



# APPNA Newsletter

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A BIENNIAL publication of the Association of Physicians of Pakistani-Descent of North America

## Message From The President



Manzoor Tariq, MD

Dear APPNA Members,

This spring, as we welcome the season of renewal, it is my pleasure to announce that APPNA is being revitalized as well. In the first three months of my term, I have been working diligently to make significant changes within APPNA. Thanks to the overwhelming support of concerned members, APPNA is making promising progress in a positive direction.

The year began with all five members of the Executive Committee meeting at the APPNA Central Office. Our goal was to get to know the office staff as well as tackle the issue of filing adequate CME Reports. We decided to hire Sidra Tul-Muntaha to work with Dr. Tariq Jamil, Chairman of the Research Education and Scientific Affairs (RESA) Committee. We are also grateful for the help of Dr. Ayaz Samadani who brought his wealth of experience to RESA. We anticipate that the CME Reports will be filed in a timely manner to hopefully maintain APPNA's CME accreditation without sanctions.

The charitable status of APPNA has been restored as of February 17th, 2011. This was a work in progress, requiring audits that dated back many years. I am thankful to all those who helped to restore APPNA's charitable status; not to mention the Executive Committee for their due diligence and hard work. I would also like to thank Margaret Serb from the APPNA Central Office and our auditor, Mr. Thomas, for their cooperation and assistance in this matter. Policy and procedures are being put in place to enforce the compliance required by the Component Societies in order to restore and maintain fiscal discipline required to comply with the state and federal regulations. As a maturing organization of physicians we have to ensure that APPNA's charitable status will not be at stake again.

The Strategic Planning Meeting was a tremendous success. The meeting took on a brand new interactive format, led by Dr. Rafik Beekun, a strategic planning specialist. I would like to thank Dr. Naseem Shekhani for helping to organize the meeting. There were over 100 APPNA members in attendance and everyone actively participated in the meeting. As a result of this exercise, the Strategic Planning Oversight and Implementation Ad Hoc Committee have been formed. This Committee is

composed of four subcommittees: the Transparency and Accountability Enhancement Committee, Leadership Development Committee, Office Administration Improvement Committee, and the Membership Increase and Retention Committee. Each committee is designed to address a specific goal for APPNA.

APPNA has launched the Hepatitis C Initiative to help combat the Hepatitis C epidemic in Pakistan. The program was initiated in January 2011 under the leadership of Dr. Maqbool Arshad. I am proud to announce that the program is developing at a fast pace. We will keep you updated about the program and its progress. I would request you to please donate generously for this great cause. APPNA also continues to work on bone marrow registry and thanks to you and other donors we were able to raise \$259,000 for sustaining the registry. We must all give thanks to Dr. Aisha Zafar, Chairperson of the SWDRC, for spearheading this task as well as overseeing all of APPNA's charitable projects.

I want to thank the Spring Meeting Host Committee from Kentucky for their hard work and planning for this meeting. Special thanks also go out to Chairman Dr. Naveed Chowhan for his dedication and efforts. The rest of the year should be exciting as we continue to work together to take APPNA forward. The APPNA trip to South America is right around the corner and registered to its full capacity. The APPNA Summer Meeting will be held in St. Louis, Missouri this year. The Host Committee is working very diligently to make this a memorable and joyous event for all members and their families. The Fall Meeting will take place in New York City, and the Winter Meeting will be hosted in Bahawalpur, Pakistan.

Thank you for your support and for giving me the opportunity to be your President. I would like to continue hearing from you. As always, any comments, feedback, and suggestions are welcome.

Best Regards,  
Manzoor Tariq, MD  
APPNA President

# President-Elect's Message

## APPNA JOURNAL PUBLISHER

The Association of Physicians of Pakistani Descent of North America

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Denise Burt, APPNA Central Office  
6414 S. Cass Avenue, Westmont, Il. 60559  
Phone: (630) 968-8585/ Fax: (630) 968-8677  
E-mail: [publish@appna.org](mailto:publish@appna.org)

**The Editor reserves the right to edit all submitted material.**

***The deadline for submission of materials for the Summer 2011 issue of the Journal is May 15, 2011.***

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Saima Zafar, MD  
FACC, FASE

It's my pleasure to serve APPNA as the President-Elect this year. I have the following responsibilities as per our bylaws.

### New Chapter Evaluation

Wisconsin Chapter  
Dynamic, engaged, motivated; needs formal approval in spring Council Meeting.

### Component Society Verification

- Each Component Society President was informed in the first week of February regarding the requirement for verification
- Documents for verification were emailed and followed up with phone calls.
- The compliance with the Component Society verification is being pursued actively by me as well as by APPNA Office.
- Chapter leadership coaching regarding verification process and greater partnership with Central APPNA is being established.
- Verification details and step by step instructions on APPNA website will be introduced.
- Information Package with membership and verification details, information on APPNA projects and meetings will be mailed to all Component Society Presidents.
- Each new Component Society will receive a welcome information package.  
Component Societies on Probation: Hold council vote until component Society Approval.

### Membership Verification:

Process initiated by Membership Committee. Plan to complete it for elections by April 15, 2011. ■



Mahmood Alam, MD

## From The Editor's Desk

The spring Newsletter of APPNA is in your hands. In this issue we are publishing the vision and work planned by the Officers and by various Committees of APPNA for 2011 and beyond. The dedicated work of scores of APPNA members reflects on their commitment to serve the membership, medical community in Pakistan, and philanthropic ventures of APPNA. I request you to spare some time to read through the Newsletter to understand the work our organization does. It will enlighten you.

I thank all the Officers and Committee Chairs for the submission of their reports in a timely manner. I would also like to thank our President, Manzoor Tariq for his guidance and support, the Publication Committee Chair, Dr. Asaf Dar, who brings his wisdom and experience to publish professional quality Journal, and my Cochairs, Dr. S. Zaheer Hassan and Dr. Wasique Mirza for their help for editing the reports with me. The support of APPNA staff members, Denise, Tina, and Margaret as well as cooperation of Nasreen and Diana from our printers to bring out this publication is greatly appreciated. ■

# Report From The Secretary



Mubasher Rana, MD

Assalaam-Alaikum. I am grateful for the trust APPNA membership has placed in me. It is an honor to serve APPNA this year as the Secretary of the organization.

The first and foremost issue at the beginning of this year was the restoration of APPNA's ability to do fund raising for charitable activities. The 501 (C) 3 charitable status of APPNA was restored in February.

The credit goes to the relentless efforts of the office staff, APPNA Executive Committee (EC), and our accountants. We are now focusing on putting processes in place so these kinds of issues do not arise again.

A brief summary of the APPNA activities is given below. All the minutes will be placed on APPNA website for complete transparency as soon as the new website is launched.

APPNA EC Office orientation in Chicago: January 22, 2011: All members of APPNA EC met at the APPNA office in Chicago. All Staff members were interviewed. They were requested to present their suggestions on improving the office operations and accounting. The Staff duties were identified and Goals outlined. The EC also met with the Office management committee under the Chairmanship of Dr. Imtiaz Arain.

APPNA Strategic Planning Meeting February 5-6, 2011:

It was a great success. Please see a separate report is in the Newsletter for details.

APPNA EC Conference Call with NAS Telemedicine Grant participants, January 28, 2011: The goals, objectives and progress of the Grant were discussed. The mechanism for future funding was proposed.

APPNA EC Conference Call with Past Presidents, February 1, 2011: EC had a teleconference with 5 immediate Past Presidents. All the Presidents presented their recommendations and ideas on how APPNA can do better. Several issues facing APPNA were discussed and prospective strategies to address these were outlined.

APPNA EC Teleconference, February 25, 2011: Following matters which also reflect some of the APPNA activities were discussed: ACCME accreditation, Charitable status restored February 17, Bone Marrow Registry Drive, Hepatitis C project, Spring Meeting, Component Society Compliance, Separate Bank Account for CYP, Accounting issues, NAS Grant, APPNA Alliance Debit Card, and National Health Care Day.

As I write this report, preparations for the spring and summer meeting are enthusiastically under way. I look forward to having a very productive and a successful year for APPNA.

Sincerely,  
Mubasher Rana, MD  
APPNA Secretary 2011

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## APPNA Alliance Report



Rania Asif  
President  
APPNA Alliance 2011

The APPNA Alliance is determined to do their best and to work with APPNA towards making our community flourish and grow. As President of Alliance, I am humbly requesting all of you to encourage your spouse to join the Alliance so that we can perform more charitable work and preserve our heritage. The benefits of being an Alliance member are enormous. As a member of the Alliance you will be given the privilege to vote on important issues as well as have an opportunity to assume a leadership role in ALLIANCE that in turn impacts our community positively.

Annually at our summer meetings, Thursday night is dedicated to APPNA families and a Dinner Program is organized by Alliance where all the members and families are invited to come and enjoy. For more information on the APPNA Alliance, please be sure to visit our website [www.appnaalliance.com](http://www.appnaalliance.com) and print out a membership application for your spouse. Please contact me at [Raniaasif@hotmail.com](mailto:Raniaasif@hotmail.com) if you may have any questions. Thank you. ■

# Report From The Treasurer



Asif Rehman, MD

Assalaam-Alaikum.

It is my honor to serve as Treasurer and Chair of the Finance Committee. I have enjoyed working with co-chairs Dr. Naeem Khan and Dr. Azfar Malik, three past treasurers Dr. Shahid Usmani, Dr. Mubasher Rana and Dr. Saima Zafar along with dedicated members Dr. Anwar Ahmad, Dr. M. Rafique Chaudhry, Dr. Hasan Hashmi, Dr. Muhammad Sohail

Jilani, Dr. Shabir Joyo, Dr. Arshad Saeed and Dr. Waris Ali Waris.

Our year began with difficulties as our non-profit registration was suspended; but I am happy to report that with the cooperation and assistance of our past and current Councils, Margaret Serb, APPNA's new bookkeeper and Tom Titus, APPNA's new CPA we concluded a 4 year audit of our records and were fully re-instated as a registered non-profit corporation in February, 2011.

Since that time the Finance Committee has held 2 meetings to discuss the immediate future plans of APPNA. We suggested making sub-committees of the Finance Committee which will work with Hank Bashore, our investor of lifetime member dues, to help us streamline the long term financial investments.

## Financial Policies

APPNA by-laws require that the financial policies be reviewed and approved every 2nd year. The current policy, written in 2007, was revised in 2010 so we will not be revising them this year. As the 2011 Treasurer, I pledge that these financial policies will be strictly adhered to so there are no future difficulties with the federal or state tax authorities.

- To ensure proper accounting of SWDR projects, separate income and expense accounts will be established for all projects, ie. Hepatitis C Project, Bone Marrow Registry.
- A disbursement reporting document has been designed and must accompany all requests. This ensures that proper accounting rules are followed, which will ensure timely payments and disbursements.

## 2011 Budget Proposal

Our first order of business was to review and approve a budget for 2011. The highlights for this year include the following.

- Increase the revenue of the meeting by advertisements in the Journal, recovering the outstanding balance and switching mailings to online communication to avoid and save costs.
- The budget includes funds for the auditors payments of \$55,000. This includes \$45,000 for the 2006 through 2009 audits and \$10,000 for the 2010 audit. Amounts have been approved by the board of Trustees.
- Funds have been allocated to upgrade the operating systems in the APPNA central office. The systems currently in place are antiquated, almost 20 years old, and prevalent with errors. To ensure that APPNA continues to grow and remains compliant with all government reporting, upgrades or a new system or systems are required.
- The Spring Meeting in Louisville, Kentucky is on its way. The original budget was set at \$97,200 and was intended to be budget neutral; however, we are optimistic that this meeting will be profitable. It is my intention to use this meeting as an example that we can increase revenues from our meetings.

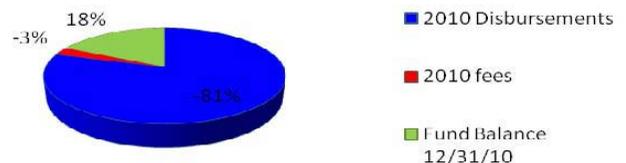
## Statement of Financial Position as of December 31, 2010

- Preliminary Financial Statement for 2010
- Lifetime Dues Investment Report
- 2010 Flood Relief Activity Summary ■

### 2010 APPNA Flood Relief Summary

Donations . . . . .	\$975,270.00
less Disbursements . . . . .	(\$775,790.00)
less Fees . . . . .	(\$25,938.00)
Fund Balance . . . . .	\$173,542.00

### 2010 Flood Relief Program



## Statement of Financial Position

as of December 31, 2009 and 2010

<b>ASSETS – Cash and Investments</b>	<b>Dec. 2010</b>	<b>Dec. 2009</b>
Checking accounts	\$597,728	\$173,443
Investments - Securities	1,199,818	951,034
Investments - Real Estate	208,000	208,000
<b>Total Cash and Investments</b>	<b>2,005,546</b>	<b>1,332,477</b>
Prepaid Expenses and Receivables	95,855	81,882
Net property and equipment	122,345	122,345
<b>TOTAL ASSETS</b>	<b>\$2,223,746</b>	<b>\$1,536,704</b>
<b>LIABILITIES AND FUND BALANCES</b>	<b>Dec. 2010</b>	<b>Dec. 2009</b>
Deferred Meeting Income and Accruals	–	26,390
<b>Total Liabilities</b>	<b>–</b>	<b>26,390</b>
General Fund	50,855	10,840
Meeting Fund	216,005	109,069
Available Unrestricted Funds	266,860	119,909
Building Fund	122,345	122,345
Lifetime Dues Fund	1,407,818	1,159,034
<b>Total Unrestricted Funds</b>	<b>1,797,023</b>	<b>1,401,288</b>
APPNA Sehat Fund	-113,340	-113,340
Social Welfare and Disaster Relief Funds	506,680	181,744
Special Projects/CME Fund	33,383	40,622
<b>Total Restricted Funds</b>	<b>426,723</b>	<b>109,026</b>
<b>TOTAL FUND BALANCES</b>	<b>2,223,746</b>	<b>1,510,314</b>
<b>TOTAL LIABILITIES AND FUND BALANCES</b>	<b>\$2,223,746</b>	<b>\$1,536,704</b>

## Lifetime Dues and Investment Accounts

Activity/Balance Summary by Year	Smith Barney Investments	Real Estate	Total Lifetime Dues
<b>31 December 2006</b>	1,186,206		1,186,206
Transfer from General	200,000		200,000
Purchase Real Estate	-208,000	208,000	–
Gain/Loss	40,081		40,081
<b>31 December 2007</b>	1,218,287	208,000	1,426,287
Gain/Loss	-325,947		-325,947
<b>31 December 2008</b>	892,340	208,000	1,100,340
Gain/Loss	198,694		198,694
Withdrawal	-140,000		-140,000
<b>31 December 2009</b>	951,034	208,000	1,159,034
Transfer from General	95,594		95,594
Gain/Loss	153,190		153,190
<b>31 December 2010</b>	1,199,818	208,000	1,407,818

# Strategic Planning Meeting

## APPNA Strategic Planning Meeting

February 5-6, 2011 at Saint Louis, Missouri

Dr. Manzoor Tariq, APPNA President

The APPNA strategic planning for 2011 and beyond was discussed during this dedicated retreat at Saint Louis, Missouri. Over 90 members participated and shared their experiences. Rafik Beekun, Professor at College of Business, University of Nevada, Reno, was the moderator for discussion.

STRENGTHS, WEAKNESSES, OPPORTUNITIES and THREATS (SWOT) analysis was used to evaluate important challenges and opportunities that APPNA must consider to cater for its membership. Creation of Vision and Mission statements, relevant to the present and future goals of our organization was discussed. After due deliberation, the following goals were decided.

### Vision

To become the premier organization of physicians of Pakistani-descent in North America that best promotes and serves health care, educational, social, and charitable activities.

### Mission

APPNA is a professional, nonpolitical, equal opportunity organization, which promotes excellence in health care, research, education and humanitarian activities. It facilitates the transfer of health care expertise and resources to deserving communities. It also provides advocacy, caters to cultural and social needs, is a vehicle for charitable projects and seeks to nurture young physicians.

### Goals

**Goal 1:** *To achieve the highest ethical standards and increase the transparency and accountability within APPNA.*

### Objectives

- APPNA Central Office: To perform an evaluation of the APPNA Central Office, conducted by the Office Management Committee.

- APPNA Accounting: To receive clean external audits each year.
- APPNA Accounting: To hire a Certified Public Accountant.
- APPNA Elections: To appoint an Ad hoc Committee with the goal of analyzing and revising the entire electoral process.

### Strategies

- APPNA Central Office: To evaluate the current APPNA Central Office staff using surveys provided by the Office Management Committee.
- APPNA Central Office: To clearly define job descriptions for the APPNA Central Office staff members and providing them with the adequate tools and resources to carry out their assigned duties and tasks.
- APPNA Central Office: To utilize a proper record keeping systems in a timely manner.
- APPNA Accounting: To streamline APPNA accounts, by providing guidance to component societies on how to adhere to APPNA's accounting guidelines.
- APPNA Accounting: To produce accurate and up-to-date financial reports with quality.
- APPNA Elections: To remove any and all ambiguities and interpretation issues related to membership criteria for the electoral process.

**Goal 2:** *To establish a leadership training and development program for APPNA.*

### Objectives

- To establish nationally recognized leadership training program for APPNA by February of 2012 with a certification process occurring three times per year.

### Strategies

- To provide leadership training opportunities for APPNA's membership, officers, and aspiring leaders.
- To select and evaluate a suitable leadership training program to be utilized by APPNA.
- To provide easy access to the leadership training courses.

**Goal 3:** *To enhance the effectiveness and efficiency of APPNA's Central Office.*

### Objectives

- To hire an APPNA Central Office manager within the next two months and clearly define his or her job description.
- To convert the APPNA Central Office to an electronic records system within three months.
- To emphasize on efficiency of the APPNA Central Office by reminding employees of their responsibility to respond to all inquiries and requests in a prompt and timely manner.
- To develop a two-year long internship position for qualified students or candidates within the next six months.

### Strategies

- To establish a management system within the APPNA Central Office.
- To develop a single, cohesive electronic management system for the APPNA Central office.
- To reduce payroll overhead in the APPNA Central Office.

**Goal 4:** *To increase and retain membership.*

### Objectives

- To increase the membership by 25% by the year 2016.



- To recruit members who graduated from non-Pakistani medical schools, including North American medical schools.
- To enhance the value and benefits of an APPNA membership.

### Strategies

- To decrease the Lifetime Membership dues to \$500 and decrease the Annual Membership dues to \$50.
- To require the payment of meeting registration fees from all members.
- To increase the values and benefits of an APPNA membership.
- To investigate the reasons why members renew or cancel their Annual Memberships, or sign up for Lifetime Memberships.

**Goal 5: To achieve the highest ethical standards and increase the transparency and accountability within APPNA.**

### Objective

- To increase APPNA's financial accountability and transparency.

### Strategies

- Resources
  - Bookkeeper
  - Accountant
  - APPNA Treasurer
  - APPNA President-Elect
- Concrete Activities
  - Collection of component societies' financial information by March 31st, 2011 and approval by the bookkeeper and APPNA President-Elect.
  - Completion of APPNA audit via filing of Illinois 990 form by June 30th, 2011.
  - Reconciliation of quarterly financial reports with bank accounts and approval by the bookkeeper, accountant, and APPNA Treasurer.
- Analysis
  - Complete collection of component societies' financial information.
  - Completion of audit.
  - Completion of certifiable reports with all necessary supporting

Editor's Note: The Strategic Planning Meeting recommendations require formal Council approval before its implementation. ■

## Ad Hoc Committee For The Relationship Between Center & Component Societies

Committee appointed by President, Manzoor Tariq – Nasir Gondal (Chair), Mahmood Alam, Imtiaz Arian, Omar Atiq, M. Khalid Riaz, and Saima Zafar (ex-officio)



Nasir Gondal, MD  
Chair

The role of the ad hoc committee is to enhance the relationship between the central office and its Component Societies (CS).

The main objectives of this committee are as follows.

1. Ensure compliance between APPNA and its Component Societies.
2. Help maintain APPNA & its component societies' nonprofit status and if possible, look for avenues to register the societies as separate entities.
3. Provide conflict resolution between component societies & central APPNA, and among Component Societies themselves.
4. Assist the President-Elect with component society verification process.

The committee had three meetings since its formation and numerous email exchanges on the matters. Meetings were held on 1/26/11, 2/16/11 and 3/9/11.

The committee prioritized its objectives into the following.

### Priority 1: Compliance

One of the main reasons the nonprofit status of APPNA was revoked in 2010, was a lack of financial information sent by the component societies to the center. It was noted that there existed a CABL report on Policies and Procedures for Component Societies approved in April 1996. It is clearly stated that the Component Societies are obliged to provide financial statements no later than

March 15 of each year. ***The CS not in compliance would not be allowed to vote in the council until deficiencies are corrected.*** It was suggested to send a reminder letter in the January of each year. It was also noted that in 2007 Spring Meeting, a comprehensive Policies and Procedure Policy was also adopted. It demanded the reports to be provided by the component societies within 30 days of the year's end. Beginning in 2007, every year, APPNA has sent a comprehensive package to the component societies for timely return with varying success. The key missing piece has been the implementation of these approved policies.

Based on this information, the committee adopted the following resolution in its first meeting. ***"The committee unanimously recommends that the requirements and guidelines outlined in the organization's bylaws, and the previously approved policies and procedures be implemented with immediate effect."***

### Priority 2: Administrative issues between component societies and central APPNA

While it is of utmost importance that the component societies function independently, it is equally important that their affiliation with APPNA is a privilege. The Component Societies have to conform to a uniform and centrally adopted framework while engaging in APPNA related work. It is APPNA's responsibility to train and educate the local leadership of Component Societies in organizational work.

Moreover, it was noted that the representation of the Component Societies in the Council needs to be streamlined. Frequently, individuals remotely connected with the Component Societies end up representing them, while at other times, some familiar

faces are seen repeatedly to represent Component Societies. It was resolved that:

***"The delegation of representation of Component Societies in Council meetings through proxy should follow a set process. Only office holders with decreasing hierarchical position should represent the component societies; it should not be at the discretion of the president of the said society. The teleconference rules should be stricter; only the next person in line of authority should be allowed to represent the component society if the President is not available for the conference call, and no third person should be allowed."***

### Priority 3: Role of Central APPNA as final arbitrator in locally irresolvable Component Society conflicts

There should be a clear process for conflict resolution in the bylaws of all the Component Societies. If a conflict still exists after all the local avenues have been exhausted, there should be a provision for the matter to be taken to Central APPNA. However, it was noted that it might involve amendments in the bylaws of Component Societies.

***"It was suggested to request the Constitution and Bylaws Committee to come up with recommendations in this matter."***

### Future Work

The IRS sometimes recognizes a group of organizations as tax-exempt if they are affiliated with a central organization. This avoids the need for individual organizations to apply for exemption. A group exemption letter has the same affect as an individual exemption letter, except that it applies to more than one organization.

At the request of the President, the committee will be looking into the possibility for getting the Group Exemptions for the CS under APPNA through a group exemption letter.

# Committee Reports

## Recommendations for the Spring APPNA Meeting

1. Compliance of Component Societies should be strictly enforced as already approved by APPNA Councils in 1996 and 2007.
2. The committee resolution on proxies to be adopted by Council.
3. Component Societies will be urged to open an account in the same bank as Central APPNA for ease of record keeping.
4. The bylaws of all the Component Societies should be in accordance with the central APPNA bylaws
5. All their financial dealings and bookkeeping will be through the Association's office and accountant. (12.1.5) ■

## Ad Hoc Committee For Chapters Coordination

The strength of APPNA lies in the membership participation and cohesiveness of the local chapters. Our goal for this year would be to strengthen our local chapters by unifying their resources and encouraging membership enrollments by supporting the chapters.

Aamir Z. Jamal, MD, FACP  
Chair

## APPNA MERIT Vision & Targets For 2011

### APPNA-Pakistan Collaboration in Medical Education



Naheed Usmani, MD  
Committee Chair

APPNA MERIT, Medical Education & Research International Training & Transfer-of-Technology Committee of Association of Physicians of Pakistani-descent of North America

(APPNA), was established in 2007 to create an ongoing collaboration with Pakistan's medical teaching institutions to help them develop 21st century medical education, research, and practices along with providing advice on health policy and emerging issues in health management. Based on the assessments of issues faced by academic medical institutions and the available resources, our focus has been on improving health education in the public sector, with emphasis on specialty-to-specialty support for the

development of research collaboration, as well as new areas of medicine that were either unavailable in the country, or were in dire shortage.

### Initiatives Taken

#### Specialty MERITnets in Anesthesiology, Critical Care, Dermatology, Neurology, Pathology, Psychiatry:

In 2008 APPNA MERIT launched specialty-specific physician networks called MERITnets, to mobilize APPNA specialists to help create Centers of Excellence in post-graduate training in Pakistani medical institutions. Each MERITnet has its own active online forum via its e-list and brings together its specialists to volunteer for 2-8 week visiting faculty appointments; they create curriculum enrichment in "Top Ten" areas for their specialty, deliver seminars and training programs when they visit Pakistan, and volunteer for Telemedicine-Panels to facilitate training and consultations from US and Canada. Anesthesiology, Dermatology and Neurology

MERITnets started first, and have since been joined by Critical Care, Psychiatry, and Pathology MERITnets, with more to come. In 2011, we are hoping to establish Pediatrics, Medical Oncology, Surgery, Gastroenterology, Primary Care and Radiology MERITnets.

#### Medical Curriculum Reform

APPNA MERIT, KEMCAANA and KEMU held a day long Medical Curriculum Reform Colloquium on December 24, 2008 at King Edward Medical University Auditorium, for a standing-room-only gathering of KE faculty. The colloquium brought together Vice Chancellors, Deans, Professors, and medical students from US and Pakistan. Presentations focused on the state-of-the-art, evidence-based and competencies-oriented undergraduate medical education, the status and challenges of MBBS teaching in Pakistan, and the lessons from recent pioneering educational reform initiatives in Pakistan.

In 2011, we are evaluating long distance learning tools for undergraduate medical

# Committee Reports

education and seeking collaborations with medical schools in the US who have a global health educational initiative. We plan to pilot these initiatives in 1-2 medical colleges in Pakistan.

## **APPNA SUKOON**

In fall 2007, APPNA MERIT's palliative medicine initiative (SUKOON) was launched. Seminars were held in Karachi, Lahore and Islamabad to highlight serious end of life care issues in Pakistan and to encourage the development of a Palliative Care and Hospice Specialty in Pakistan. APPNA MERIT also endorsed the INCTR Clinical Guidelines for Palliative Care in low resource countries for Pakistan in 2009. Twinning and support with this group lead Lahore Children's Hospital to win UICC grant "My Child Matters." In 2011, we are getting US-based Palliative Care physicians to continue their collaboration with Pakistani colleagues in teaching and training initiatives as well as help to get approval for oral narcotics from health ministry and Narcotic Control board of Pakistan.

## **Critical Care & Emergency Medicine Fellowship**

Critical Care and Emergency Medicine MERITnets have worked with College of Physicians and Surgeons of Pakistan to develop fellowship-training proposals that CPSP approved and launched in 2010. We will continue to help strengthen their training programs and support CPSP by providing examiners in the new specialties.

## **Live Teaching Grand Rounds Beamed To Pakistan Every Week**

This involves Internet-based video conferencing. APPNA MERIT E-Teaching System, under the technical guidance of Dr. Jamal Mubarak, which was launched in May 2010. Live Grand Rounds were successfully beamed to Pakistan from the annual meeting of the American Psychiatric Association. In June 2010, these live teaching Grand Rounds became a regular weekly event, and are attended every Monday morning at 8:30am in Pakistan by faculty and post-graduate trainees in video conference rooms around the country including KEMU, DUHS, UHS Lahore, Liaquat U. Jamshoro, AKU, Quaide-

Azam MC Bahawalpur, FJ MC, Services Hospital MC Lahore, Liaquat National MC Karachi, AIMC, Fatima Memorial MC, Lahore, Shifa International MC, Islamabad, NICH Karachi, and others.

Each of the 6 current specialty MERITnets (Psychiatry, Neurology, Pathology, Dermatology, Anesthesiology and Critical Care) gets to hold Grand Rounds in its turn in the schedule. A US faculty member covers the latest in a PowerPoint presentation of 30-40 minutes, followed by live questions from Pakistan for another hour or so. The live Q&A is considered the most valuable and unique aspect of these Grand Rounds, allowing faculty and trainees in Pakistan to explore issues important to them in a Pakistani context with the US faculty expert.

In 2011, because of the strong feedback we have received from Pakistan, we are starting a second weekly grand round for Saturday broadcast. The specialties participating in these would include Pediatrics, Oncology, Cardiology, Radiology, Primary Care, Surgery and Gastroenterology.

[www.appnamerit.com](http://www.appnamerit.com)

## **HEC-APPNA MERIT Visiting Expert Program**

Pakistan's Higher Education Commission (HEC) and APPNA MERIT launched a joint program in June 2010, to sponsor 2-12 week teaching visits by APPNA Visiting Experts to Pakistan's medical universities & colleges. Visiting Experts provide hands-on training in the latest techniques, teach through patient rounds and classroom lectures, and act as mentors and professional role models to young Pakistani physicians. HEC partially covers travel and stay expenses of approved Visiting Experts. About 30 US faculty members have applied for the program and 10 have been approved for teaching visits to Dow University under this program. Applications sent to KEMU, UHS, LUHS, NUST are still in process by these universities before HEC can approve them. 6 APPNA MERIT faculty members also received sponsorship from Pakistan Government's VEPCON Program during 2007-2009 for 2-4 week teaching visits to Pakistan.

MERIT committee plans to expand the visiting expert program by improving its operations by creating a working group of its committee members. We will also create flexible faculty programs that would include expert lectures, short visits (<7days) to the current 2-6 week program.

## **E-CME Online Courses**

APPNA MERIT E-Teaching System will support the development of online Continuing Medical Education (CME) courses for General Practitioners in Pakistan. Live Grand Rounds will also be recorded and offered as online E-CME courses. Dow University and other Pakistani medical universities have expressed an interest in working with APPNA MERIT to create re-certification and CME programs using APPNA MERIT E-CME courses. The Primary Care MERITnet will proceed to implement and establish this initiative in 2011.

## **Collaborating Institutions in Pakistan**

MERIT programs are designed through close collaboration with Pakistan's medical teaching institutions, including Aga Khan University, Dow University of Health Sciences, King Edward Medical University, Khyber Medical University, Liaquat University of Medical & Health Sciences, University of Health Sciences, Lahore, College of Physicians & Surgeons Pakistan, Allama Iqbal Medical College, Army Medical College, Rawalpindi, Armed Forces Institute, Rawalpindi, CMH Lahore Medical College, Fatima Jinnah Medical College, Pakistan Institute of Medical Sciences, Punjab Medical College Faisalabad, Quaid-e-Azam Medical College, Bahawalpur, Nishtar Medical College, Services Institute, Lahore, Rawalpindi Medical College, Fatima Memorial Hosp & Medical College, Liaquat National Hospital & Medical College, Shifa International Islamabad and National University of Science & Technology.

We hope this close collaboration between numerous APPNA volunteers who participate in MERIT programs and the Pakistani institutions will contribute in some small way to improving health care in Pakistan. We invite all who can, to join MERIT in this endeavor. ■

# Committee Reports

## Social Welfare & Disaster Relief Committee



Aisha Zafar, MD  
Committee Chair

The SWDRC started this year with raising funds for LRBT. This organization performs cataract surgery for 25 dollars in Pakistan. The funds were raised through only the members of the

Executive Committee and a few SWDRC members and 5,500 dollars were raised.

Hepatitis C awareness program was launched early this year under the leadership of Dr. Maqbool Arshed, Cochair of SWDRC. A meeting was held at Lahore in December during the winter APPNA meeting. Many physicians from Lahore and APPNA attended this meeting. The goal is to increase awareness about the disease, which is increasing at an alarming rate. The initial focus is on prevention through awareness of this disease.

Brochures and posters have been printed and we plan to spread the message through radio, newspapers and TV commercials. A volunteer subcommittee is actively working and is made up of a group of Infectious Disease, GI specialists, nephrologists as well as other specialties. For this initial phase, we have 20,000 dollars pledged at this point.

APPNA had been involved with the South East Asian bone marrow registry in the past, but the recent illness of three year old Rayan, nephew of an APPNA member, again made us realize how important it is to actively work on increasing the number of members of this registry. A bone marrow drive was conducted by various chapters and APPNA members. This is a painless procedure and involves a buccal swab alone. Dr. Muneer Abidi, a bone marrow transplant specialist, will lead this subcommittee and give recommendations.

A few alumni have requested help with providing medical equipment to their parent institutions. This list mostly includes ventilators, cardiac monitors, defibrillators, wheel chairs and mammograms. We are having a

dialogue with Islamic Relief which has in the past provided such equipment free of cost to various hospitals. Hopefully we will have their support. Most hospitals here replace this equipment every few years. I will request APPNA members to please approach your hospitals to find out if they have used equipment that can be donated.

The earthquake in Japan has caused major disaster. The Japanese nation was very supportive of Pakistan during the 2004 earthquake. The committee held an emergency meeting and it was decided that we will start raising funds as well as see if there are APPNA physicians who would like to go to Japan to volunteer. Dr. Afzal Arain is in charge of the disaster core relief team and if there are volunteers, his team will coordinate these efforts.

Drs. Nadeem Ahmed and Mujtaba Qazi, committee members from St. Louis, will be setting up an SWDRC booth and free clinic in the summer meeting. If anyone would like to volunteer, please contact me for the details. ■

## Advocacy & Legislative Affairs Committee



Zaffar Iqbal, MD  
Committee Chair

Muslim Jami, MD  
Cochair

Abdul Majeed, MD  
Cochair

### Mission

To Engage American Physicians of Pakistani descent with their Law Makers.

### Goals

To engage and educate our law makers about the problems faced by new physicians of Pakistani descent while coming for training to US and the CIVIL RIGHT concerns of American physicians of Pakistani descent

### Plan

- To request a letter from the law makers to the Physician of Pakistani descent.

- To move a resolution in US Congress acknowledging the contribution of Pakistani physicians to America and our community.
- To invite a law maker at a local constituent House.
- To arrange a day on the Hill.
- To hold a Committee hearing in US Congress.

### Strategy

Plan: (1) To request a letter from the law makers (Governor, Members of US Congress) to the Physician of Pakistani descent.

- Plan: (2) To move a resolution in US Congress acknowledging the contribution of Pakistani physicians to our community.
- Plan: (3) To invite a law maker at a local constituent House.

# Committee Reports

- Plan (4) To arrange a day on the Hill.
- Plan (5) To hold a Committee hearing in the US CONGRESS

The Committee has approved the letter to be used by the APPNA member to invite their member of Congress for a “Meet and Greet” in their districts. Committee will provide power point presentation high lightening the main issue committee plan to focus. Presentation will highlight the contribution of American

physician of Pakistani descent in academia and medical services provided to the American people especially in the rural areas. Our committee has decided to push the issue of young physician’s security clearance. We will propose that the new interns from Pakistan should be screened once when they come for their interview and once they sign the contract it will be in the interest of the residency program and the patient that they are put on a fast track to get their J1 or H1 visa.

Committee progress will be updated on APPNA web page and APPNA members can contact Rashid Nayyar, MD, (703-615-5465 or email [rnayyar@pol.net](mailto:rnayyar@pol.net) ), committee’s communication coordinator, to liaison with their member of Congress. ■

Committee Members – A. R. Piracha, MD, Waheed Akbar, MD, Naveed Chahuan, MD, Rashid Nayyar, MD, Hameed Paracha, MD, Syed Junaid, MD, Asim Malik, MD, and Rahman Rafiq, MD

## Committee On Young Physicians



Rubina Inayat, MD  
Committee Chair

Dr. Junaid Syed, MD  
Cochair

Saqib Shaikh, MD  
Cochair

The Committee on Young Physicians is 7 years old now. It continues to put forth utmost effort to become the most effective entity in assisting young physicians from Pakistan. While we can proudly celebrate our success in the last 7 years in creating a plat-

form to help young Pakistani physicians; we are grateful to APPNA EC for its support through all these years.

This year Committee will continue to work on the following goals and objectives:

1. Enhance the communication and information about CYP to the APPNA membership and young physicians and enlist more volunteers to increase our efforts.
2. Networking with other alumni associations and chapters building a strong network of physicians who are in residency

programs and can assist in interview slots to good applicants.

3. Research and Externship positions: Networking will help CYP in expanding our efforts to help young doctors to obtain externship and research slots.
4. Post match scramble 2010 and residency 2011. For sixth year in a row, CYP organized an effort to help in interviews for post match vacancies. It was a great team effort, however, results were not as expected due to the fact that majority of unmatched programs already had a short-list of applicants and most positions filled very quickly. A concerted effort needs to be continued to assist in residency interviews for 2011.
5. Coaching seminars and mentorship program: This was started in 2006 and will continue the tradition during the APPNA Summer meeting at St. Louise, in collaboration with Host committee
6. Visa and clearance problem: Delay in clearance of Visa is a major issue at this time. CYP has joined hands with the Advocacy Committee in order to work on legislative policies in regards to visa clearance for young Pakistani Doctors. CYP will continue to work with US embassy

and state department to facilitate clearance process.

7. Update CYP website: [www.cyponline.net](http://www.cyponline.net) it is a very useful resource center for physicians and volunteers. The site will be updated and revitalized by next month.
8. Kaplan Center: An option of collaboration with Kaplan center is being explored which will entitle YP for 30% discounts and facilitation in getting F-1 visa.
9. APPNA House in New York: The two story apartment is housing a score of physicians 11 of whom matched for residency this year. CYP’s goal is conduct a fund raising for the rent and overheads and open a second such facility for female doctors. CYP has started a fund raising for the process and request your help in this worthy cause. Checks can be made payable to APPNA Committee on young Physicians with memo to “CYP fund” and mailed to:  
6414 South Cass Avenue  
Westmont, IL 60559

Please join hands with us and make a difference in a young physician’s life. Kindly email us at [info@cyponline.net](mailto:info@cyponline.net), or visit our website at [www.cyponline.net](http://www.cyponline.net) and fill out the mentorship form. ■

# Committee Reports

## Communication Committee



Khawar Ismail, MD  
Committee Chair

This year APPNA communication committee is undertaking a very important task, to establish new website with embedded management software. Concept of the new APPNA

website was envisioned in 2008. The blue print of website was created and then approved by the Executive Council in spring meeting of 2008. It was thought that the new website should not only serve as a bulletin board to members, but also provide software to manage APPNA's day to day activities. Due to membership growth, it is difficult to meet membership needs without having a single automated management software system. This year President Manzoor Tariq and executive committee understood the need for a new website. This will be the first website to enjoy the sole ownership of APPNA, and for the first time, APPNA will be in a unique position to choose any vendor for future maintenance and upgrades.

New website will be ready in first quarter and will have following salient features.

1. Vendor will deliver the new website at APPNA's own server space and APPNA will maintain that server space with full ownership and access.
2. In the new website, management system of members, committees, alumni and component societies have been decentralized. Each member, committee, alumni and component societies will be given access and management control to their respective information data. It will be the duty of the members and component societies to update their information in a very user friendly interface. This will take a huge burden off from the central office.
3. One window operation for all financial transaction will be in place. All members, donors, vendors and exhibitors will pay APPNA through one window operation that will keep the record of all transactions for indefinite period of time, thus streamlining APPNA's financial discipline.
4. Full archives of meetings minutes will be maintained and will be accessible to members only for their review.

5. APPNA's physicians search will be available to visitors based on geographic location and specialty of the physician. APPNA will pass on electronic visiting cards to these visitors.
6. Automated system will be employed to remind members for their lagging membership dues and other requirements.
7. This will make APPNA financially savvy, and run its website as budget neutral by the end of 2011. APPNA has been spending significant amount of money per year on website maintenance and managing events at other vendor's websites. This money will be saved by making an automated system for hosting and registering events at APPNA websites.

In addition to website communication, committee also plans to resume the quarterly electronic newsletter; first newsletter will be due in the first week of April, 2011. The communication committee believes that this will be beginning of excellence in electronic communication of APPNA. In future, more publications will be distributed electronically. ■

## Project Evaluation Committee



Sajid Zafar, MD  
Committee Chair

It is my honor and privilege to chair APPNA Project Evaluation committee. My vision is to evaluate the projects which are beneficial for APPNA and support the mission of APPNA. We will do our due diligence in evaluation of any project which is important to APPNA. I would request our membership to present any important project to us and let us evaluate it. After our evaluation it will be forwarded to EC for their approval. Let's all work together to making APPNA a better organization that grows in positive direction. ■

# Committee Reports

## Resource Development Committee



Dear APPNA Membership,

Assalam-O-Alaikum. I am honored to be the Chairperson of the APPNA Resource Development Committee of 2011. My Committee is comprised of committed entrepreneurs who are philanthropic and humanitarian. We are dedicated to delivering the most to APPNA and its membership. We will keep you informed of our developments and happenings. APPNA is very important to us and we will do our best to set new records for APPNA.

Thank you.

Best Regards,  
Meher Tabatabai, MD  
Chair, APPNA Resource Development Committee

## Membership Committee



Haroon Durrani, MD  
Committee Chair

One of the most important tasks of the membership committee (MC) is verification of members. MC will perform this task in a transparent fashion, strictly adhering to the guidelines developed by the CABL committee. These guidelines were approved by the council during 2009 Spring Meeting and were forwarded to us by the President-Elect.

The main focus of our committee this year is to develop incentives to increase membership. MC will coordinate with the membership subcommittee assem-

bled during the APPNA Strategic Planning retreat in St. Louis.

Here are few targets:

- 1) To increase membership by 25% by 2016.
- 2) To enhance the value and benefits of APPNA membership.
- 3) To look into the possibility of recruiting members of Pakistani decent who are graduates of Non-Pakistani Medical Colleges.

The MC has developed a survey related to membership issues, which will be sent to membership for feedback. The results of this survey will be presented to the Council for review and possible implementation. ■

## Publication Committee



Asaf Dar, MD  
Committee Chair

Our vision is to produce professional quality publications that are relevant to Pakistani-American community. The APPNA Journal will welcome contributions which may be interesting, informative or both. Writings can be in English, Urdu or any regional language of Pakistan. The submissions or writings can be literary or scientific, prose or poetry, serious or humorous but not offensive. The Publication Committee will not publish highly controversial material nor will it promote any extreme views. Concise contributions stand greater chance for being included. Deadlines for submissions: Summer Journal: May 15, and Winter Journal: November 25, 2011 . ■

# Committee Reports

## Nomination & Election Committee



Farooq Mirza  
Committee Chair  
Nasir M. Gondal  
Cochair  
M. Khawar Ismail  
Cochair

As per the Bylaws of APPNA, the NEC shall develop rules and regulations and conduct elections for the Association in accordance with the Constitution and Bylaws. The committee has met four times, on February 2, February 23, March 2 and March 22, respectively.

### Election Time Line

The Election time line was finalized in collaboration with the Membership Committee, giving the appropriate time schedule mandated in the Bylaws and the Code of Conduct. It was resolved that the final deadline will be strictly enforced and no additional names will be added. It was decided to find ways to best comply with the requirements of the election

Code of conduct. The NEC is in contact with election.com to find ways and means to improve the election process and to reduce errors.

Nominations for Election 2011: The following candidates have been nominated by the deadline of March 15th, 2011. Their nominations were found in order.

- President Elect . . . . . Mubasher Rana  
Javed Suleman
- Secretary . . . . . Asif Rehman
- Treasurer . . . . . Jalil Khan  
Farid Qazi

The results of the elections will be announced in the General Body Meeting on July 2nd, 2011. ■

Committee Members—Nuzhat Nisar, Riaz Chaudhry, Javed Iqbal, Shahid Latif, Arif Qureshi, and M. Ashraf Sabahat.

Advisor – Ishaq Chishti

## Hotel Selection Committee



Riaz Chaudhry, MD  
Committee Chair

Hotel Selection Committee for this year was recently formed. The Committee Chair, Dr. Riaz Chaudhry will be holding conference calls few times between now and July this year to discuss possible sites for future Summer

Meetings. After selecting few cities, we will review proposals from hotels to review overall packages offered. The Summer Meetings from 2012-2016 have already been contracted to be held at Gaylord National on the Potomac, MD (2012), Orlando Gaylord Resort (2013), Los Angeles, CA (2014), Nashville, TN (2015), and Gaylord National, MD, again for (2016), respectively. Advance planning has been very helpful in getting good deals. Due to increasing

numbers, very few cities in the US have large enough hotels to accommodate APPNA Summer meeting needs. This makes it very important task to plan and decide ahead. We plan to look into 2017 and 2018 summer meeting locations this year.

### International Meeting Report

International committee for 2011 was formed in September last year. The President appointed me as Chairman. The first international meeting for 2011 was decided by voting during previous international meeting. It was decided to visit South America this spring.

Registration for spring international meeting started in December of 2010. We have a total of 167 members going on this trip. We will fly into Rio de Janeiro, Brazil. After exploring Rio, we will fly into Iguassu, to watch Great Falls of Iguassu. From there we will move onwards flying into Buenos Aires, Argentina and will return from Buenos

Aires. Departing on April 16 and returning on April 24. About 50 people will continue on the extension trip to Peru and will return to US on April 27. We have designed program to make it comfortable, enjoyable and will cover main highlights of Brazil and Argentina. A total of 8-hours of CME have been arranged throughout this trip equally divided between three cities of Rio de Janeiro, Iguassu and Buenos Aires.

The Second International Meeting is confirmed for African Safari. Tentative dates are October 15-23, 2011. Committee met to vote on destination. Committee will be meeting again to finalize the dates and program. October will be good time to visit that part of the world. It will be after APPNA Fall meeting in NYC. We will be covering world's one of the best Safari in Tanzania and ending our trip in Old historical stone town on Zanzibar Island. An extension trip to Cape Town, South Africa will be optional for those planning to explore more and spend more time on holidays. ■

# Committee Reports

## Constitution & Bylaws Committee



Mahmood Alam, MD  
Committee Chair

This Committee will be responsible for reviewing and developing recommendations for amendments to the Constitution and Bylaws to keep the organizational structure and function responsive to the current needs.

The Chairman of this committee will serve as a resource person to the organization for parliamentary procedure.

The Committee shall organize educational programs for the leadership of the Association regarding parliamentary procedure and conduct of meetings, etc.

Our vision for 2011 is to facilitate the above mentioned 3 point responsibilities assigned to CABL Committee in the APPNA's Constitution. Our top priority is to achieve the ratification of the amendments to the constitution and bylaws that were proposed by CABL committees and were approved by the Council in 2006, 2007, and 2009, respectively. Our committee had a telemeeting in January to discuss the task ahead and we plan to meeting again after the Spring Council Meeting. ■

Committee Members – Tanveer Ahmed, MD; Shahnaz Akhtar, MD; Tanveer Imam, MD; Munir Javed, MD; Nadeem A. Kazi, MD; Jalil A. Khan, MD; Shahid Latif, MD; Asif Rehman, MD; Mohammed A. Zubair, MD. Advisor – Latafat Hamzavi, MD



### Jalil Khan, MD

**Qualified • Trustworthy • Independent**

**CANDIDATE FOR APPNA TREASURER 2012**

#### **Ten Year Track Record Of Success And Leadership In APPNA**

- Chair APPNA Summer Convention 2010
- Co-chair APPNA Spring Meeting 2009
- Chair Host Committee for Strategic Planning Meetings in 2004 and 2010
- President AIMCANA 2001
- Executive Director AIMCANA 2004-2008
- Coordinator SWDRC for Pakistan Floods 2010
- Co-chair of APPNA MERIT 2011
- Active member of multiple committees of APPNA
- Chair SKMH and Sahara Charity Trust events 2006-2011

***I envision a united, transparent and financially sound APPNA that will enhance our medical education, social networking and philanthropic efforts.***

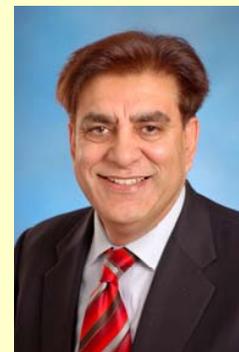
**I am asking for your vote**

Vote for a United, Transparent, Financially Strong APPNA



# *Mubasher Rana, MD, FACP*

## *For President Elect APPNA 2012*



*“Credibility, Character, Commitment”*

APPNA is our voice and strength. It is our legacy to younger fellow physicians and our children. In these trying times it is imperative that we work together with Integrity and Selfless Service so we set an example and enhance the image of all people of Pakistani descent around the world. I will work with you to carry this mission and legacy forward.

### Vision for APPNA:

- Develop a Long Term Strategic Plan for APPNA
- Streamline Governance with proper training, clearly defined Goals and greater Accountability
- Provide Continuity in Committees. Support and enhance important APPNA programs like MERIT, Young Physicians' initiatives, CME programs and Disaster relief activities.
- Increase Liaison with other medical organizations in North America
- Strict Fiscal Responsibility; Greater Transparency and streamline Accounting Process
- Redefine election process to discourage unethical practices, unnecessary spending and divisive tactics.
- Be a more active player in the United States Health Care arena.
- Greater empowerment to the Component societies. Encourage separate 501c3 status for societies with >75 members
- Encourage Community Service in United States and provide a platform under APPNA to facilitate these activities

### My record of service and dedication to APPNA is a testimonial to my commitment:

Secretary APPNA	2011
Treasurer APPNA	2010
Chair Host Committee APPNA Summer Meeting	2009
Co-Chair APPNA Winter Meeting	2010
Co-Chair APPNA Winter Meeting	2008
Founding President of Northern California Chapter	1999 & 2000
Co-Chair of the APPNA Fall meeting, San Francisco	2000
APPNA Councilor Region 8	2002 & 2003
Member APPNA MERIT	2008, 2009, 2010, 2011
Member Elections and Nominations committee	2008
Member of the Membership committee	2007 & 2008
Member & Co-Chair APPNA Sehat committee	2005, 2006, 2008
Member Project Evaluations committee	2004

### As Treasurer restored True Financial Accountability to APPNA:

- Updated and revised the **APPNA Financial policy**.
- Cut payroll by 15%, Journal cost was reduced; APPNA revenues increased and for the first time in 3 years, **transferred \$95,000 to the Lifetime Dues Fund**. In spite of the transfer, we ended the year in **\$120,000 positive balance in the General Fund**, one of the largest in APPNA history.
- Published a **“White paper” on APPNA finances** early in the year which outlined the financial issues. The first recommendation on the paper was to do Audits. By the grace of God, the audits are completed and APPNA's ability to do charitable activities has been restored.
- Streamlined the **APPNA Society accounts**. Working closely with the societies, reconciled 90% of the accounts.
- Every **APPNA meeting** including the Winter meeting either had savings or was Budget Neutral.

### Services to KEMCAANA:

**President 2008:** Initiated Faculty Exchange Program, Document Verification program for recent graduates, Adopt a Student Scholarship Program, Curriculum Reform Initiative, Post- Graduate Education Support program, Constitution and By-Laws reform, **President-Elect 2007, Secretary 2006, and Treasurer 2005.** Served in several KEMCAANA committees

# Javed Suleman, MD, FACC

For President-Elect APPNA 2012



**Javed Suleman, MD, FACC, FSCAI.**  
*Associate Professor of Medicine / Mount Sinai Medical Center, New York, New York.*

It is time for CHANGE. I ask for your vote as a vote for a new direction for APPNA a vote of conviction, a vote of conscience.

I am profoundly grateful to you for giving me the opportunity to run for President-Elect of APPNA. This is a unique time for APPNA when the wind of change is blowing and many members are looking towards changing the current direction of APPNA, in a way, on which we can base our hopes for the future. Together we can make it a professional, independent, transparent and more productive organization. We can rebuild APPNA for the future.

As America speeds toward change, we need to make sure that Pakistani American doctors under the banner of APPNA stand ready to help. For this, you need a strong leader with a vision for the future and who understands the dynamic needs of the organization. I am outlining some of the objectives I intend to gain if elected as President.

### Increase the membership of APPNA

We need to open the doors wider for new members to enter and join. We need to be more inclusive and more welcoming. We need to align ourselves with the main stream issues and develop comprehensive strategies to tackle it ....

### Strengthening the leadership of APPNA

We need to actively prepare young members so that they can assume leadership roles - not only in APPNA, but in their hospitals, local medical societies and professional organizations ....

### Research, Edu. & Scientific developments.

We need to enhance the level of our CME activities. We need to utilize educational grants for the purpose of education only, with complete transparency and diligent record keeping to ensure the highest quality of CME activities ....

### The Healthcare Delivery Work.

The crown jewel project of APPNA called "APPNA SEHAT" providing free health care services to thousands in Pakistan need to be fully supported by APPNA and should be expanded in all parts of Pakistan. In the United States, we need to expand free clinics in all APPNA Chapters so that we help indigent patients in our local communities ....

### Advocacy for the IMG's

Today's IMG's are increasingly facing difficulties in obtaining residency positions. We need to help them in a concrete way by increasing the number of externship programs offered in the US ..

### Giving Back to Pakistan

Our role should be to help disseminate our medical knowledge, our expertise and technological advances to Pakistan in an organized way ....

### The Social Diseases in Pakistan.

We need to support and advocate for, education, human rights, women rights, delivery of health care for all and last but not least, justice and democracy ....

## Services to APPNA

- Founding Member - SMC Alumni - 1989
- Treasurer - SMC Alumni - 1989
- Secretary - SMC Alumni - 1990
- Vice President - SMC Alumni - 1991-92
- President - SMC Alumni - 2004
- Member, BOT, SMC Alumni 2005 - present
- Coordinator of APPNA NY Relief for 9/11 victims
- Co- Chair, APPNA Fall Meeting - 2001
- Co-Chair, APPNA Winter Meeting - 2003
- Member, RESA Committee, APPNA 2002- present
- Chair, Registration Com, Summer Meeting - 2002
- Moderator, Speaker APPNA CME since 2002.
- Regional Councilor, APPNA - New York - 2003
- Member, Earthquake Relief Comm APPNA NYC
- Chair, Membership Comm., APPNA - 2006
- Member, Finance Committee, APPNA - 2006
- Co-Chair APPNA Fall Meeting - 2006
- Co-Chair Finance Committee - 2007
- Co-Chair Liaison Committee, APPNA - 2008
- Chairman, Liaison Comm., APPNA - 2009
- Co-Chair, Prof Society Committee - 2009
- Chairman, Resource Committee, APPNA NYC - 2010
- Chairman, Flood Relief Committee, APPNA NYC - 2010
- Coordinator, Manhattan Clinic, APPNA Health Fair - 2010

## Services to APCNA

- Founding President of APCNA, Association of Pakistani-descent Cardiologists of North America - 2004-2005 (a highly efficient, productive and professional organization)
- Member, BOT of APCNA - 2006 to present.
- Coordinator / Chair / Co-Chair of APCNA Winter Meetings; 2004, 05, 06, 07, 08, 10.
- Cardiac supplies worth over a million dollars per year, every year, since 2004, donated to not-for-profit teaching hospitals in Pakistan for use in indigent patients.
- Instrumental in formation of Pacemaker Bank and APCNA / PMA BLS Training Program

Dear Colleagues, there is a great task ahead of us, i.e: to steer APPNA into the right direction. We need new leadership and new direction to face the challenges ahead of us.

Please Visit - [www.javedsuleman.com](http://www.javedsuleman.com)



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**In Canada:** Fiesta R P O, P O Box 56102, 102 Hwy # 8 Stoney Creek, ON L8G 5C9

**Website: [www.mercyusa.org](http://www.mercyusa.org)**  
**Email: [mercyusa@mercyusa.org](mailto:mercyusa@mercyusa.org)**

**Contribution Form**

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City

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State/Province

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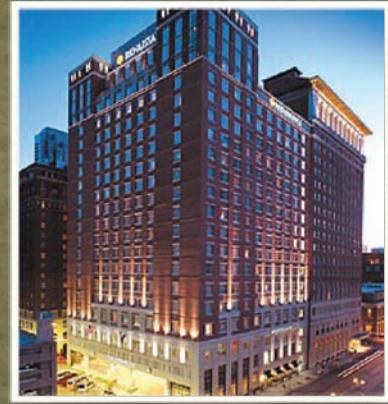
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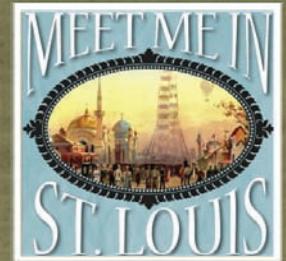
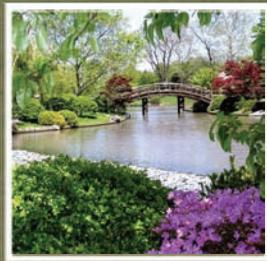
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