC

Host Committee Preliminary Report

Zahid W. Butt MD, FACC

It is indeed an honor for me to present this report on behalf of the Local Host Committee. We all wish to thank the APPNA family for attending this meeting and making it a great success. Despite the date change we had record attendance with close to seven hundred registrants and almost 1300 rooms booked at the convention hotels. Our program started on Wednesday evening with an exclusive visit to the Smithsonian Museum for a tour of an exhibit focused on contributions of Muslim Spain on Western culture. APPNA members spent several hours on Capitol Hill on Thursday meeting with our elected representatives including several Senators and Congressmen. A Civil rights program was presented on Saturday and a top notch CME program was offered over the four days. Alliance family dinner on Thursday was well attended and had the usual local talent entertainment. Close to one thousand Alumni members enjoyed Afghan food on Friday night and a lavish banquet on Saturday was sold out to the maximum capacity of two thousand one hundred. Both nights had superb entertainment from well known Pakistani artists including Hadiqa Kiyani, Jawad, Ali Zafar and Faakhir. This year we also had one of the best Mushaira's ever with famous poets including Himayat Ali Shayer, Gopichand Narang, Munoo Bhai, Amjad Islam Amjad, Khalil Rehman, Safi Abidi and others. The entire exhibitor booth management was streamlined this year resulting in one hundred twenty three exhibit booths sold with record revenues. A detailed financial report will be presented at the fall meeting.

Finally I would like to thank the entire host committee membership, Dr. Tariq Mahmood (Co-Chair), Dr. Omar Atiq and the APPNA staff for their support and help.

ACLU Message for APPNA

One of the most significant threats to civil liberties post-9/11 is the practice of federal law enforcement officials to single out individuals for investigation because they belong to a certain religious or ethnic group. This discriminatory profiling in counter-terrorism and immigration enforcement impacts the Arab, Muslim and South-Asian communities like no others.

For instance, the FBI is conducting its fourth round highly invasive "voluntary" interviews of thousands of both citizens and non-citizens in the Arab, Muslim and South-Asian communities. Despite the risks, the overwhelming majority of people approached agree to the interview. Some do not feel that they have a meaningful choice to refuse the interview for fear continuing harassment or denial of immigration benefits for themselves or a family member if they do not participate. In addition, many are anxious to demonstrate their innocence because they have nothing to hide.

ACLU encourages people asked to participate in such interviews to bring an attorney who can protect their rights. Many of these interviews include intrusive and inappropriate inquiries into protected activity, such as religious practices and political beliefs. For example, some agents have asked, "How many times a day do you pray?" "How do you feel about U.S. policy in the Middle East?" "To what mosque do you

Messages from US Senators and Congressmen

Dear Dr. Atiq,

I just wanted to express my deep appreciation to you and APPNA for the Special Recognition Award. I am sorry I could not join you and receive this award in person, but I do look forward to future opportunities to meet you and the APPNA community.

My sole vote against the USA PATRIOT Act and my work to ensure that our nation's anti-terrorism efforts do not trample on our Constitution and our nation's values have been some of my most important work during my tenure in the Senate. I know this work has a particular significance for the Pakistani American community, but you should know that many Americans, from various ethnic and religious backgrounds, are proud to join your community in expressing concern about the scope of some of this administration's anti-terrorism efforts.

Thank you again for this honor. I look forward to continuing to work with you.

Sincerely,

Russell D. Feingold

United States Senator

Dr. Atiq,

Thank you so much for the honor. I was overwhelmed by the fantastic turnout for the dinner and how great the room looked. As you know it was a very busy day for me and my wife. I'm sorry we could not stay and be with you longer but we did want to get back to the hospital in Baltimore. Baby and mother are doing fine.

Kind regards

David Bonior

belong?" Keep in mind that it is a crime to lie to federal agents. In addition to asking for lists of people who attend certain mosques, agents have asked people to pass over their cell phones so the agent can record the names and phone numbers stored within the phone, and agents have used the interviews to conduct searches of homes and vehicles.

While it is appropriate for government agents to follow up on leads that suggest a person may be involved in, or may know about, terrorist or other criminal activity, this is not a license to question a person based on the person's religious or ethnic identity. For some in government, the 9/11 attacks mean that this principle no longer applies. It is a dangerous misconception. Questioning people because there is evidence protects our safety by focusing resources on solid leads; questioning people because of a terrorist stereotype threatens our safety by misdirecting resources away from focused crime fighting, and investing them in civil liberties violations.

The ACLU is collaborating with attorneys nationwide to offer pro bono representation to people approached by the FBI during this latest round of interviews of Arabs, Muslims and South-Asians. Please visit www.aclu.org or contact Dalia Hashad at dhashad@aclu.org for more information about FBI interviews.

SAYA Thank You's!!

A salaamu Alaikum - Thank you to everyone who helped make the SAYA 2004 conference such a success! I don't think we have ever had such a packed program and wanted to thank many people who helped to make that possible.

First of all, I must say thank you, thank you, thank you, to Tina Schaumburg and Denise Burt from the APPNA office! Without them, the entire conference would not have gone as smoothly as it did and many a potential disaster would not have been averted! They dealt with everything from printing out fashion show tickets at the last minute when no one else had done so to giving out directions to people who missed the SAYA shuttle buses. They have also been instrumental in helping to develop a SAYA membership database. I would also like to thank both of our advisors, Mahjabeen Islam and Mujeeb Khalique, and members of the APPNA host committee, Dr. Tariq Mahmood, Dr. Zahid Butt, and Mrs. Asfa Butt, for their help throughout the past year and for the advice that they gave to develop SAYA programming. They have all been an endless source of support and their help has been much appreciated!

Another special thanks to the entire Pakistani Embassy staff for hosting our dinner. I would especially like to thank Mr. Mohammad Sadiq, Deputy Chief of Mission/Deputy Ambassador for attending and speaking at the SAYA Dinner. I would also like to give a special thanks to Nadia Naviwala, Internship Coordinator, for coordinating and leading the political panel that spoke to the SAYA members before dinner. Thank you to the embassy interns who helped man the door, directed traffic, and speak about their experiences as interns and their interest in international affairs. Thanks to the other members of the panel that led the political discussion that came before dinner, as they came out of their way to share their vision on the role that Pakistani-Americans can play in our future:

Thank you to Raafeh Waseem for driving all over Washington, DC to pick up the refreshments, dessert, and tablecloths. Raafeh was always willing to help out wherever he could and that made all the difference. A special thank you to Mr. Ghulam Mohammad and his entire service staff for all of their help in setting-up and cleaning up the hall, and for their assistance with working out the logistics of the dinner down to number of tables and chairs! Thanks to Mr. Waleed Khan and his staff for assistance with the musical/entertainment portion of the dinner. Another thanks to the members of Empire who pulled double duty by setting up the stage AND performing on it: Rummi Khan, Saad Haque, Amir Shah, and Shuaib Shah. A very special thanks to Sahir Khan for all of his assistance with the sound equipment, his creation of the music, and his help with the music throughout the night.

A special thank you to those members of Pakistan American Leadership Initiative (PALI) who attended the dinner, as well as a thank you to both of the co-chairs of the National Pakistani Students Association - Nadia Naviwala and Haider Syed - for their attendance and support of SAYA. We look forward to forming stronger ties with both of these organizations in the coming year and maybe even hosting a few joint events!

Another thank you to Tarim Waseem and Asim Hussain who had to play email tag with me quite a bit over the past few months to develop a presentation on admissions,

resumes, and essays that would be best geared toward our membership. Many SAYA members approached me after the talk to compliment the presentation as being the most beneficial workshop SAYA has ever had. Anyone who wants a copy of their Power Point presentation can email me at sdar@law.upenn.edu, so that they too can benefit from their tips! Another special thank you to the two representatives from the Rugmark organization, as well as Sairah Hussain, for speaking on child labor and providing useful suggestions as to how students such as ourselves can get involved to combat such a large problem.

Another thanks to all the fashion show participants, particularly Salman Azam, Arooj Sheikh, and Nadaa Ali. Since the fashion show was Mujeeb Auntie's and Iram's area, I'll let them thank the rest in detail! However, I did want to say a very special thank you to Murad Toor, Past President of SAYA for being an endless source of wisdom through his accounts of SAYA's history, for serving as the election nominations chair, and for agreeing to edit and produce the first ever SAYA DVD. We are all looking forward to seeing it and to continuing this service to the SAYA membership.

And finally, much thanks to my entire family, without whom the entire dinner could not have been possible: my parents Dr. Asaf Ali Dar and Mrs. Anis Dar, and my siblings, Shah Raza Dar, Dr. Syma Dar, and Safdar Dar. They helped with every aspect of the dinner's program. This included everything from purchasing disposable paper products to chaperoning to cleaning up the mess after everyone left the hall to writing thank you notes and wrapping presents! I can only hope that they aren't too tired from all of the chaos to help to make next year's summer conference even more successful!

Best Regards,
Sahar A. Dar
SAYA President-Elect, 2004

American Association of Physicians of Indian Origin

Dear Friends,

I am very happy to have this opportunity to address you. Over the years, our two organizations have grown side-by-side in strength and stature. We represent a significant segment of the U.S. medical community, as well as an increasingly visible South Asian presence in the country.

There are many opportunities for AAPI and APPNA to work closely together. We need to combine forces to address issues such as fairness in licensure and credentialing, parity in residency slots with USMGs, and increasing J-1 waivers. There is the possibility of joint CMEs and research on health issues facing South Asians in the U.S. We also could collaborate on efforts to improve medical education and treatment in our homelands.

I look forward to forging strong links with APPNA on the basis of our shared values and traditions, as well as mutual benefit. I wish you all the very best.

With warm regards,
Jagan Ailinani, M.D.
President, AAPI

NATIONAL SOUTH ASIAN BAR ASSOC. CRIMINAL JUSTICE COMMITTEE

HATE CRIMES OR BIAS RELATED CRIMES

In the wake of 9/11, South Asians found themselves the victims of racial and ethnic related crimes. Four days after September 11th, a Pakistani-American was brutally murdered in Dallas, Texas. In the following weeks and months, South Asians were assaulted while others were rounded up and placed in detentions centers. Now, several years after that horrific day, South Asians still remain victims of hate crimes and bias related incidents. Community members are still targeted for questioning at airports, their children are asked to remove hijabs and other symbols of faith, and physicians may be subject to increased governmental scrutiny based on religious or ethnic background. If you, or someone you know, is such a victim, the National South Asian Bar Association (NASABA), and its Criminal Justice Committee, can help. NASABA's Criminal Justice Committee is uniquely situated to address these hate crimes and bias related incidents involving South Asians.

With 19 local chapters spread across the United States and Canada, NASABA's size and reach gives it the power to refer competent attorneys virtually everywhere in the country, regardless of specialty or practice area. Our organization has established relationships with, local district attorney's offices, local police departments and federal agencies in an effort to build awareness that NASABA is available as a resource, as well as an organization determined to see that South Asians receive justice and are treated equally. For example, an attorney from NASABA, provided pro bono legal consulting serv-

ices for a Texas South-Asian physician that many felt was unfairly charged with health care fraud due to his religious beliefs. Contacts in Washington DC and in Texas, brought the matter to our attention and set in motion the assistance provided by the NASABA attorney.

After learning of several similar incidents involving South Asian physicians being unfairly targeted by law enforcement, NASABA is concerned with the increasing prosecution of South Asian physicians for acts that other physicians would not be sanctioned for. As a result, NASABA, would like to be informed of such incidents in order to help address them. All incidents should be reported in confidence to the APPNA President, Dr. Atiq, who will relay the information to NASABA. NASABA is obligated not to release or disseminate the confidential information to any person or organization. Additionally, NASABA will document the incidents and the statistical information will be used to persuade state and federal elected officials to put an end to unfair prosecutions of South Asians based solely on their national origin.

NASABA's goal is that everyone in the South Asian community knows that there is a legal organization out there for South Asians, run by South Asians. That organization is NASABA. Please do not hesitate to contact me at (713) 724-3134, or via email at hilahi@att.net. I look forward to meeting you all.

Very truly yours,

Habib F. Ilaahi, Chair

NASABA Criminal Justice Committee

LETTERS TO THE EDITOR

Dear Editor,

With reference to the well-written article, "The Elephant in the Room" by Dr. Rizwan C. Naeem, published in the Summer 2004 issue of APPNA Journal, page 6, I would like to make a comment that, when Dr. Naeem writes that, "we have the most humane and tolerant culture . . ." and that, "we as Muslims and physicians, have a responsibility to provide leadership to others", then, instead of "Secular and democratic society", it would be fitting to say that an Islamic democratic society is a superior approach to protect minorities. Islam preaches, not merely tolerance but due respect for people of all faiths. It must be noted that, as compared to man-made morals, a God given Guidance would be less likely to be violated by humans!

Sincerely,

Ahmed K. Nazir, M.D.

Message from Bangla Deshi Medical Association

Dear Dr. Atiq,

Assalamualikum. I think your effort to start a relationship among physicians of Pakistani, Indian and Bangladeshi origin will have a significant positive impact in the future. The sub-continent needs peace among different groups and this may be a beginning of a genuine process. The projects can be taken to share technology, heritage, and good will.

We the physicians in USA are in a unique situation and can make a big difference. We are already friends and colleagues in the neighborhood, jobs and in other common gatherings. It is a great idea to take it to one step forward to build a bridge of friendship among the brethrens, resolve the misgivings and help creating a lasting peace in the region.

I again thank you for taking such an excellent and courageous move.

Sincerely,

Ziauddin Ahmed, M.D., President

INVITATION . . .

Dear All:

APPNA publication committee invites you to please submit any news or information you would like to share with APPNA members through news letter or the magazine.

The next deadline for APPNA winter journal is October 15th, 2004.

All news items must be in word format and any image must be in jpeg or tiff format.

You can email to rizwannaeem@yahoo.com or fur-rukmalik@aol.com or ziamoiza@aol.com.

If you like to advertise in the journal please contact Tina in APPNA office.

Thanks

Rizwan Naeem, Managing Editor

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Action Group of Physicians of South Asia

S.M.A. Ehtisham, MD

Action group of Physicians of South Asia (APSA) organized a seminar on "Prospects of Democracy in Pakistan" at the same venue as the June/04 meeting of APPNA. It was attended by about 250 people, mostly APPNA members.

Interest in Democracy in Pakistan is quite natural. Quaid-e-Azam M.A. Jinnah, the founding father envisaged a Federal Democratic set up based on the concept of equality of all citizens regardless of cast, creed or sex ethnicity or religion.

The Quaid had little time to draft a constitution and establish institutions. The country had no infrastructure, virtually no administrative services, no law and order enforcement capability, a million refugees had swarmed in and to top it all India had withheld Pakistan's share of assets. All the Quaid's skills and strength had to be devoted to getting a semblance of organized life in the country.

Quaid's successors did not have his stature, universal acceptance or skills.

The process of democracy was subverted by Maulanas and many others who had lately opposed the concept of Pakistan, calling it Kafirstan and Jinnah a Kafir. Feudal lords, bureaucrats and the armed forces whose primacy would be threatened by democracy aligned themselves with Moulvis. Governor General became a despotic ruler and when finally a constitution was passed and elections were imminent, army overthrew the civilian government and imposed Martial law.

The country has been governed by the armed forces, directly or indirectly since 1958 except for a brief few years of Z.A. Bhutto's tenure.

The seminar was ably conducted by Dr. Zafar Iqbal. Ten minute presentations by Mr. Aqil Shah, a political analyst, Senator Tariq Azeem (for Pakistan government) Mr. Ahsan Iqbal (for Nawaz Muslim league) Mr. Aitzaz Ahsan (Peoples party) were followed by a question answer session from the audience and a panel consisting of Amy Goodman, leading liberal journalist, Iftikhar Ali Chaudhury (Nation) Masood Haider (Dawn) and Nayyar Zaidi (Jung).

Mr. Aqil Shah contended that democracy could not thrive because of repeated Military interventions, Mullahs aligned with the military. Federal principle was abandoned and freedom of expression suppressed.

Senator Tariq Azeem defended the military take over claiming that Pakistani people were not fit for democracy. Politicians were only interested in becoming ministers and had asked the army to take over.

Mr. Ahsan Iqbal opined that there could not be any sustainable development without people's participation, everyone had access to information, Pakistanis had become apathetic and withdrawn into their shells, as they have been deprived of freedom of expression and basic human rights.

Mr. Aitzaz Ahsan argued that Ayub Khan's regime had caused a great paradigm change from the concept of welfare to a security state. Armed forces became defenders of faith, not just of the bor-

ders. They had their nose bloodied in 1965 war and brought on us the great national humiliation by not accepting the results of 1970 elections precipitating a civil war and surrender to Indian armed forces, televised all over the world.

Military/Mullah alliance was formalized during Yahya's rule and consummated in Zia's time. Musharraf, for all his secular claims can't break the tie.

Zia benefited from Russian/American proxy war in Afghanistan, aligned Pakistan with the likes of Taliban and Osama Bin Laden and imposed a cruel repressive regime based on intolerance, hatred and discrimination against women and minorities.

During the question answer session Mr. Ahsan Iqbal was asked why the military had overthrown Nawaz Sharif. His response was that both Bhutto and Nawaz had started their careers under the military, one was executed, the other exiled.

Mr. Aitzaz Ahsan on being asked why democracy did not thrive in Pakistan responded that it was a learning process, it was like a stream, if you stop the flow, it will stagnate. We should trust people and not generals.

The session was highly instructive though the fundamental question as to why the Indian army as much a product of the British Raj as its Pakistani counterpart couldn't manage even a single coup. The discussions attracted an enthusiastic audience among members of APPNA. APPNA leadership are to be complemented for welcoming the session which I must say was in line with the enlightened traditions of Pakistani physicians.

Association of Pakistani Cardiologists of North America

Javed Suleman, M.D., F.A.C.C.

Cardiac Disease being the number killer in both USA and Pakistan and the existence of large Pakistani American Cardiologist Community, a need to have a platform of their own by the Pakistani American Cardiologists was greatly felt. "Association of Pakistani Cardiologists of North America" (APCNA), was formed in March 2004 with the two pronged objectives: 1) to have a platform where Pakistani American Cardiovascular Physicians can come in contact with each other and work together to promote educational and scientific activities. To support, help and guide younger colleagues in career opportunities, etc., 2) To participate in combating Cardiac diseases in Pakistan in supporting education in prevention and treatment.

The inaugural meeting of APCNA was in March 2004 in New Orleans. It was attended by about 45 colleagues, including prominent cardiologists like Prof. Rahimtola and Prof. A. Jamil Tajik. Dr. Javed Suleman, was elected the President by this body. An organizing committee was formed which later expanded the cabinet to GS, Dr. Rizwan Karatela and Treasurer Dr. Amin Karim. Prof. S. Sultan Ahmed, Chair of the CABL Committee presented the constitution and by-laws in our second meeting in Washington, DC in June, which was unanimously approved by the 40 or so participants.

The membership drive for APCNA continues to go on. Please contact rizwan@karatela.com, kardio@swbell.net or jsuleman@aol.com for further information. Our next meeting is on December 20th in NICVD, Karachi, Pakistan, where APCNA is arranging a workshop with support of local CV specialists.



Panelist and audience at very lively meeting organized by APSA on prospect of real democracy in Pakistan.

A Day on the Hill

Mahmood Alam, M.D.

The theme of annual meeting 2004 was Freedom, Liberty, and Justice. Both individual and collective grass-root work and advocacy is imperative for the matters that affect us as physicians and members of Pakistani-American community. APPNA organized the Day on the Hill in collaboration with PAKPAC and with the help of other civil rights organizations on June 10, 2004. It was an appropriate thing to do in the present day social and political climate. A record number of Pakistani Physicians joined this event at the Capitol Hill that was a key component of this year's annual summer meeting.

The day started with a two-hour long briefing session from 7:30 a.m. to 9:30 a.m. at the Wardman Park Marriott Hotel pertaining to "Effective Advocacy at the Capitol by Physicians". Seasoned and accomplished congressional staffers and professionals from ACLU, CAIR, and national immigration forum led this session. They briefed the audiences on two bills namely, Civil Liberty Restoration Act of 2004 (CLARA) and the Safety and Freedom Ensure Act 2003 (SAFE). They discussed the civil rights issues pertaining to Muslims in the post September 11 scenario. They emphasized the need to protect our rights as a people and to speak up for this just cause. The panel gave instructions on how to communicate and lobby effectively with the legislative staff. The participants picked up the folders that contained the materials including the talking points on the issues to be discussed with the legislators.

At 9:30 a.m., buses departed the hotel for the Capitol Hill. From 10:00 a.m. to 12:00 noon, more than 100 APPNA members met with their senators and congressional representatives. They conveyed their concerns about the PATRIOT act that has affected their civil liberties. They sought the support of legislators to vote against patriot act in its present form. They also requested their legislators to sign a letter to the President expressing the concern over Visa refusals to the physicians and students from

Hundreds of APPNA members lobbied their legislators this summer



Dr. Nasir Gondal and Dr. Saud Anwar the main organizers for the Day on the Hill.

Pakistan as well as inordinate delays in security clearance after obtaining the visas.

The next was the APPNA luncheon reception in the honor of senators and representatives at the Capitol in the Senate Russell building from 12:00 noon to 2:00 p.m. Senators Tom Harkins (D-IA), Senator Hillary



Clinton (D-NY), Senator Tom Carper (D-DE), Senator Tim Johnson (D-SD), Senator Blanche Lincoln (D-AR), Senator Lincoln Chafee (R-RI), Senator Arlen Specter (R-PA), Congressman Rob Simmons (R-CT), Congresswoman Sheila Jackson Lee (D-TX), and Congressman Mike Ross (D-AR) graced the occasion and each of them briefly addressed the jam-packed Hall. Most of the legislators shared our concerns about the impact of patriot act on the civil liberties of American-Muslims. They voiced their support and suggested to become more proactive for our rights.

They voiced their support and suggested to become more proactive for our rights.

This was a great opportunity to visit and interact with our legislators. It was a unique experience for many to know how the political process works at the capitol. Participant did their effort to protect our civil rights and liberties in these difficult times. "It was an opportunity to explore the legislative and political aspect of medicine; to see from a different angle when we lobbied for visa issues", Dr. Sajid Chaudhry, President physicians-in-training section commented. It was a first and positive experience for most of the participants. It was indeed a success, Dr. Omar Atiq, president APPNA, expressed his feeling at the end of the day. We need to thank Dr. Saud Anwar, Dr. Nasir Gondal, and many other APPNA friends for their efforts to make it happen", Dr. Atiq added. It was a second day on the Hill by APPNA in less than a year. Although it sounds a good sign, nonetheless, it is just a beginning of a continued struggle for our rights. We hope that APPNA leadership would build up on this work in an organized manner!

It was indeed a success, Dr. Omar Atiq, president APPNA, expressed his feeling at the end of the day. We need to thank Dr. Saud Anwar, Dr. Nasir Gondal, and many other APPNA friends for their efforts to make it happen", Dr. Atiq added. It was a second day on the Hill by APPNA in less than a year. Although it sounds a good sign, nonetheless, it is just a beginning of a continued struggle for our rights. We hope that APPNA leadership would build up on this work in an organized manner!

Comments on summer meeting

Shahid Latif

Day on the Hill on June 10th 2004 was a truly great achievement. Under Leadership of Dr Omar Atiq and tireless efforts by Dr Nasir Gondal and Dr Saud Anwar APPNA got much more than what we expected. We had a shining array of US Senators come to our meeting in a US Senate room.

The list included Sen. Hillary Clinton (D-NY), Thomas Carper (D-DE), Tim Johnson (D-SD), Arlen Specter (R- PA) among others. Also present at the occasion was Mr. Rashid Chaudhry who is very influential in Washington DC political circles and is personal friend of Clintons.

This event obtained many desirable results foremost being Unity of Cause amongst APPNA members. It was a great scene to look at hundreds of APPNA members gathered in a US Senate Meeting room. Matter of fact the room turned out

to be much smaller than anticipated by organizers in face of a huge number of APPNITEs showing up.

But the most important goal we accomplished was showing the power players in Washington DC, numerical and financial strength of our community. Almost all speakers acknowledged our positive work ethics, our contributions to mainstream Americana in so many different fields.

We should realize that this exercise will not only highlight and help resolve our issues of J-1 Visas and Civil liberties in power corridors of Washington DC but also create a need for Power Brokers to seek our communal help at times of their need.

We should use the momentum created by this event in the future as well.

I want to thank Dr Nasir Gondal and Dr Saud Anwar again for their dedication and hard work to make this event a great success.

APPNA 25TH Winter Meeting 2004

Dear APPNA Members:

The 25th Winter Meeting of APPNA will be held at Peshawar, Pakistan from December 20-23, 2004. This will be in association with Khyber Medical College who are having their Golden Jubilee celebrations at the same time.

We are organizing a state of the art scientific program, which will be held at Khyber Medical College on December, 21-23, 2004 from 9:00 am to 2:00 pm. The total CME hours will be 15. In addition to the state of the art lectures we will have symposium on genetics, pediatrics, infectious diseases, and nephrology by leading experts in those fields. If you would like to present a paper please contact Dr. Ashfaq Shuaib.

We are negotiating a special rates at the Pearl Continental Hotel, which we will communicate to you on a later date.

While at Peshawar, you will have the opportunity to see the Pakhtoon hospitality, typical Pathan Cuisine, lots of site seeing, entertainment, and the Khyber Fiesta, which some of you have attended in the past and have enjoyed.

Please complete the registration form as soon as possible and fax it to APPNA at 630-968-8677. Since this is a very busy travel time, we urge you to make your airline reservations as soon as possible. If you have any questions, please do not hesitate to contact the APPNA office.

For hotel information we need your arrival time, duration of your stay, and the number of rooms required.

Javed I. Bangash, M.D.
Chairman, APPNA Winter Meeting
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Cell Phone: (847) 682-3169
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President, KMC Alumni
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Amjad Hussain, M.D. • Home Phone: (419) 865-8733
e-mail: aghafi@buckeye-express.com

Honors for APPNA Dr. Rehman

Abdul Rehman, M.D., was recently elected Chairman of the Board of Trustees of The Medical Society of the County of Kings, Inc.

Dr. Rehman has been serving on the Board of Trustees since 1990, and was elected President of the Society from 1991-1992. He was the first Asian physician to hold this post at the Society.

Born in Kashmir, and a graduate of Dow Medical College, Karachi, Pakistan, Dr. Rehman arrived in the United States in 1969. He is a Board Certified Internist with specialties in Hematology and Oncology. He is a Fellow of the American College of Physicians and a Clinical Assistant Professor at Weill Medical College of Cornell University. Dr. Rehman has been in private practice in Brooklyn, New York since 1973. He and his physician wife, Razia Rehman, have been long time residents of Staten Island.

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Barakah Hajj & Umrah is guided and led by **Riaz A. Akhtar, MD, FACC,**

*Lifetime member of APPNA, KEMCAANA, PPS, Regional Councilor APPNA-2005
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By Shahid Sheikh, MD

APPNA is a jewel in Pakistani professional organizations in USA because of its commitment to democratic values within the organization and its ability to form collaborations with other organizations. In past, APPNA used to be a social club and physicians joined organizations like APPNA for limited reasons such as:

1. Nostalgia factor. APPNA meetings for many were home away from home.

2. Friendship factor. To nurture both personal and family friendships.

3. Association with parent institutions (Alumni factor).

4. Numbers factor. Few medical colleges, thus strength of one alumni compared to others was important for many individuals.

5. Exclusivity factor. Few Pakistani organizations and thus feeling of being elite within our own communities.

Much has changed now over the time. The number of physicians coming from any one medical school is decreasing. There are large ethnic communities in almost every big town so Pakistani physicians can easily find friends among them without having the need to seek out APPNA for social reasons. Now, the emphasis is more on professional needs and political clout than before. Life is tougher than it used to be for IMGs and so it is difficult for many to find the time or to be easily able to afford the trips to APPNA conventions. Also, coming to America has now become such a difficult process that many of the newer physicians are very rightly focused on making the best of their professional opportunities back home. And, sadly, Pakistan for many of the newer immigrants is no longer the "fun" place as it used to be and therefore the nostalgia factor is less prominent than before.

Question which comes up is what APPNA can do in these changing times. APPNA has to change its emphasis, which is slowly but surely doing from being a fraternal to a professional organization. Networking, physician support and political clout are becoming more important, especially in the present environment and it is time for APPNA to spread its wings and start having more local meetings with networking, political activism and medical education as the primary goals with "hulla gulla" as an inducement to attend.

Primary objectives and vision for APPNA as an institution are constantly evolving because of changing needs of our profession and our communities. Local Pakistani communities have emerged and evolved in almost every town in USA and one does not need APPNA meetings for social gathering alone. Political mess, lack of rule of law along with extremist religious activism in Pakistan has created a rebound phenomenon in Pakistanis living abroad and political activism has emerged within APPNA. Events of 9/11 have changed all of us for ever and our communities had to come out of their 7/11's and are learning to think as a community. In many

Is APPNA Ready for New Challenges?

cities, moderates within our communities were not happy with fundamentalists controlling our mosques and through mosques controlling our communities and thus a need for alternative and relatively secular organization and leadership developed. That led to a large number of new social activists searching for alternative platforms for leadership opportunities and no surprise many of them are physicians, thus APPNA end up taking this responsibility (willingly or unwillingly). These new objectives changed the old perception of APPNA and many of the old guards were not comfortable with this change. As these new activists changed the vision for APPNA, holders of traditions felt threatened for the first time within APPNA. This was complexed

by another phenomenon and for the first time a new alumni challenged the traditional controllers of APPNA creating jitters within old guards because now APPNA is too big to be controlled by a single alumni and is still not big enough to bear the ill effects of fighting between two powerful alumni.

As a response now alumni are talking about reinventing themselves and have started writing their "anthems/taranas" and soon will develop "armies" to defend their piece of the pie and an era of fraternity based blackmailing will emerge. We have already seen few glimpses of this negative phenomenon at last elections which was very painful to watch. To me this is a very negative phenomenon because it will develop atmosphere of intolerance within two largest alumni. The people who will suffer will be moderates and the silent majority of APPNA and logical end result will be loss to APPNA by losing more members. Thus democracy within APPNA will suffer which will lead to demise of APPNA as we know of.

Now the next question is how to resolve this issue even before it becomes an issue and at the same time by respecting all and challenging none and still continuing as a fully democratic organization. To me the answer is very simple. In an organization, as long as source of power are only two groups (you may call them alumni, ethnic groups or any other form of sources of power), this conflict will not resolve but will escalate. The solution is to create more than two equally strong sources of power within APPNA so that power can be shared in such a way that no one can control or claim it but everyone has equal chance of acquiring it. No one needs to be a member of elite to be heard in APPNA.

In my personal opinion, we should orchestrate and activate an old but forgotten platform within APPNA. Alumni are precious but should not be the source of activism and should be our social clubs. Alumni affiliation is reflection of our past but we should look at the future. We have reached a critical mass in our adopted country to vitalize our regions and state chapters. We can energize 5-6 regions with almost equal numerical strength to gain equal significance within APPNA thus

creating at least 5-6 strong centers within APPNA. As the power will be divided in many sources (regions) and in each source all members will be considered equal members of APPNA, their close personal local contacts will lead to local networking which with time will surpass alumni affiliations. This will have many benefits

1. It will diminish fraternity based infighting
2. Every chapter has about 30% of its members which are members of only local chapter. As each region will compete with 5-6 other regions in EC, they will actively try to make sure that all of their local members are also members of central APPNA thus our stagnant membership will increase by at least 20-30%.
3. Political activism is always local. Local chapters/regions can develop close connections with local communities, organizations and local and national leadership from their region thus will be in better position to influence local and national politics than what alumni can do.
4. As every region will have an equal chance to leadership, fraternity influences will decrease. Individuals from smaller alumni and those without alumni will have the same feeling of power as members of two major alumni and people will vote for better candidates based on their personal performances as leaders not based on which alumni is supporting them. As no region can make their candidates win by local votes only, candidates will need a national flavor and their hard work within APPNA not only within a specific alumni will be needed for them to acquire central office. And the list goes on.

To keep checks and balances, we need to make sure that all chapters and regions should be open to all Pakistani physicians and should conduct uninterrupted pre-scheduled annual open elections and each chapter/ region should have a well defined constitution and bylaws approved by the central APPNA and no change in these laws will be valid unless approved by the majority of local and majority of the central executive council of APPNA. I think if central APPNA strictly monitor the code of conduct and true democratic traditions are followed, we can successfully launch APPNA in these new waters. Universal constitution for all regions along with mandatory free scheduled elections within regions and sub-regions and strong grievance committee is required for this experiment to be successful within the framework of APPNA.

Regional networking is the format followed by AMA (American Medical Association) and all other major ethnic medical professional organizations in USA. Regions and local chapters in APPNA will not be independent groups but sub groups within APPNA. They will act as nurseries for future leadership and should function with democratic values and should provide equal opportunity to all of their members.

This concept of regional chapters, regional networking, inter-chapter collaboration and joint regional meetings is somewhat new in APPNA. I think it is time for APPNA to supplement its present fraternity based networking with regional planning and coordination. We do need another cushion of safety for the future integrity and unity of APPNA which can be provided with regional collaborations and networking.

(Segments of this letter are derived from discussion between Dr. Shahid Sheikh and Dr. Mansoor Hussain at e-list@appna.org which is an e-mail group of APPNA for its members to conduct open and uncensored discussions and is moderated by Dr. Amin Karim).

Keeping the Tradition of Democracy and Equal Opportunity

Rizwan Naeem and Yaqoob Shaikh

On May 22nd Houstonians continued their tradition for supporting democracy and equal opportunity by inviting contesting candidates Dr. Zeelaf Muneer and Dr. Rasheed Paracha to discuss their agenda.

In addition to the candidates we like to thank all members of APPNA executive committee for taking time to come and support Houston physicians for their efforts.

Dr. Rizwan Naeem who was also the MC for the program opened the meeting and highlighted the efforts and work of Houston physician towards democracy and peace in South Asia. He mentioned that Houstonians would keep another tradition alive by jointly celebrating our Independence Day with Indian counter parts together in August 2005 under the banner of APSA (action group of physicians of South Asia).

Chief Organizer of this meeting Dr. Yakoob Sheikh from Sind medical College spoke about need for more collaboration and community activities. He also announced donation of \$500.00 each for APPNA SEHAT, HDFNA and Pakistan Kidney Institute from Houston group.

Dr. Sohail Siddiqui from Dow spoke about significance of increasing membership from Houston and pledge to work towards that.

Dr. Asaf Qadeer from KE and president South Texas Chapter of APPNA emphasized the need of working together and toward the next APPNA meeting in Houston.

In addition Judge Al Green former president of NAACP local chapter and now the candidate for the 9th US district open heatedly welcomed APPNA physician and was delighted to be part of APPNA day on the hill in June. He promised to work with APPNA physicians towards preserving human rights and civil liberties.

Other presentations included Dr. Hasan Bukhari from APPNA SEHAT, Tauseef Siddiqui from HDFNA and Dr. Saeed Akhter from Pakistan Kidney Institute to give brief presentations.

Dr. Jay Raman from local AAPI chapter addressed our local efforts to collaborate and keep pushing the agenda for Peace in South Asia.

Dr. Nadeem kazi announced his candidacy for the next years as president elect.

Dr. Hussain Malik announced APPNA 2005 meeting details, as Houston will be the host city. He also announced CME and good will trip to India in March 2005.

Dr. Omar Atiq discussed the details of APPNA day on the Hill and summer meeting. He thanked every APPNA volunteer for working hard to make APPNA a better organization.

After delicious dinner the all time great singer Aalamgir entertained for two hours.

The next morning Dr. Rizwan Naeem hosted an open house brunch for the activists and out of town guest with nehari, halwa paratha and paw bhagii at his home.



Drs left to right, Yaqoob Shaikh, Amin Karim, Qadir Memon, Daulat Shah, Nadeem Kazi and Rasheed Paracha at Houston meeting.

Mahmood Alam, MD, FACP, FACC
Diplomate American Board of Interventional Cardiology

Candidate for APPNA Secretary - 2006



Dear Friends & APPNA Members:

Assalamu-Alaikum. Thank you for electing me to APPNA Treasurer 2005. I have confidence in your support and I value your trust. It is encouraging to me to rise through the ranks and announce my candidacy for Secretary APPNA 2006.

I have a record of accomplishment of effective leadership and ability to deliver visible results. My professional activism started as a medical student when we supported Pakistan Doctors Organization (PDO) in our struggle for the rights of young doctors. Twenty years later, the activism continues. I take pride being part of APPNA activists that care about the present day challenges and lend their time and resources to achieve our objectives.

My Vision for APPNA:

- 1) To make APPNA a fiscally stable organization by building its foundations on endowment that caters for our present & future needs.
- 2) To run APPNA as an effective organization, by consensus building & cooperation.
- 3) To organize APPNA at grass root level by strengthening the local Chapters at major Metropolises.
- 4) To lend support and provide effective guidance to Young Physicians by establishing a resource center at APPNA Headquarters.
- 5) Pakistani-American community development by building bridges with other fraternal organizations.

Brief review of my Services to APPNA & the Community

Treasurer APPNA.....2005	Co-Chairperson
Life Member APPNA..... 1996	Membership Committee.....2003-04
Co-founder, NY Chapter..... 1997	Young Physicians Taskforce2003-04
Founding Member AIMCAANA 1998	Directed, Tri-State Young
Past President, NY Chapter2000	Doctors' Seminar2003
Organized & Directed First	Sponsor APPNA-SEHAT2003-04
Young Doctors Seminar, NY2000	Chairperson, Spring Meeting2004
Member Central Executive Council2000-02	Life Member IMANA 1997
Councilor Region II2001	Active Member, CAIR since..... 1999
Project Evaluation Committee2001	Member BOT, HDFNA. since2000
President AIMC Alumni2002	Founding Member HDFNA2004
Committee for Medical Clinics..... 2002	Founding Member APCNA2004
Member host committee	Secretary, Society for International
Annual Summer Meeting2002	HELP (SIH) since.....2000
Founded New Jersey Chapter2003	Secretary, Foundation of the
	Faithful (FOF) since2000

Dear Friends, I present my credentials and vision to you and ask for your support. Lets' make APPNA a more representative, vibrant, and effective organization of Pakistani-Americans that can deliver and stand up to present day challenges. I am a team player and together we can make a difference.

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Nadeem A Kazi. MD

for President Elect APPNA 2006



Dear APPNA members

Thank you for accepting me to serve APPNA as a Secretary 2005. I appreciate your confidence in me. As a treasurer I am focusing on improving the clarity and accountability in account management of our funds. The complete report will be presented in October at the executive council meeting. I need your vote and support.

Services to APPNA

Secretary elect APPNA 2005

Treasurer APPNA 2004

Chairperson of Finance Committee 2004

Chair Winter Meeting in Karachi 2003

Founder and Past President of Arizona Chapter of APPNA

Chairperson of Membership Committee – 2003.

Increase the membership form 1880 to 2200, largest ever in APPNA history

Co chair Finance Committee – 2003, 2002

Member Bylaws and Constitution Committee – 2003 & 2004

Chair Host Committee APPNA fall executive meeting – 2002

Establishes new standards for the fall and spring meeting of APPNA

Co chair Membership Committee – 2002

Member Finance Committee – 2000

Member Membership Committee – 2000, 1999

Member Executive Council – 2000 and 2003

Services to SMCAANA

President – 2000

Increase membership from 45 to 230 in one year

Vice President – 1998 & 1999

Chair winter meeting SMCANAA & APPNA 2003

Member, Board of Trustee – current

Started an ongoing ACLS training program in Pakistan during my presidency

Publish the first ever Membership Directory.

My Goals

- ◆ Uphold APPNA constitution by working together and enhance the reputation of our community in the United States.
- ◆ Provide a strong platform to APPNA members to promote the interests of APPNA members in North America. Provide legal assistance and resources to protect our civil liberties.
- ◆ Continue existing programs with fiscal responsibility.
- ◆ Focus more on human rights issues in Pakistan and United States.
- ◆ Educate our members regarding current circumstances and assist them members to integrate socially, politically, and professionally into their communities without losing their own identity.
- ◆ Facilitate IMGs to obtain Visa and Residency Positions

I believe in team work. I will serve my position faithfully as a team leader to deliver the best of the best for the organization. I need your help and support to achieve these goals. I am taking the opportunity to announce my candidacy for the position of President Elect of APPNA in upcoming elections. We will move forward with your support, should achieve what is rightfully ours. I request your vote.

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M.H.A. Qazi M.D.

Candidate for APPNA President Elect 2006

P.O.Box 22181 Orlando, FL. 32830 • (407)247-2828

docqazi@yahoo.com • WWW.REALQAZI.COM



AGENDA

- ◆ Focus on the needs of Pakistani Physicians and their families in America.
- ◆ "APPNA DOCS" - Free Health Check program for the needy.
- ◆ "APPNA Placement Bureau" for the young Pakistani Physicians.
- ◆ "APPNA Health Talk" - prerecorded DVDs for broadcast in Pakistan and U.S.
- ◆ "APPNA Medical School in America"-a joint Feasibility Study with IMA.
- ◆ "APPNA WARDS" in teaching hospitals in Pakistan.
- ◆ "APPNA Guest Housing" for PMGs in America.
- ◆ "APPNA Medical Student" exchange program.
- ◆ Build bridges between other minority **Professional Medical Organizations**.
- ◆ Join hands with national organizations to fight against discrimination and promote "Civil Rights Plus" agenda in America.

ORGANIZATIONAL EXPERIENCE

- ◆ President Elect APPNA -Florida - 2005-2006.
- ◆ Co-chairman APPNA Village Committee.
- ◆ Co-chairman Host Committee APPNA summer meeting 2003, Orlando, Florida.
- ◆ Co-chairman Host Committee APPNA fall meeting - 1994.
- ◆ Co-chairman Host Committee APPNA spring meeting - 2002.
- ◆ Co-chairman APPNA organizing Committee for trip to India - 2004-2005.
- ◆ Vice president APDSA (Association of physicians and Dentists from Southeast Asia) 1992.
- ◆ Chairman MBPA (Muslim Business and professional Association) - 1998-1999
- ◆ Member Board of Directors SOP (Seeds of Peace) - 2003-2004.
- ◆ President of American Muslim Alliance-Orlando - 1995-2004
- ◆ Organized Town Hall Meetings "Meet the Candidates" - 1996-2004
- ◆ Organized Muslim Culture Fests in Orlando - 1996-2000
- ◆ Chairman of the Fundraising Committee for Senators and other politicians in Florida.
- ◆ Chairman of the Media Committee- AMA-Orlando appeared in several radio, T.V. and newspaper interviews
- ◆ Chairman of American Muslim Alliance- Florida 1998-2004
- ◆ National Coordinator of American Muslim Alliance - 2001-current
- ◆ Secretary Tutorial Club at KEMC - 1964-1966
- ◆ Contributor to Local Islamic Centers and Islamic Schools.

PUBLIC SPEAKING EXPERIENCE

- ◆ AMA - Local and National Conventions
- ◆ AMT - (American Muslim Task Force)
Town Hall meetings.
- ◆ CAIR - Regional conventions.
- ◆ AMA - Press conferences.
- ◆ APPNA - MC annual summer entertainment
2003 in Orlando.
- ◆ TBMA - (Tampa Bay Muslim Alliance)-
Politics in the Park.
- ◆ APPNA - CME Speaker
- ◆ AMS - (American Muslim Society) - Florida
- ◆ ICBR - (Islamic center of Boca Raton)

MEMBERSHIPS

- ◆ Member of APPNA since its conception
- ◆ American Muslim Alliance
- ◆ American Muslim Council
- ◆ Executive Committee Florida Hospital,
Kissimmee - 1995-2004
- ◆ Florida medical Association
- ◆ Radiological Society of North America
- ◆ CAIR
- ◆ Arab American Community Center
- ◆ Member ICCFL (International Council
of Central Florida)

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Health Care in Pakistan

M. Sindhu, M.D.

I would like to bring to your attention an incident which occurred at Sheikh Zayed Hospital, Lahore, Pakistan. As you will see it shows the extremely poor quality of medical care at said hospital.

Mrs. Biquees Begum, Age 65, went for a visit to Pakistan from the United States of America. While there she acquired a respiratory infection which progressed to Pneumonia. She was admitted to the Sheikh Zayed Hospital. The attending physician diagnosed pneumonia and saw some density(?) on the chest x-ray. The patient was advised to have a CT guided lung biopsy and was sent to have the procedure done at a private clinic outside the hospital. The hospital's CT Scan had been out of order for a some time. Mrs. Begum's son took her to a private hospital by ambulance and then accompanied her to her bed at the hospital after she had had the biopsy. A chest x-ray following the lung biopsy clearly showed 60% pneumothorax. Apparently no one bothered to pay attention to the pneumothorax even though the patient continued to have shortness of breath. The lung biopsy was performed on a Friday so the attending physician did not see her on Friday, Saturday or Sunday. Finally on the 4th day, which was Monday, her condition had further deteriorated. On Monday, after she was seen by the attending physician at which time he decided to insert a chest tube. This took place several hours later after the physician was finally told to purchase the chest tube and other medications from outside the hospital. Mrs. Begum was sent to the OR (Operation Theatre) for placement of the chest tube. Two hours after she went into the OR and only after the family's questioning, the family was told that preparations were still being made for the procedure. Another 2 _ hours later the family was told that prior to insertion of the chest tube the patient had had a cardiac arrest. The staff had resuscitated her and then inserted the chest tube. However, she remained immobilized.

The family was told that the hospital has a total of 6 respirators of which only 1 was in working condition. The other 5 respirators were out of commission and the 1 which was working was already being used on a patient which they pointed out to the family in the ICU (Intensive Care Unit). One member of the family was summoned to the patient's bedside and was told to keep giving her breaths by using an Ambu-Bag. The instructions which were given to him were to "squeeze this bag and when it becomes flat raise your hand and when it is re-inflated make it flat again". They were never told how many times per minute the breaths should be given, when to stop, what signs to look for, etc. The family was also told to make arrangements on their own to transfer the patient to any place that they could find where a respirator was available.

2 additional hours had passed when a repairman arrived stating that he had come from Gujranwala to fix the broken respirator. After working on the broken respirator for a time it was declared that the respirator was repaired and could be used. Mrs. Begum was subsequently put on the respirator but 30 minutes later she had had another cardiac arrest and expired.

From the above account you can imagine the state of affairs and standards of care at this institution. Sheikh Zayed Hospital is also a "Post Graduate Training Institution" which means that they are training "Specialists". What type of edu-

cation and knowledge is being provided and what caliber of specialists is this institute producing? I am not trying to compare their standards with American standards. However, at least recognizing the complications of lung biopsy, i.e. pneumothorax, putting in a chest tube and keeping respirators/CT Scans in working order are basic rationales. On top of that, requesting that a family member ambu-bag the patient without proper instruction is out right reprehensible. Instead of making further progress to enhance the medical community it appears that this hospital has reverted from its conception and continues on a downward spiral. It is scandalous that this hospital cannot even maintain the medical equipment which was provided to them.

The Chairman of Sheikh Zayed Hospital is an American trained Gastroenterologist. One wonders how compromised care, unacceptable medical management and inadequate administration at this hospital are acceptable to him and/or tolerated by him. It is obvious that when there is no accountability that human life has no value at this institution. God knows how many innocent people lose their lives every day in a system that is run by culprits who are not liable to anyone because the Pakistan System is based on corruption, nepotism and who is who.

As a group of "true" medical professionals I urge each of you to take a moment and consider what steps can be taken to eliminate this type of neglect and poor care from reoccurring in our homeland. The ill and critically ill patients of Pakistan, especially the poor, deserve better. Just as our generation was taught, both the patient and their families should be cared for with the utmost competency and respect. Medical resources and life saving equipment on hand at Pakistan institutions should be nurtured not neglected. I am confident that collectively we could propose recommendations in an attempt to reverse the atrocities that are transpiring.

When I first heard of this horrific situation my heart sank. I was terribly disappointed and saddened to hear the state of care at this institution. My mind was racing attempting to unscramble the possibilities. What could one person do? How can "we" make a difference? What input can the APPNA provide? Who has the answers? No "one" has all of the answers. However, I have faith that our respected organization does have the ability to bring awareness to the governing body in Pakistan.

Keep in mind that, as we are all aware, the above situation is not typical of all the Pakistani Physicians practicing in Pakistan. There are always exceptions to the rule. I am sure that there are many that work hard with honesty and integrity who give their best and attempt to change things. (Obviously they have not succeeded). We cannot believe that change will be easy to come by. The front line physician, although willing to adhere to the highest standards, is constricted by the system and its lack of accountability. In this case correction cannot start at the bottom - it must start at the top. "Revolutionary type" changes will be needed to transform the entire system. Quality of care, professionalism, accountability and maintenance of resources is paramount. We cannot depend on others to provide the solution or to formulate rectification. We must strive to continue to do our best to help our Country. We cannot give up!

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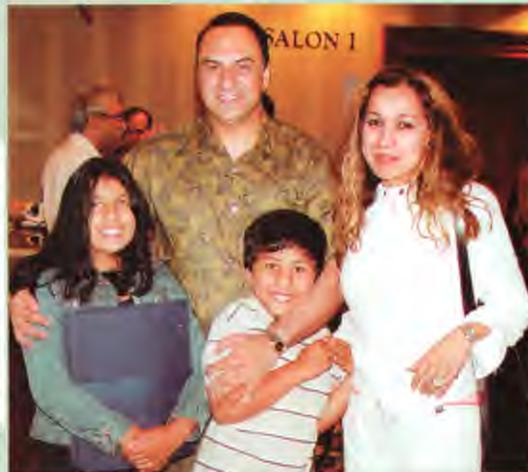
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Photos by M. Shahid Yousuf



(Above) (L-R) Dr. Omar Atiq, President APPNA and Dr. Rashid Piracha (President Elect 2006)
 Photo Left: (L-R) Dr. Zeelaf Munir (Secretary APPNA), Dr. Omar Atiq and Dr. Ahmad Hussain (OH)



(Above) Dr. Sadeem Mahmood with his wife and children



(Above) APPNA China Tour group reassembles L-R Mrs. Tanveer Khan, Mrs. Nazneen Muslim (NY), Mrs. Zubaida Afzal Arain (CA), Saeeda Alam, Dr. Javed Akhtar (standing) (PA), Dr. Shahnaz Akhtar (PA) and Mrs. Firdous Sharif (IL) (Photo Right) Members of the Dow batch 1979 Silver Jubilee Reunion Committee prepare for the day ahead well armed with coffee (L to R) Drs. Hameed Piracha (VA), M. Javid Yousuf (MI), Arshad Saeed (Ottawa-Canada), Shamima Abbas and Rashida Abbas (NY) This batch intends to refurbish the Civil Hospital X-ray Dept.

(L-R) Drs. Nasseem Shekhani (MO) Prof. Dr. Shafiq ur Rehman CHK, Karachi, Sadeem Mahmood (AK), Syed Samad (AK) DOGANA President elect 2005 and Zafar Iqbal (NY)



(Left) Dr. Azra Raza (IL) awaits laptop output adjustments being made by Dr. Raza Dilawari (TN), (Right) Dr. Salim Chowdhrey (NJ) and Dr. Shameem Baig (FL) (Below) Dr. Ghazala Kazi



(L to R) Past Presidents Dr. Raana Akbar (MI) and Dr. Waheed Akbar (MI)





DOW1980 (L-R) Drs. Kaleem Arshad (AK), Hasan Ali (MA), Yasmin Qasim (CA), Rana Sherwany(MA), Zahida Bhutto(CA), Saeeda Malik(IL), Sibte Hasan Kazmi(MA), Dr. Jahan' Zaib Qureshi(PA)



Khyber Alumni (L-R) Drs. Muhammad Khalid President Khyber Alumni, Jafar Shah APPNA Board of Trustees, Khalid Mufti Principal Khyber Medical College, Siraj Ahmad Former Principal Khyber Medical College, Amjad Ahmad former APPNA President, Jawad Ahmed visiting Khyber Medical College Scholar to Medical College of Ohio and Dr. Owais,



Drs. Shabbir Nasir, Principal NMC, Rashid Piracha & Shahid Latif



Dr. and Mrs. Shaukat Khan (Former APPNA President)



Dr. and Mrs. Shabbir Safdar, (MO)



(L-R) Dr. Ahsan Rashid (CA), Vice-Chancellor DUHS Dr. Masood Hameed (center) receives an award from Dr. Omar Atiq (on right)



Dr. Malka Arain, Mrs. Tariq Shaikh, Dr. Tariq Shaikh, Dr. Waseem Arain(MA) (Left) Dr. Zia Moiz (MO) President DOGANA



(Above) Sheru Ahmad a SAYA member
(Left) (L-R) Dr. Zeelaf Munir being interviewed by Nazia Khan of Voice of Pakistan Radio Program, Detroit Michigan.



(Right) Dr.Naheed Morril's family
L-R. Zenobia,Clarissa, Dr. Naheed Morril and Anarkali



(Above) Dr.Rizwan Naehm poses a question to the panel on Hudood Ordinance discussion. Dr. Mahjabeen Islam awaits turn on extreme left
(Left) Lawyer Asma Jehangir (Pakistan) fields questions from the audience while Dr. Rizwan Karatela (FL) in center moderates the discussion.

Dr Sultan Shaikh (NJ) addresses a panelist: Pakistan Government Minister in Pakistan but poor reception in Pakistan compel him to kneel near the stage. Dr. Zia Moiz looks on



Dr. Omar Atiq addresses DOGANA banquet



Dr and Mrs Ayyaz Qureshi (NC) at DOGANA banquet



(L-R) Mrs. Afzalunnisa Islam and daughter Dr. Mahjabeen Islam (OH) at DOGANA banquet.

(Below) Dr. Amanullah Khan (TX) presents his poetry. His Punjabi verses were much appreciated by the audience. He is eagerly awaited by his ardent fans.

Dr. Shamsa Qureshi (OH) presents her poetry at the APPNA Mushaira.



Renowned Indian Urdu writer Gopal Chand Narang(extreme right) receives an Award from APPNA President Dr. Omar Atiq.(center). Dr.Abdul Rahman (NY) reads the commendation Dr. Taqi (Canada) seen in background presided over some of the session. Mr. Narang's presentation held the audience spell bound.





Dr. Omar Atiq presents an award to former Congressman David Bonior (D-MI) for distinguished record of public service to his constituents and the country at large.



(L-R) Dr. Omar Atiq, Dr. Anif Muslim presents APPNA award to Dr. Nadeem Kazi, Treasurer APPNA, Dr. Raana Akbar in foreground applauds.



Dr. Hussain Malik, President Elect 2005



(Above) Mrs Firdaus Sharif and Dr. Mushtaq Sharif (L)
(Left) US Senator Tim Johnson prepares to address APPNA members.



(L-R) Drs. Amna Ibrahim, Saima Zafar, Asim Malik & Aisha Zafar
Below Dr Amin Karim (TX) at Association of Pakistani Cardiologists of North America (APCNA) meeting

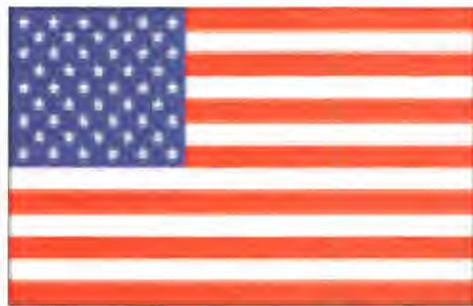


(Above) (L-R) Drs. Sultan Shaikh & Javed Suleman at APCNA (Photo Left) Dr. Durdana Gilani (CA) on right and Dr. Shahida Siddiqui on left, Dr. Syed Nur ul Zaman (center) (Below) Partial view of APPNA banquet attendees which numbered well over one thousand physicians and their family members

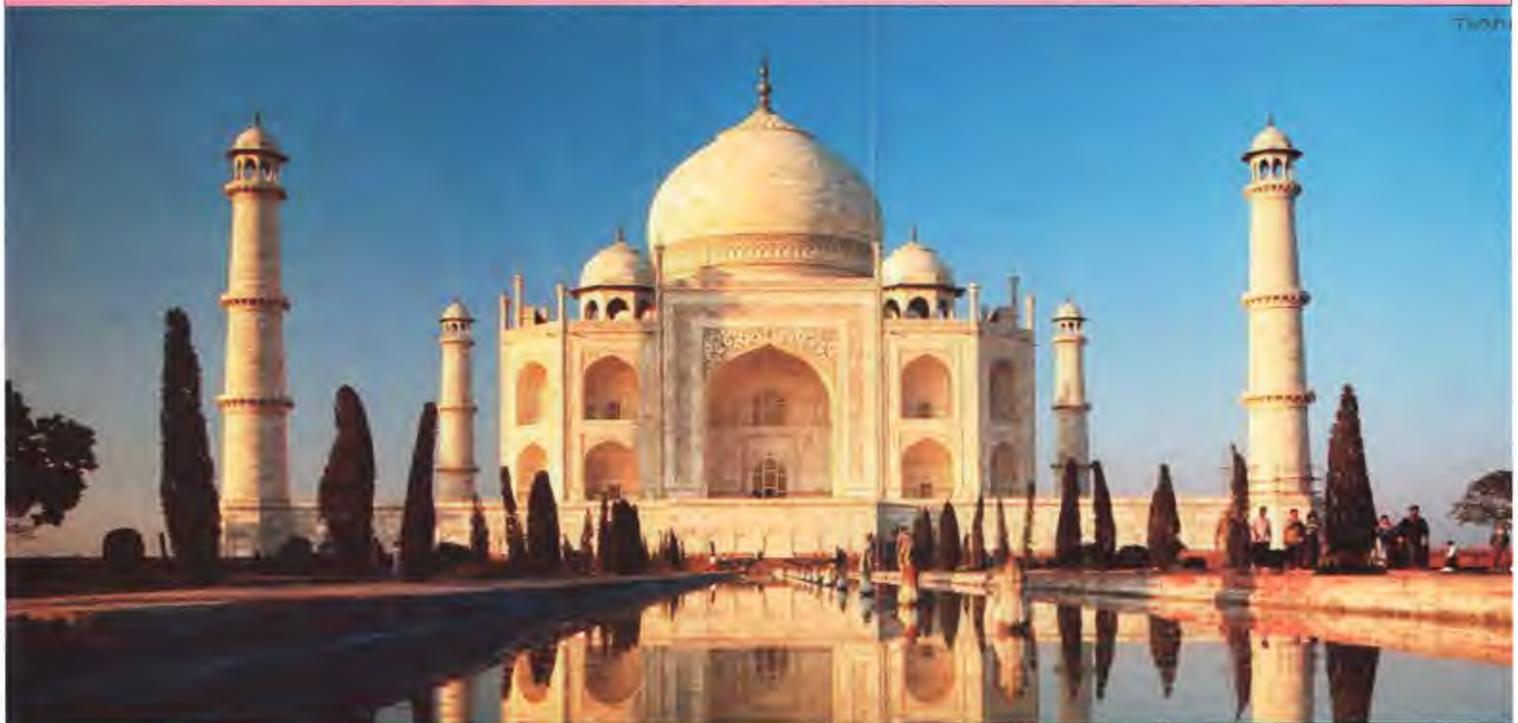


The Editor thanks Dr. Shahid Yousuf for his contribution of pictures.





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