



APPNA

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Association of Physicians of Pakistani-descent of North America

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President's Message

Assalam-u Alaikum! I have learned firsthand that no mortal can predict what time or future would bring. When I took over as the President of APPNA on January 1, 2006, I was looking forward to putting my energies into realizing the agenda I had set for myself during the campaign. Then the monstrous earthquake tragedy hit our people in October last year, causing devastation and loss of life never ever seen before. However, many devoted members of APPNA, particularly members of the Social Welfare Committee, by the grace of Allaaho Taaalaa, responded to the emergency in a truly timely fashion and participated in the reconstructive efforts in a fashion expected of a compassionate and humane group. I have been periodically sending communications to all of you about the great benefit that our prompt and effective response has brought to the victims.

We carried out our relief work in stages. In the acute stage, our group provided shelter, medical care, medical equipment, medication, and many physician volunteers. The Social Welfare Committee report provides the details of our effort.

Now in this later stage, our main focus is on establishment of a state-of-the-art rehabilitation facility in Rawalpindi and Mansehra. This will be a commitment of at least three years, and we hope that by the end of this period, all the victims of the earthquake will have been treated and fitted with prosthetics and orthotics. This rehab facility will be named APPNA Rehabilitation Institute at The Rawalpindi General Hospital. After its primary purpose is served, this institute will continue to benefit the indigent and needy patients of Pakistan. We have established ourselves as a charitable and caring organization, and hopefully we will con-

tinue with the same zeal for years to come. When an individual does some charitable work, our religion teaches us to keep it quiet, between Allah-u-Táala and oneself.

However, when an organization does charitable work, it needs to be publicized so that more and more people can benefit from it. I am pleased to say that APPNA has now been recognized as a praiseworthy charitable organization in Pakistan, as is evidenced by the various news items that have appeared in Pakistani newspapers.

A famous adage from our religious philosophers is that when you build your own house, it is built keeping in mind that you are building something in which you might not be living the next day, but when you build a public institution, it is to be built keeping in mind that its use by people will never come to an end. I hope that through my actions as your President, this philosophy is translated into what APPNA is currently doing in our motherland.

Many of the APPNA committees, including the Social Welfare, Membership, Young Physicians, Publications, Office Management, Advocacy, Constitution and Bylaws, as well as other committees, have had multiple conference calls over the last three months. The enthusiasm and zeal that I see at the present time in the APPNA membership can take APPNA to heights never seen before.

Some of the decisions that we make could be made better, but such perfection could be possible only if the future reveals itself to one. The best results of human efforts reside in united struggle. I am not

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Day on the Hill

Editorial



Zia Moiz Ahmad,
MD, FACC

Dow graduate, class of 1982. Completed Internal Medicine residency in from University of Kentucky, Lexington, KY. He completed cardiology fellowship at Wake Forest University, Winston-Salem, NC.

APPNA's Day on the Hill 2006 was a tremendous success. Fifty APPNA members, all busy clinicians with hard-to-spare time, took three days out of their busy schedules to travel to Washington DC from all over the United States. They went around the Capitol and met senators and congressman highlighting the problems faced by our community. It was an act of active engagement in the political process of our adopted homeland to try and help the country of our birth. The issues of US visas for medical graduates from Pakistan, long delays in security clearance resulting in lost training opportunities, and discrimination faced by Pakistani Americans were brought forth and discussed. The role of Pakistan in the war against terrorism and the high price being paid by the Pakistani society to conduct this war was emphasized. We congratulate Dr. Piracha for organizing a very successful event and placing this on the top of his agenda.

The Day on the Hill crystallizes who we are and what we need to do. With the changing

realities and a different world, the Pakistani American physicians cannot afford to sit on the sidelines and live in our proverbial ghettos (different from traditional ghettos because of the high rent real estate and luxurious settings but ghettos nevertheless) and socialize only among ourselves. We need to step out of our shells and actively participate in the larger American society. We need to become members of PTA, be active in our city councils, volunteer our time in the local charity organizations, participate in food drives for the poor, make donations in fund raisers for the Police and Fire Department, and above all engage in a dialogue with our neighbors and co-workers. We need to counter the barrage of negative stereotypes broadcast daily into the television and radios of our native-born friends and colleagues. We are fortunate to be a group of educated and financially secure American citizens of Pakistan descent. We have to fulfill our obligations of citizenship and, and in the process, repay the debt of Pakistani society.

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President-Elect Report

Volunteers Needed for a Successful 2007

Dear APPNA members my Salaam and regards. APPNA is at the height of its achievements. We already started one rehabilitation center in Rawalpindi and another one is in progress. Soon, Inshallah, we will build a permanent clinic and school in Khatai area. Our vocational school is operational in Khatai and Dr Piracha recently delivered furniture and syllabus to the Khatai School. We will continue our support and fulfill our obligation to help the earthquake victims. However, we need your continuing support and I urge you to get involved in your local community and remind them that this disaster is not over yet.

Our membership showed their compassionate side towards the earthquake victims. Still many are sending donations, several still want to go and serve in affected areas, and our chapters are organizing fund raisers. The media is not covering the earthquake and it is our responsibility to reach out to our neighbors and community. Recently the Arizona chapter arranged a fundraiser where half of the attendees were local non Pakistani's who greatly appreciated the information presented to them and as a result, are eager to help us in raising funds and awareness.

Next year, as a President of APPNA, I will

focus on education. To educate our members regarding the civil right issues we are facing and how to deal with them, educate our leadership regarding the governance of an organization, educate our community regarding the social unjust many are facing in US and Pakistan and educate our leaders on how the legislative process work. We will arrange seminars on these issues during our Annual Meeting 2007.

I am looking forward to the year 2007, where we will focus on issues in a very positive and progressive manner. I am happy to announce that we have contracted with Rosen Shingle Creek Resort in Orlando, Florida for our annual 2007 summer meeting. This resort gave us good rates for the whole meeting and is more spacious than the Gaylord Palms. I urge you all to attend this meeting with your families and let's all gear towards a successful year.

I ask all of the members to aid me in making 2007 a very successful year. We have several committees which need volunteers to help run the organization. I request you to email me at nakazi@pol.net if you are interested in working in any of the committees (list of the committees is on our web site). Once again thank you for your support. Together we will serve each other.



Nadeem Kazi, MD

Dr. Nadeem Kazi, graduated from Sindh Medical College, class of 1986, completed his residency in 1993 and finished his gastroenterology fellowship in 1997 from Loyola University Medical Center, Maywood IL. Currently in private Gastroenrology practice in Arizona. Also serving as a Chief of Internal Medicine at Casa Grande Regional Medical Center and President of Pinal County Medical Society.

President's Message

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embarrassed to say that I still sometimes find the partisanship that exists in APPNA frustrating and disheartening. To me, APPNA is one large family. Granted, blocks of different people vote in the President and other office bearers, but in the end we're all one family. The Executive Committee and the President make decisions based upon what is sincerely thought to be best at that time for the organization, and not to promote personal agendas. Please keep that in mind when express-

ing your opinion about a certain decision or a project that may not be to your liking. I assure you that my campaign promises of transparency, abiding by the constitution and sticking to the ethics of our organization will continue to hold through out my tenure.

Items on my agenda include increasing the membership and internal reorganization of the office. I strongly believe that at this time the younger members of our organization should take charge of the association and lead

it to a greater future. Some of us who have been in this association since its inception should now be on the sidelines, giving our advice rather than being in the limelight and on every page of the next chapter. Their contributions and the work done for this organization deserve honor and respect, but the way should be made for the next generation, specifically encouraging more involvement of the graduates of the North American medical schools and the children of APPNA members.

Secretary's Report

Grassroot Involvement, Membership Recruitment and New Chapters



*Mahmood
Alam, MD*

Dr. Alam is a graduate of Allama Iqbal Medical College, Lahore, class of 1983. He is an Interventional Cardiologist located at Central New Jersey.

A ssalam-u-Alaikum,
I would like to thank the membership for giving me the opportunity to serve the association as Treasurer last year and as Secretary this year. It has been a great honor and privilege and I will work to the best of my capacity to make our organization strong and effective.

We have held a number of meetings this year.

A Special Council Meeting was called for consolidation of The Earth quake Relief Effort in Chicago, January 14, 2006. It was very well attended. A complete review of the effort was undertaken. Important decisions regarding projects selection and dispersal of monies were made.

A Special Tele-Council Meeting was requested by the President on March 9, 2006 to discuss membership fee reduction on the recommendations of Membership Committee.

Three other Tele-Executive Committee Meetings were called to discuss other urgent important issues.

New Component Societies: Three complete applications have been received: Greater Cincinnati Chapter, Heart Land Chapter, and Punjab Medical College Alumni Association

A law firm is retained of Michael Mosher, Esq. to assist APPNA in legal issues pertaining to its 501 C (3) status.

Spring Council 2006 unanimously approved a resolution to retain 5% of all charitable collections to defray the administrative cost related with charitable work.

The 2006 spring meeting was held at Wardman Park Marriott Hotel, Washington, DC. The Day on the Hill was held on April 6, and was organized by APPNA's Committee on Advocacy, Legislative, and Governmental Affairs Committee. Members lobbied with lawmakers to advocate for the Visa and Immigration issues of Pakistani Physicians and expressed their concerns about Civil Rights asking them to Support the Senate Bill 2138 and End Racial Profiling Act (ERPA). Targeting of Muslim Charities particularly of funds earmarked for Earthquake relief efforts was a concern for discussion.

Notable discussion during The Council Meeting, spring 2006

President Elect's Report: Dr Nadeem Kazi

abruptly made a sensational disclosure in his report. He said that he had trouble verifying 88 memberships for the election because there was bulk mailing and payments that were mostly sent by money orders. He said that this membership had come from five different locations. This generated a heated discussion in the Council. Members who believed him were dismayed; others felt that his announcement was premature and inflammatory since the Membership Committee Chair had not yet recommended these members to the President-elect for verification. According to our constitution the Membership Committee has to review all the membership forms and then recommend these to the President-elect for verification. The Chair of the Membership Committee, Dr Javed Suleman, had not even looked at the membership forms. A few members advised Dr Kazi to stay impartial as APPNA tradition has always held that the President-elect should be neutral during the election process and it was on this basis that the duty of verification had been assigned to the President-elect in the new bylaws. The premature announcement, according to some members, smacked of bias.

Report of the Chairman Board of Trustees: Dr. Shabbir Safdar announced that Dr. Ihsanul Haq of Michigan, a founding member of APPNA, was selected as the new member of the Board from the nominations that were received from the Council. He also announced the formation of the new Ethics and Grievances Committee with Dr. Latafat Hamzavi of MI, as the Chair.

Report of the Constitution and Bylaws Committee (CABL): This report included recommendations on an impeachment clause presented as an Appendix "Recall of an APPNA Officer" and also reduction in the function and duties of the Board of Trustees. There was some debate whether the present committee had discussed this matter during 2006. Dr. Atiq argued that it had been discussed in 2005 and that the present committee was supposed to be the continuum of the last committee. Dr. Sultan Ahmad, APPNA parliamentarian, suggested discussing the changes in the Trustee section with the 2006 CABL committee before bringing the issue up

for discussion in the council. The CABL committee report was tabled for the summer meeting.

APPNA Sehat. Dr. Hassan I. Bukhari suggested buying a building for Sehat offices in Islamabad to avoid high rentals and to build acuity.

Punjab Medical College. Dr. Shahnaz Akhtar, President of Punjab Medical College (PMC) Alumni Association requested the approval of their society as a component organization of APPNA. This was granted after the Secretary's review and some discussion.

The Greater Cincinnati Chapter. Dr. Farooq Mirza presented the Greater Cincinnati Chapter for approval as a component Society by the Council and argued that a number of States had, at this time, two chapters in the APPNA Council. Dr. M. Raza Khan, President of the Ohio Chapter vehemently argued against the approval and cited the new bylaws which require more than 100 members in the state as requirement for the formation of a second chapter in a state. There was a great deal of discussion. Dr. Piracha asked for the expert opinion of Dr. Sultan Ahmad since there was an impasse. Dr. Sultan Ahmad felt that although the new bylaws were clear about having 100 or more members for the second chapter to be accepted as legal component, there was historical precedent against this clause. He said in matters of such controversy, precedent is always followed. Dr Ahmad's statement paved the way for voting. The Council approved the Greater Cincinnati Chapter as the component society of APPNA with 13 votes in favor and 9 votes against it.

Sunday session of the Council: Dr. M. Raza Khan

expressed his dissatisfaction with the Council's decision to approve the Greater Cincinnati Chapter. He reiterated his arguments and moved to refer the matter to the CABL committee. This motion was passed after some discussion with 10 votes in favor, one against, and one abstention.

ARY Contract Dr Piracha reported that this matter was still unresolved and the Council gave authority to the APPNA Executive committee for dealing with this issue.

The Affiliation status of HDFNA with APPNA. HDFNA had applied for this status for which they qualify according to the new APPNA bylaws. The council suggested the formation of a task force to develop recommendation for a long-term association between APPNA and HDFNA. Dr. Piracha was authorized to form such a task force.

This was a successful meeting and the efforts of Dr. Abdul Hameed Peracha and his team were greatly appreciated. In the end I would like to identify **some important issues** for APPNA as an organization and will, inshallah, complete them during my term as Secretary;

- ◆ APPNA central office management by a professional and qualified Executive Director and increase in working hours of our part time accountant
- ◆ Standard Operating Procedures (SOP's) for discussion and approval by the APPNA Council for smooth execution of governance by the Council
- ◆ Separate accounting of Continuing Medical Education (CME) funds
- ◆ Hiring of a qualified person for continued action on Advocacy issues on per diem basis.



M. Raza Khan, MD, Sajjid Chaudhry, MD, unknown, Javed Suleman, MD, Shahid Sheikh, MD.

Treasurer's Report

The Largest Donation in APPNA's History



*Shabid F.
Usmani, MD*

Dr. Shabid Usmani is a Pediatrician in Orlando, Florida. He is a graduate of Universidad de Santiago (UTESA) in the Dominican Republic, class of 1986. He completed his residency in Pediatrics from Nassau County Medical Center in East Meadow, New York in 1989 and has been in private practice of General Pediatrics since 1991 in Florida. Dr. Usmani is also Chief of Medical Staff at Health Central Hospital in Orlando.

Assalam-u-Alaikum. APPNA faced a multitude of challenges over the last year in the form of multiple natural disasters both in the United States and in Pakistan. Even though the natural disasters were responsible for tremendous tragedy in the form of loss of life and property, they also created an opportunity for the APPNA membership to show their compassion for the suffering of the victims. APPNA membership raised \$155,250 for the Tsunami Relief effort in South Asia, \$91,278 for Hurricane Katrina Relief fund and \$1,520,342 for the Pakistan Earthquake Relief effort. This presented us with a unique challenge of effectively managing the largest donations in APPNA's history and ensuring that the money was spent in the most efficient manner maximizing the value to the victims of these natural disasters. APPNA has undertaken this responsibility without a single dollar spent on administrative expense till the spring meeting.

At the spring meeting in Washington, DC APPNA executive council approved to transfer up to 5% of the funds collected for disaster relief for administrative expenses. These funds will be used only towards the office-expenses directly related to disaster relief. This will help APPNA meet some of the unexpected expenses that we have incurred because of the large outpouring of donations. The executive council had also decided in mid March to decrease the membership fee for the remainder of 2006, which may

have an impact on the total revenues.

APPNA retained the services of a new Accountant Mr. David Lade last year who has worked very efficiently in streamlining our accounting and budgeting practices and has helped in our Auditing. I am honored to state that we have completed the audit for 2004 accounts and have started the process of 2005 Audit. I thank all of you for your help in providing all the necessary bank statements for the completion of 2004 Audit, and I request all of you to also please provide the 2005 year-end bank statements as soon as possible. This will facilitate our completion of the 2005 audit in a timely manner. We have also transitioned to the accrual form of accounting starting in 2006, which presents a more realistic picture of the financial health of our Association. Timely auditing practice reflects well on APPNA and demonstrates that we are a mainstream organization, which conducts its business according to the accepted principles of accounting in a transparent manner.



APPNA Time

Relief and Rehabilitation Thank You America

Eight seconds of tremors on the tragic October morning left thousands dead and millions homeless. The powerful earthquake leveled cities and thriving communities... Words fail to do justice to the extent of destruction. On my first visit to the area in November 2005, the scene was of total chaos. We could only reach the outskirts of the city of Balakot as there was no transportation onward. Many thousands were left in the open air despite tremendous efforts by a multitude of organizations. The largest earthquake relief effort in the Northern Pakistan and Kashmir saved many thousands and provided hope for millions. The civilian population of Pakistan was at the forefront along with International Help. I want to single out help and resources offered by The US military. It was only after the arrival of the giant Chinook helicopters that a meaningful relief and recovery effort took place. The worst natural disaster claimed 74000 lives and 3.5 million people were left homeless.

US military pilots and staff faced harsh flying conditions bravely and their mighty Chinooks not only provided relief supplies to thousands but also carried out medi-vac missions. According to an estimate, US Chinooks delivered over 14,000 tons of relief supplies and helped transport some 19,000 people. I have never been so proud of this

adopted homeland of mine. The American soldiers showed compassion in their selfless service to a population that had not seen this beautiful side of the American mosaic. Thank you America, a job well done.

April 8, 2006 marks the sixth month anniversary of the disaster. The day also marked the end of relief and recovery phase, heralding the beginning of the rehabilitation phase. It also marked the withdrawal of American forces from the relief efforts. As I stood at the airport to bid farewell to American troops I reflected on the bravery and professionalism of the American personnel. They tirelessly served the quake destitute for six months, saving thousands of lives at great peril to their own self.

The rehabilitation phase requires millions of dollars. A concerted effort is again needed to raise funds and help rebuild Balakot, Muzzafarabad, Sharda, Atth_mukam, Garhidupatta and countless small and large towns in the northern areas. I request all APPNA members to donate their mandatory Zakat towards this cause. On the ground, things have improved, much has changed, some for the better. Through combined efforts, many thousands are alive today and with continued efforts, many would survive to see their children grow.



*Farrukh Sayyid
Malik, MD*

Dr. Malik is a graduate of King Edward Medical University, class of 1988. He is a Heart failure/transplant cardiologist at the Centennial Cardiac center of excellence in Nashville Tennessee.



Simultaneous Endovascular Repair of Descending Thoracic and Abdominal Aortic Aneurysms Now Possible

New technology is making the endovascular repair of complex aortic aneurysms safer and more effective than ever before.



Tahir A. Chaubdry,
DO; FACOG

Southern Tier
Women's Health
Center
Hornell, New York

A beautiful countryside once charming and breathtaking destroyed in a matter of three minutes. The people who survived the ordeal described it as 'the end of the world'. Rubble, dust, destruction, and death beyond what the naked eye could see. The choking smell of rotting corpses permeated the air while the locals yearned to learn the fate of their loved ones...many days after. Homelessness in every direction. No sign of women and children. Injury and despair filled the air. Every person had a story to tell.

As I watched this catastrophe in horror from ten thousand miles away, I could only imagine the pain and suffering that these people were enduring. As a Pakistani-American, I realized that I could not sit on the sidelines. For the first time in my life, I dropped everything for a cause. What made this expedition more difficult was fasting during the Holy Month of Ramadan. Leaving my family, friends, and patients for two weeks in October 2005, was also difficult. My family, albeit nervous, was proud of my actions and supportive. Under the circumstances my patients were understanding and compassionate for my leave of absence.

I was very fortunate to be part of the first civilian, U.S. led, medical coalition. Approximately thirty physicians left New York City for Kashmir. The team comprised of General, Vascular, Orthopedic Surgeons, Internists, Family Physicians, Anesthesiologists, and me, the only OB/GYN. Throughout our flight, physicians designed strategies and plans of action. Later on to our dismay we came to realize that we had underestimated our mission.

My team comprised of a Vascular Surgical

Fellow, an Anesthesiologist, a Nurse Midwife, a Medical Student, and myself, an obstetrician/gynecologist. We ventured up to Muzzafarabad and Balakot, Pakistan. Kashmir has been considered one of the most beautiful regions in the world. Majestic mountains, scenic rivers, calm breezes, and the bluest skies one can imagine. A lot of people have believed this to be heaven on earth. On the contrary, what we saw was sheer hell.

The epicenter of the earthquake was close to Balakot, a city of 200,000, which was completely leveled. According to one local resident, most of the population still lay buried in the rubble. Others stated that they had heard cries and moans from under the rubble for several days after the quake.

The drive from Balakot to Muzzafarabad was treacherous. The infrastructure was severely damaged. Nonetheless, we arrived at our base camp 2 hours later. I still could not fathom the disaster we would face in the morning. The next morning revealed the true extent of the horror. The city of Muzzafarabad, the capital of the province, was annihilated. People were walking in the streets in a daze. I did not see any children or women. A man in the camp explained that this was the "Day of





Judgment." At 8:45 AM on October 8, 2005, the ground shook, the mountains crumbled, buildings collapsed, and boulders were hurled from every angle. After the three minutes of hell, he realized that he had lost his wife at his home and his four children at the local school. Life as he knew it, had changed.

The field hospital was our base camp. This was no more than a large circus tent partitioned into sections. A triage area, pharmacy, supply room, patient wards, operating room, and a delivery room. With the shortage of nurses, we had to tend to our patients at all hours. This tent had a dirt floor without heat. The temperatures ranged from 60 F during the day to a low of 40 F at night. Our team, along with four other Pakistani physicians would see approximately 1000-1200 patients every day. The majority of patients needed basic medical care. Wound debridement, infections, burns, fractures, dislocations, GI ailments, were par for the course. This was medical knowledge that was from when I was a medical student. It was amazing to see all these physicians working so hard in such primitive conditions.

Practicing Obstetrics and Gynecology in Kashmir was extremely difficult. The social and ethnic taboo of a male physician examining women was a distinct disadvantage. I was probably the first male OB/GYN ever in Muzzafarabad. With the help of Stacia Birdsall, a Nurse-Midwife Student, I had the pleasure of delivering 5 babies. Our operating room suite was very basic and consisted of a small-enclosed trailer, which primarily consisted of an Anesthesia Machine, table, and primitive instruments. Under the circumstances sterilization was a problem. Nonetheless, we tried to place the instruments in a hot water bath. I performed two Cesarean deliveries. During the

second Cesarean, the generator malfunctioned. We performed the Cesarean with only a flashlight. Without overhead lights or a surgical scrub nurse, this was by far the most interesting surgery I have ever performed. To make my experience more special, two mothers later on named their children after my eldest daughter, Anisah and me.

My surgical expertise reached new heights. I had to assist on various surgical procedures including amputations. This was very disheartening. Performing such procedures on children was emotional devastating. Our worst night was when a little boy aspirated on some food. His mother did not realize what had transpired. We attempted to resuscitate him for twenty minutes. Our efforts were in vain. To make matters worse, she lamented that she had lost her husband and three other sons during the quake.

Approximately 75,000 dead are accounted for. Local estimates put the figure at 200,000. This is an ongoing tragedy. Majority of the people are living in makeshift tents without heat. Northern Pakistan and Kashmir have frigid temperatures and snow falls of up to two feet. Pakistan is a poor country. Food, clothing, sanitation, and basic necessities are generally scarce. With today's political and religious climate, it is hard for Americans to understand the full magnitude of this calamity. I have realized that I am very lucky to be alive and be a husband, a father, a brother, a son, a friend, a colleague, an American, an Obstetrician/Gynecologist and most importantly, a human.

JAVED AKHTAR, MD



Report of the Communication Committee

A New, Highly Professional Web Site/Message Board/Online Registration



Sajid Chaudhary,
MD

Graduate of Allama Iqbal Medical College, class of 1985. Residency from Brown University of RI, Fellowship from University of Massachusetts. Currently practicing Infectious Diseases in Kissimmee, FL.

Assalam-u-Alaikum,
We are very excited and pleased to announce that APPNA now has a new highly functional professionally designed web site. www.appna.org. I am grateful to the members of my team for working diligently to make it happen in a matter of few months.

Unfortunately, owing to non performance of the previous vendor we were placed in the position of waiting until the end of the year before launching the next vendor's website. Luckily for APPNA, the council of 2005 sensing the need and urgency, authorized appropriate financing for our new website. We are therefore mindful of the urgency and importance that our council attaches to this very important medium. We have hired the company that was APPNA's first web designer. This company thus has some exposure about the working of APPNA, its annually occurring changes and its functioning as an institution. Visitors to our website will see that it is an enterprise level vendor and has top notch client base such as Amtrak, Daimler Chrysler, Blue Cross Blue Shield, Mopar, Skillman Foundation and many others.

In the last four months numerous live interactive phone and high speed web demonstrations have taken place where many members of CC 2006 were able to see the key features on the screen and approve them stage by stage. Some of these meetings occurred at 9 am EST during working days when we had to assume our clinical duties in hospitals, clinics, surgical suites etc. I am grateful to the members including the President who made themselves available for such live web demonstrations to take place.

Taking into consideration two major key factors; security and functionality, the web is elegant but easy to navigate site where a casual visitor can quickly get to the span of informational base of our organization. For the members there is a password area that is secure and private for all of its contents including the process of on line registration for our upcoming summer meeting in July this year. I am happy to state that members are actively using this service, as of now over 300 members have used this facility. This will give the Local Host Committee rapid information to act

on and less work for the secretarial staff in central office.

On the artistic side, we have a banner which encompasses various themes of country of origin, country of adoption and our professional identity. This theme was arrived at after a laborious process of giving our membership a chance to participate in its design. Canada from where some of our members come, is acknowledged.

In a nutshell we have the following major features.

Message Board where members can create topics of discussion, post messages and have an automatic message feed service which sends any further posting of topics that the member has expressed interest, directly into their e-mail box. Members are therefore able to communicate with each other but not have their mailboxes filled up with topics that do not interest them.

There will be rules of participating in the message board and these will be posted on the site as soon as they are approved by Council.

Online Summer Meeting Registration for everything including CME, guests, banquet, registration, trips, miscellaneous services all with secure Verisign credit card payment modality. APPNA does not have access to nor does it keep credit card numbers on file if there is online registration.

Efforts are underway to complete a section where the **humanitarian and charitable underpinnings of our organization** will be highlighted e.g. relief efforts in Tsunami tidal wave of 2004, Katrina floods of 2005, Earthquake of 2005 and other missions such as the droughts and floods in previous years in Pakistan. Donors and prospective members will therefore be able to see our accomplishments. APPNA Sehat has its own site and links to it have been provided. **Young Physicians resource center** has a link on the main page.

Content Management System. This is going to be a key component for it allows the trained APPNA office bearer or Central Office staff to change content on the website without having to go back to the web design service.

6. Many of you have received some communi-
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Report of the Research and Scientific Affairs Committee

Supporting the Mission of APPNA

The Research, Education and Scientific Affairs committee of APPNA continues to support the mission of APPNA. The charter of the committee is broad in nature; the focal point of effort is to improve CME. I am happy to report that we are continuing to provide quality educational programs to the membership to enhance the care of our patients.

The membership had embarked upon having international CME conferences. Objective of those have been to increase the interaction between the APPNA members and the medical professionals of the host country. Our last conference in March of 2005 was held in India and it achieved this objective to the fullest. Dr. Rizwan Naeem, the co-chair of RESA, was given the task to organize this. He coordinated with CII and the result was an excellent CME program in Delhi and Mumbai. There was participation from Indian professionals and our members. The program was diverse and balanced. It allowed for excellent exchange of information and interaction. Fewer than 35 of our members participated. One of the most important parts of the CME activity in this fourth international conference was that the host country bore most of the expenses related to CME, thus a considerable saving to APPNA. For this, we should thank Dr. Rizwan Naeem.

Last year's summer meeting at Houston was very well attended. This meeting had a lot of firsts. First time a Noble Laureate graced our meeting. First time internationally known giants of our profession spoke at our meeting. Extremely eminent Pakistani Physicians honored us by their presence. Dr. Adib Rizvi gave an exhilarating lecture on the achievement of transplantation in Pakistan. The most significant first, in my opinion, was organizing the residents and fellows symposium. They presented their research. A committee of our academicians selected four papers for oral presentations and several others for poster presentations. To promote the interest among our young and budding members, a reward was given to all the participants. The CME ad hoc committee at Houston and its chairman deserve our thanks for working very hard often under some distractions to bring this through.

Due to the devastating earthquake in Pakistan, the location and the theme of the winter meeting APPNA Newsletter, Vol. 16, No. 1, Spring 2006

had to be changed. Ninety physicians from the U.S. participated. The topic of the conference was Disaster Relief. Several prominent speakers from the United States were invited. Dr. Saud Anwar spearheaded that effort and I am thankful to him. Many of our participants also provided medical services to the needy.

Local APPNA chapters and alumni organization continue to offer the CME programs through APPNA.

Listed below is the summary of the CME for 2005:

Total number of APPNA sponsored activities	7
New England Chapter-Spring	
23 Participants	1 Hour
DOW Alumni	
13 Participants	4 Hours
International Conference	
135 Participants	15 Hours
Annual Meeting Houston	
375 Participants	14 Hours
<i>(Nearly 500 registered only 375 certificates issued because that was the number who turned in their certificate of attendance)</i>	
New England Chapter Fall	
21 Participants	4 Hours
SMC	
16 Participants	11 Hours
Winter Meeting	
90 Participants	14 Hours
Total	673 Participants 63 Hours
Total amount of Commercial support.....	13,500.00
Total income received-registration.....	76,025.00
Total expenses	60,622.00

Several challenges are facing our program. CME remains under-funded. We have not been able to raise sufficient funds from commercial support. In my opinion, the lack of a permanent committee of people committed to raising the funds on an ongoing basis is the major reason.

The accounting of CME expenses and income is often not communicated to the RESA committee on a timely basis. There has been a significant lack of open communication between the central office and the committee.

The committee is in the process of applying for re-accreditation from ACCME. The annual report for 2005 was submitted to ACCME in March of 2006. Having an accredited program is expensive and we need the support of the membership as well as the executive council to continue providing the state of the art program.



Raza A. Dilawari,
FRCS, FACS

Chairman RESA
committee of
APPNA

Report of the Social Welfare and Disaster Relief Committee

APPNA Kathai Village and Other Projects



Chair: M. Javed Akhtar, M.D., FACS

CO-Chair: Saima Zafar, M.D.

Where and what is Kathai?
It is a tiny village in Northern part of Azad Jammu and Kashmir about 9-10 km. from the line of control (LOC) between Chakoti (last town on LOC) and Chinari. The population is roughly 4880 according to the last official census in 1998. Recent surveys done by the Pakistan Army showed the following statistics: Kathai : 1150, Sadhani : 501, Tilli Kote : 1775, Kotla : 690, Bibdori : 723, Killi Gabbar : 1460, Bandi Chakan : 1127, Kona : 6000, Gujar Bandi : 2700. **Total population: 10,126**

Number of Deaths?

Kathai : 122, Sadhani : 28, Tilli Kote : 118, Kotla : 30, Bibdori : 45, Killi Gabbar : 170, Bandi Chakan : 131, Kona : 199, Gujar Bandi : 125. **Total Deaths: 968**

Number of People Injured?

Kathai : 87, Sadhani : 36, Tilli Kote : 35, Kotla : 55, Bibdori : 43, Killi Gabbar : 214, Bandi Chakan : 68, Kona : 325, Gujar Bandi : 247. **Total Injured: 1115**

Houses Destroyed?

Kathai: 235, Sadhani: 64, Tilli Kote: 314, Kotla: 138, Bibdori: 103, Killi Gabbar: 310, Bandi Chakan: 190, Kona: 418, Gujar Bandi: 483, **Total Houses Destroyed: 2255**

How did APPNA find out about Kathai?

A paramedic from New York who was dropped there by helicopter called Dr. Saeed Akhtar and told him about the bleak picture for the people of Kathai-no food, no shelter, road closed!

What Has Been Done So Far?

We have provided more than 500 all-weather tents, more than 5000 blankets, more than 2000 sleeping bags, enough food to last thru March (the worst time of the year), one Large Marquee Tent for the Girls School and smaller tents for the Boys School.

Problems and their Possible Solutions

1. There is **no running water**, and the main artery which was feeding the village from a remote spring was blocked by the earthquake and mudslides. The villagers have to get either stagnant water or walk an at least 2 hours round trip to get water from a 900-1000 feet deep spring. Due to lack of clean running water diseases like Scabies and Gastroenteritis

are common. There is No farming is possible for livelihood or even food.

Solution: We have requested the Army Corp of Engineers to survey the blocked areas and with local help reopen the water canal.

Possible cost \$ 50,000.

2. Economic deterioration of the area.

There is complete lack of jobs, businesses are lost, and no farming is possible.

Possible Solution:

A. Micro credits to restart small businesses (shops, general stores, etc)

B. Vocational School for young women like sowing, knitting etc.

Possible cost \$ 50,000.

3. Lack of proper health care facilities and immunization program.

Possible solution:

We should build them a permanent Clinic with a paramedic/nurse stationed permanently and a local Doctor visiting at least twice a week. A very active immunization program should be implemented using APPNA-Sehat Model.

4. Both school buildings are destroyed.

Possible solution: permanent school buildings.

5. Lack of good road access.

Possible Solution:

We have to approach the Government on that issue.

6. Communication with the rest of the world!

Possible Solution:

Somebody with an entrepreneurial mind can start a PCO and a small internet café! We should definitely consider providing couple of computers to the Schools.

A lot has been done but a lot still needs to be done at Kathai. Between our last visit in November and the more recent visit in December, things have really improved. We found people upbeat, willing to pick up the pieces and move on with their lives. We were very impressed with their intelligence and their willingness to actively participate in their destiny. The presence of APPNA has really made a great difference in this outlook. Their faith in God is very strong and they are very hopeful about their future. As the old farmer

ploughing a bone dry field with his bulls, put it "I will be ready when God sends rain or water from the spring". God bless all of you who have brought a blink of hope to the denizens of this, a tiny remote village in the far flung and remote areas of Kashmir and restored smiles to the faces of their children.

APPNA Village Kathai

- More than 559 tents worth US \$84000 were distributed for immediate relief.
- 2645 tin sheets for roofs worth \$26000 were used through the Pakistan army to build shelters in areas above 5000 feet, before winter set in.
- We wanted to build permanent housing for the residents with the help of other NGOs but the Government has stalled the process by saying that they will provide direct aid to villagers.

Schools in Kathai

- We are currently running two schools with the help of Read Foundation of UK. They are currently operating out of tents that we provided (including a large Marquee tent worth \$5000). We are going to provide them with permanent buildings once the Government comes out with the new building specifications.
- We have provided them with necessary books and furniture.

APPNA Medical Clinic in Kathai

- Appna medical clinic is operating out of a tent with a temporary physician and paramedic team. We are going to build a permanent structure as soon as the Government will give us permission. We are keeping it stocked with needed medications. We plan to keep it as an outpatient facility.

Kathai Water Restoration project

- The army corps of engineers has conducted surveys and has agreed to do the necessary work. Bad weather and mudslides have delayed the project some what.

Micro credits and Vocational training

- Sewing machines have been provided for the girl's vocational training school.

- We are still working with the local residents on the micro-credit program. The main difficulty is the absence of local government infrastructure (no Nazims/ Naib-Nazims, no Numberdars). Access to the Village has been a problem because the road has been mostly closed as a result of the mudslides.

Rehabilitation Projects by APPNA

- Work at the construction of the rehabilitation hospital at RGH is progressing well. Drs Piracha and Murtaza Arain from the Rehabilitation committee have just visited the facility.
- A group of Prosthetists/Orthotists led by Mr. Shamshad is fitting artificial limbs
- PIPOS has sent a proposal and a MOU to run the Rehabilitation clinic (outpatient) at Mansehra. Total cost projection is roughly 319,000 dollars over the next three years. Appna will pay 200,000 dollars and PIPOS will contribute 119,000 dollars.

Other Projects in Earthquake effected areas

- Another container has gone with Dialysis machines and other medical equipment.
- APPNA is supplying equipment to PIMA sponsored inpatient facility in Muzzafarabad. PIMA is already running a very busy Clinic there. This is filling a huge void after the Pakistan Army had dismantled the Mash Unit.
- APPNA is sponsoring a school at the Village of Hope established for Orphans by IMET. Opening ceremony took place last weekend. The facility is going to house 100 orphans initially and then more will be accommodated. Dr. Arshad Hussain and Rose Procter were kind enough to accept my invitation to personally come and update APPNA EC on this extremely worthy project.

Other projects by APPNA

- Three containers of wheelchairs are on the way to Pakistan already. APPNA has sponsored one container. Once they arrive in Islamabad APPNA representatives with the local

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Arshad Hussain, MD, with admirers. (L to R) Miss Hussain, Raana Akbar, MD, Arshad Hussain, Javed Akhter, MD, Pervez Rasul, MD.

Report of the Committee on Advocacy, Legislative and Governmental Affairs

Issues of Civil Rights, Immigration, Professional Concern and Strategic Partnership with Other Organizations



Submitted by Nasir Gondal, on behalf of the Chair.

Members: AR Piracha (Chair), Naveed Iqbal (Co-Chair), Hussain Malik, Nadeem Kazi, Mahmood Alam, Omar Atiq, Saud Anwar, Tariq Butt and Nasir Gondal.

The mission of the Committee is to address the issues of Civil rights, Immigration, professional concerns, and to develop working relationships with other strategic organizations.

The agenda for this year was unanimously decided by the committee and was comprised of the following issues.

1. Visa and Immigration issues of Pakistani Physicians, students and business personnel
2. Civil Rights Concerns:
 - a. Support the Senate Bill 2138. End Racial Profiling Act (ERPA)
 - b. Lobby against the prevalent targeting of Muslim Charities especially for funds earmarked for Earthquake relief efforts
 - c. Lobby against the National Security Agency wiretapping (Spying) Program.
3. Quick release of funds earmarked by the U.S. Government for Earthquake relief efforts.

DAY ON THE HILL: It was decided to hold the Annual Advocacy Day at the time of Spring Meeting. The plan was to have a "Day on the Hill" on Thursday April 6th, and another meeting with the Administration on Friday April 7th. APPNA Officers, council members, committee members including regular members were approached to reach out to their House Representatives and Congresspersons.

We had a successful Day on the Hill. It started with a two-hour session on how to do better advocacy. Corey Saylor Government Affairs Director CAIR, Farhana Khera President and Executive Director NAML, Naheed Qureshi National Field Organizer ACLU were among the participants. APPNA members visited the offices of **sixty-five** Members of Congress. Later a luncheon meeting was held in the Rayburn House Building Room 2325. **Sixteen** Senators and House Representatives attended and spoke at the meeting. Another **fifteen** offices were represented by their staffers. The Day on the Hill was held in partnership with other organizations including PAKPAC, PAL-C

Pac, PAC, National Association of Muslim Lawyers (NAML) and Council on American Islamic Relations (CAIR).

MEETING WITH THE ADMINISTRATION: It was held in collaboration with PAK-PAK on Friday, April 07, 2006 at the Offices of The Department of Home Land Security, Washington DC. Representatives of the US Depts. Of. Justice, Homeland Security and State Dept were present. Issues of Visa and Security Clearance, NSA Spying, and racial profiling were discussed and specific actions were requested. A specific racial profiling case of a Pakistani Physician Nadeem Hassan was showcased.

LEADERSHIP TRAINING PROGRAM: APPNA council members are potential future leaders of APPNA. Most are active in their communities and are in leadership positions in various social, professional, and non-profit organizations. The committee felt that they would benefit from leadership training. On Friday, April 07, 2006, an hour-long Leadership training program was held as a part of CME program. Ibrahim Hooper, Communications Director and Arsalan Iftikhar, Legal Affairs Director, both of CAIR conducted the program. The emphasis was to enhance the leadership skills of APPNA council members.

FUTURE GOALS:

1. **Follow up on the Day on the Hill.** Letters to the members of the Congress by the members and the APPNA President will be sent as follow up.
2. **Streamline program.** It will include additional input received from the members and the community at large after the Day on the Hill announcement was made.
3. **A leadership-training course is planned** at the Summer Meeting.
4. Strengthen and expand **strategic partnerships with other organizations.**
5. **Interact and collaborate with other APPNA committees and component societies** in fulfilling the committee's mission.

MAHMOOD ALAM, MD, FACC. FACP

Candidate for President Elect 2007



Dear Friends, Assalamo-Alaikum:

Congratulations on becoming a voting member of APPNA. Election process makes APPNA a strong and democratic institution. You have in previous years elected me to serve you as Treasurer and Secretary. I am humbled by your trust and seek your support for my candidacy now as President Elect 2007.

MY VISION FOR APPNA

- 1) To make APPNA more effective by creating consensus among the EC, by hiring a qualified Executive Director and by using standard operating procedures for execution of APPNA Council decisions
- 2) To strengthen APPNA at the grass root level by organizing local chapters under unified bylaws and to bring clarity in the process of creating new chapters.
- 3) To Enhance the Social Welfare and Charitable potential of APPNA under SW & DR Committee and to expand APPNA-Sehat primary prevention program in Pakistan.
- 4) To Empower Committee on Young Physicians with adequate funding and support.
- 5) To promote the activities of Research, Education and Scientific Affairs Committee (RESA) by allowing RESA to take charge of CME funds overseen by the APPNA EC.
- 6) To strengthen the Pakistani-American community by building bridges with fraternal organizations and to safeguard our civil rights by promoting Legislative advocacy.

ACHIEVEMENTS AS TREASURER & SECRETARY

1. Hiring of new accountant, accounting transition, completion of account consolidation.
2. Initiated better tracking and reporting of sub-accounts in a membership friendly format.
3. Accomplished Audits for overdue APPNA Financial statements - 2003 and 2004.
4. Highest disbursements ever made for Tsunami, Katrina, and the Pakistan Earthquake.
5. Transition from cash basis accounting to accrual basis for more clarity.
6. Helped organizing two successful council meetings in January & April, 2006.

DEAR MEMBERS, Our Association's future depends on the decisions we make today. I have a decade of commitment and services to APPNA. I have enthusiastically participated in the disaster relief efforts of Tsunami, Katrina, and the Pakistan Earthquake. I have always been supportive of Women issues and their rights. I have demonstrated my ability to lead with a capacity for sustained hard work. I want to make APPNA an independent professional organization where all shades of Pakistani Diaspora are accommodated with respect and dignity. I have no political agenda of self promotion. My agenda is to build a stronger Pakistani-American Community in this country. I seek your support to achieve my goals. I need your vote for continued action. Thank you and May Allah bless you.

ALAMMD@aol.com (732-874-3705)

Report of the Rehabilitation Committee

Summary of March Trip to Pakistan



Abdul Rashid
Piracha, M.D.

Dr. Piracha is a Graduate of Nishtar Medical College, 1964 Trained at Albany Medical Center, Albany, NY in Internal Medicine and Cardiology. Private practice in cardiology in Princeton, WV since 1972.

Assalam-u-Alaikum! The Executive Committee, the Rehabilitation Committee, and members of the Social Welfare Committee have all made trips to Pakistan, some of them more than once. I've myself made three visits there since the earthquake. The following is a summary of my third trip, in March 2006.

1. An office has been established, and three full-time paid employees have been hired to staff it. They will run the office under the supervision of Dr. Saeed Akhtar and Sobia Hafeez. We have also established and registered a new entity by the name of APPNA Pakistan, but it does not have a tax-exempt status at this time. As soon as the attorneys finish the paperwork here and in Pakistan, we will transfer funds to that entity for our relief work.
2. I met with the new head of the Government reconstruction plan, and he informed me that APPNA couldn't build homes in Kathai village as we had planned. The government has now taken over that responsibility and will make cash payments to families to rebuild their own homes.
3. This leaves us with only two building projects: A school and a clinic in Kathai village. At present, Kathai has a school, which prior to the earthquake had 150 students up to the 8th grade, but now there are about 80 students. Hopefully the number will increase in the coming months when the new school is built. Again, the government is in the process of giving directions as to what degree of earthquake protection will be needed in the area where we plan to build a school. The present school, supported by APPNA in collaboration with Read Foundation, is housed in tents. APPNA has provided the necessary books and the furniture for the school.
4. The APPNA clinic will be built near the main road, making it accessible to most of the population. The local population has guaranteed us land, free of cost.
5. We had promised the residents of Kathai village that we will provide and re-establish clean water, for which we have allocated \$50,000. I see it as the most important, essential and necessary relief work needed by the residents of Kathai. The construction is on hold until the

Army Corp of Engineers tells us that there is no further danger of landslides taking place, which may block the water channels again. We look forward to starting this work within one month.

6. APPNA is also sponsoring a vocational school with micro-credits at Kathai village.

Rehabilitation facility at Rawalpindi General Hospital.



1. The facility for physical therapy and for the manufacturing of prosthetics and orthotics has been built. We have sent a team of prosthetists and orthotists in January, with supplies, which are still stored in the new facility. Right now, we have a certified prosthetist and orthotist working at Rawalpindi General Hospital, and we hope that he will stay for two months.
2. A second team of prosthetists and orthotists with two to three members went to Pakistan on March 25th. We provided the airfare and accommodations for the prosthetist who is working at Rawalpindi General Hospital. The second group, however, is a volunteer group, and went without any funding by APPNA.
3. Rehabilitation center at Mansehra: We visited a rehabilitation facility, at Mansehra run by Dr. Bakhat Sarwar, who also runs a prosthetic and orthotic school in Peshawar. This facility is already in operation with the financial aid of some different NGOs. We have been asked to provide financial aid and help to run this facility for the next three years, starting June 1st. The total cost will be about \$200,000 for the next three years. The Rehabilitation Committee and I are in favor of supporting this facility.

Report of the Committee for Young Physicians

Visa Issues, Residency Positions and Funds to Help Indigent Young Physicians

Assalam u-Alaikum
The committee while continuing to work on the visa issues is also going to increase its scope of work by helping the young incoming physicians in obtaining positions in residency programs as well as for research and other elective positions. The committee has also initiated a fund to help young physicians in financial need, who can meet the requirements set by ECFMG for International Medical Graduates (IMG).

On March 14th, the committee for young physicians made an all out effort to seek the help of APPNA and non-APPNA members in the United States and request their assistance in the post match scramble. We also requested young physicians in need to contact us.

We were approached by 35 or more young qualified young physicians who were either worried about the match results or who could not enter the match process; the response from physicians in academic programs was less than desired. Nevertheless, there were many physicians who volunteered to lend a helping hand to the young candidates and responded to our phone calls on the match day. We are very grateful for their help.

Without going into details, I can let you know that the outcome of the hard work by the members of our committee (who had worked tirelessly for three weeks prior to the match and continuously labored without stop on March 14 and 15) was not what we had hoped for. In spite of some excellent candidates and outstanding resumes, we had a dif-

ficult time in convincing various programs to interview our candidates. On the positive side, some programs interviewed a few of our young physicians. We have not heard back whether any candidate has been accepted. Unmatched American graduates on the intervention of medical school deans fill most of the positions in the match. This leaves very few positions for international medical graduates at the time that post match officially opens. So the odds are not in favor of a young physician who is on a B-1 visa and does not have US clinical experience. The committee would like to continue this practice in the future and would also like to help young physicians attain research positions so that they may improve their chances of acquiring a residency. We cannot do this without the help of other APPNA members.

The above-mentioned scenario delineates the most important issue that the committee has been trying to resolve for the last three years: the visa and security clearance problem faced by Pakistani medical graduates.

Let us look at some statistics here.

In 2003 of the total 1,133 J-1 visas for physicians approved by ECFMG, Pakistan was the top country, securing 154 sponsorships and India close behind with 142. But only 26 per cent of Pakistanis were able to join their residencies on time as opposed to 56 per cent of Indians, 98% of Canadians, 86% of Syrians and 93 per cent overall.

In 2004, of the 161 Pakistani applicants, only 100 (62%) arrived to join their residency and of those only 57% arrived on time. Also significant is the fact that whereas in 2003 Pakistan had the highest number of physicians accepted in US residency programs, this number dropped in 2004 probably due to the reluctance of program directors to hire Pakistani Physicians on account of visa issues.

In 2005, the situation became worse. According to the ECFMG statistics that year, J1 applicants from Pakistan who managed to
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*Rubina Inayat MD,
Chair, 2006*



Rubina Inayat with Somi Cheema, wife of Dr. Baber Cheema.

Zeelaf Munir M.D.

Candidate for President-Elect APPNA



Dear APPNA Family,

Assalam-u-Alaikum,

After consultation with several friends and well-wishers of APPNA, I feel honored and humbled to announce my candidacy for President-Elect APPNA 2007.

I have served the esteemed association for a decade and will continue to do so regardless. I am and always have been my own person, serving the interests of no other except the members of APPNA and the organization. My obligation and accountability is to the membership and will continue to be so.

I will strive to bring back the civility, professionalism, unity of purpose and effectiveness of APPNA as was envisaged by its founders in its glorious past. We will achieve this by working together as we move forward bringing APPNA into the 21st century.

I request and look to your support and vote.

Thank You,

Zeelaf Munir, MD

Secretary APPNA 2004

Treasurer APPNA 2003



APPNA also provided financial support to the following multiple facilities:

1. **Holy Family Hospital** has completed their physical therapy unit with our aid, and it is in full operation at this time.
2. A fully equipped operating room is in operation at PIMS in Islamabad.
3. Financial aid was given to a facility for the paraplegic in Islamabad. However, this facility has now been taken over by the government, and the patients have been shifted to the **rehabilitation unit** run by the government.
4. We have also given financial aid to an **orphanage**, primarily for the education of the orphans.

General help from APPNA:

1. We are in the process of developing at two local hospitals in Islamabad and Pindi, provided we get the full cooperation of the local authorities.
2. Emergency medical service is lacking and is almost non-existent in Pindi, Islamabad, and probably in the whole of Pakistan. In our winter conference in Islamabad, there was a presentation by a physician for the emergency services in Lahore. We have been asked to provide assistance because of our human resources and expertise. The government of Pakistan has established a committee to develop this program, and we may have a representation on that committee.

It is difficult to give a comprehensive account of the relief work that APPNA has done so far, but gives me great satisfaction to say that APPNA is now being recognized in Pakistan as a caring and charitable organization, as evidenced by a recent article in "The Daily News".

The Social & Welfare Committee, the Rehabilitation Committee and I will continue to update the membership



about the progress of our work. It will probably require several visits by me, and perhaps by the other members of the Executive Committee and Council members, to supervise the relief work. I need your moral and financial support to accomplish the goals, which we have set. Thank you. Wassalam!

Communication Committee

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cations from the APPNA president. This was possible with a proprietary **email system blast mail** which allows rapid communication to all members in the database pool from the executive Council. This had not been possible in the past and costly US postal mail was being used.

Future directions are in the works. We are thinking of streaming video where we can gain experience and resources. The magazines and newsletters will be placed online. Sometimes it is important for the executive council to know the views of the membership and some polling may be needed. CC is considering providing that facility as well.

Important: In case you are missing out on the exciting events such as direct communication with office bearers and would like to be included, please send your email address to APPNA central office at appna@sbcglobal.net so we can add it to APPNA blast send data base.

So sit back, relax & enjoy the wonder of new millennia, www.appna.org, just kidding!

However I am not kidding when I state that, your suggestions, ideas, encouragement and critique are desired and will be taken seriously.

Let us stay in touch.

Report of the Finance Committee

Achievement of Consistent Returns



Shabid F.
Usmani, MD

Dr. Shabid Usmani is a Pediatrician in Orlando, Florida. He is a graduate of Universidad Tecnologica de Santiago (UTESA) in the Dominican Republic, class of 1986. He completed his residency in Pediatrics from Nassau County Medical Center in East Meadow, New York in 1989 and has been in private practice of General Pediatrics since 1991 in Florida. Dr. Usmani is also Chief of Medical Staff at Health Central Hospital in Orlando.

Assalam u Alaikum,
The Finance committee is charged with the task of investing Life Time Dues in a manner that will meet our association's long term objectives:

1. Preservation of capital.
2. Appreciation of capital by achieving consistent returns from capital appreciation, dividends, and interest income. The target rate of return is to exceed inflation (CPI) by five percent over a market cycle of 3 - 5 years. The portfolio's balance allocation of Cash/Fixed Income/Stocks (9.6%/ 27.8%/ 65.6%) and the use of multi-disciplin investing in Large, Mid-size and Small companies, as well as the mixture of Growth and Value and International stocks characterizes the risk of our portfolio to be medium.

The finance committee transferred \$122,825 to Hays Advisory Fund due to its superior and consistent performance over the last five years. The account with Rittenhouse was closed as this fund

has consistently not performed well over the last five years. The fund transfers were made after the recommendation of the investment managers at Citigroup were considered and approved by the members of the Finance Committee. Life time Dues in the amount of approximately \$62,000 were added to the investment portfolio.

The investment value at March 29, 2006 was Cash and Cash equivalents \$106,767 (9.6%) + Preferred Stock and Fixed Income \$307,892 (27%) + Common Stock \$693,23 (65.6%). APPNA's return compared to the popular indices was as follows:

CPI	+2.70%	+14.02%	+7.64%
INDICES	2004	2005	YTD 2006
Dow Jones	+3.15%	-0.61%	+4.65%
NASDAQ	+8.59%	+1.37%	+0.61%
S & P 500	8.99%	+3.00%	+4.37%
APPNA	+8.04%	+6.10%	+3.70%

Thank you very much for the opportunity.

Social Welfare and Disaster Relief Committee

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- Rotary will distribute them.
- We are planning to arrange a group of medical students from here to do summer rotation in APPNA sponsored clinics in the Earthquake effected areas There has been tremendous interest in this area.
 - A team from Stanford has gone to Rawalpindi and is trying to establish telemedicine link with RGH.
 - Give-Light foundation of CA opened their Orphanage in Banda Aceh area last December that APPNA had co-sponsored. Diane sent us nice pictures of the opening ceremony with kids holding "Thank you APPNA" banners near the gates. GL foundation is also planning to open an orphanage in Pakistan with another NGO. We may want to collaborate with them on this in the future, but do not yet have a proposal to consider.
 - About 40,000 dollars were sent to Hidayah Foundation for joint projects in Tsunami affected areas, as approved by the council during the fall meeting. Even with matching funds there is not enough money to build a hospital. Other projects under consideration are the "Mother and Child" facilities. Mr.Waseem Baloch who attended the fall meeting is going to facilitate this. Dr. Arain from our committee is keeping close contact with him.
 - We propose that additional 30,000 dollars that were approved for the IMANA clinic in BA area should be shifted to Hidayah for a substantial project. IMANA seems to have enough money run their clinic for next three years and we have not had good contacts with them.
 - We have financially helped over forty families affected by hurricane Katrina through the Jefferson Muslim Association of New Orleans.
 - We are going to arrange free immunization for kids of Katrina effected families in the Houston area.
 - We are going to sponsor a summer camp for kids affected by Katrina in Germantown, TN.
 - Thank you and God bless all of you who helped us raise over 1.5 million dollars for the earthquake victims in Pakistan. I can assure you that every dollar you have donated is being put to good use. I am extremely grateful to my team members from SWP/DR committee who have worked day and night to collect money, equipment and medicines and arrange their transportation to Pakistan. God give them reward for all that. This is truly the shiniest era in APPNA's history and we are truly blessed to be part of it.

Report of the Nomination and Elections Committee

Please Run Clean and Decent Campaigns

The call for nominations for the election of the officers of APPNA for the year 2007 was sent in the month of February. The last date to receive the nomination for the post of President Elect, Secretary and Treasurer was March 15, 2005. The last date to become a member, to be eligible to vote, was March, 31 2006.

The ballots are to be mailed out to the eligible members May 31, 2006. The last date for the ballots to be included for counting will be June 24, 2006. Any ballot that will be post-marked after this date will not counted. Ballot counting and election results will be announced on July 8th 2006 at the Annual Summer Meeting.

This year there was only one nomination for the post of Secretary. Dr. Shahid Usmani is therefore declared Secretary of the Association for the year 2007. Congratulations to him and his family. The committee has high hopes that he will be an exemplary officer of the Association.

We received two nominations each for the office of President elect and Treasurer. At our Council Meeting in Washington, D.C. Dr. Azam Khan who was nominated for the post of Treasurer withdrew his nomination because of personal reasons. Dr. Rizwan Naeem, the other nominee for the post, was declared un-opposed

Treasurer for the year 2007. Congratulations to Dr. Rizwan Naeem for being elected un-opposed as Treasurer, for the year 2007.

We have received two nominations for the post of President Elect.

1. Dr. Mahmood Alam (New York City)
2. Dr. Zeelaf Munir (Delaware)

The Committee hopes both candidates will run a clean and decent campaign, free of personal attacks, and that they will be considerate in calling the voters (not at odd times). Our recommendation is that they should only concentrate on their own accomplishments and their plans for making Appna a better and bigger organization. Good luck to both candidates and happy campaigning.

The following are the members of the Election and Nomination Committee.

- Dr. Mohammad Suleman, Chair
- Dr. Ahsan U.Rashid, V. Chair
- Dr. M. Ishaq Chishti
- Dr. Shaukat Khan
- Dr. Mufiz Chauhan
- Dr. Aftab Ahmed
- Dr. Raza Hassan
- Dr. Abdul Rashid
- Dr. Farooq A.Mirza



*Mohammad Suleman M.D
Chairman, Election and Nomination committee.*

Committee for Young Physicians

continued from page 15

reach USA on time were still very low; 49% compared to 70% for India, 87% for Canada and 67% for Syria. The total percentage of candidates eventually reaching the United States to join their residency programs is 74% for Pakistan, 86% for India, 97% for Canada & 100% for Syria. The latest numbers show a marked improvement in the visa and clearance process and we can attribute some of the credit to the relentless efforts that APPNA and young Physicians committee has exerted in the last three years; through its lobbying efforts at the Hill, the state department and the US Embassy in Pakistan. We are proud of our efforts. However this improvement is offset by the clear 37% drop in the number of Pakistani physicians being sponsored on J1. Given the visa problems, residency program directors are now more reluctant and sometimes do not even invite Pakistani physicians for interviews.

The Day on the Hill, April 6th of 2006 is another landmark occasion in the history of APPNA. We will again revisit this issue with US legislators and the Department of Homeland Security to lobby for this issue and petition for re-evaluation of the immigration and visa policy towards Pakistani students in general, Medical students especially and specifically for physicians allowing them to begin their much wanted training in time. We will be also be requesting a hearing with the Judicial Committee for the House and Senate.

The committee looks forward to your assistance in residency & research matters. Please go to www.ypprc.org to download and fill the mentorship form or e-mail us at info@ypprc.org and join us in the effort of helping young physicians from Pakistan.

YP and RESA Program

New Programs: Membership Issues and Seminars on US Residency and Fellowship Program



Rizwan Naeem,
MD

Dear all,
Committee for young physicians and Research Education and Scientific Affairs Committee (RESA) of APPNA are holding two significant **new programs** for the young incoming physicians, residents and fellows at the Hyatt Regency hotel in Chicago during the summer 2006 APPNA meeting on July 7th & 8th, 2006.

The programs will be as follows:

1. The first program is a seminar on residency interviews and other information regarding residency and fellowship in USA. Program directors from various specialties will be invited as guest speakers and panelists for this hour-long seminar. The guests will share their expertise with young physicians and answer questions related to residency interviews, choosing a program and career orientation.
2. The second program is a **one on one mentor-ship session** and follow-up guidance for residents, medical students, fellows, and young physicians that will be held separately. RESA committee will look for Physicians working in academic or clinical specialties who will be available to spend half an hour with young physicians to provide guidance in their special field of interest and career planning. This mentor will be available to young physician to be a resource for further development in his/her career. The senior APPNA physician will work as a mentor for the next few years and hopefully see the young physician to go through the hurdles and challenges of career planning.

We would like to request young physicians to write to us and let us know if they plan to attend the seminar in Chicago.

This is important to contact us and write a brief introduction as the seats will be limited and physicians will need to reserve a spot with a mentor. Please specify your topic of interest i.e. choosing a specialty for the fellow-

ship, career guidance in a specific field of interest, how to find research of your interest etc.

If you have any questions please contact us at info@ypprc.org.

Dr. Rubina Inayat

Chair, committee for young Physicians, 2006
pasneri2001@yahoo.com

Dr. Rizwan Khalid

Co-chair, committee for young Physicians, 2006
rizwan_khalid@yahoo.com

Dr. Raza Dilawari

Chair RESA committee
rdilawari@hotmail.com

Dr. Rizwan Naeem.

Co-Chair RESA
rizwann@bcm.tmc.edu

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Report of Fatima Jinnah Medical College Alumni Association

A Vibrant and Lively Group of Physicians

Assalam-u- Alaikum,
It is a great honor & privilege to serve as the President FJMC alumni association. There isn't a more vibrant & lively group of physicians in APPNA than FJMCNA. I wish our group would be more progressive & active in APPNA, USA & in Pakistan. I am very confident that if we tap into our strengths & pool our resources together we can move mountains.

This year the office bearers are as following:

Dr. Shaheen Mian (Secretary), Dr. Sarwat Iqbal (treasurer), Dr. Saadia Khan (immediate past president), Dr. Naheed Chaudhry (president elect). We make a cohesive team and started this year with regular teleconferences to discuss goals and objectives and the process to accomplish them. As a team we need to focus on many new & old matters. Briefly our goals will be as follows:

- 1. Increasing the membership to 350 members this year.** This is the most important project which will be given due attention. A letter will be send to alumni as well as EC members & volunteers will make personal phone calls to solicit members. Launching a new website should help with this process as well.
- 2. Website to improve communication among alumni.** The membership and EC of FJMCNA, have approved the budget for the first official website and we hope that this project will be completed in a couple of months. It is a very exciting undertaking as the association has not had a professional website since its inception and is one of the reasons that we lag in the membership numbers.
- 3. Charitable work.** We will continue the charitable work not only at our Alma Mater but also spread it to communities in our homeland through our sister organization in Pakistan; the Association of Fatima Jinnah Old Graduates. AFJOG has done a tremendous amount of work including relief work for the earthquake victims. It will be worthwhile to join hands with them. Information about AFJOG will be made available on the website as well as presented to the members at the annual summer meeting.
- 4. Advancement of educational activities at FJMC.**

This is an ongoing process as many of our APPNA Newsletter, Vol. 16, No. 1, Spring 2006

members have delivered lectures at the college, however we need to centralize the process and improve its organization. FJ graduates are invited to submit their names by writing to us at pasneri2001@yahoo.com.

5. Creating an effective & supportive mentor ship program for the students at FJMC.

6. Establishing new committees.

We have initiated a new trend to have teleconferences with members so that the office bearers can incorporate their thoughts, ideas & suggestions in our working manifesto. This is a way for members to join hands with the FJMCNA office bearers and contribute to the growth of different projects and committees. The first such meeting was held on March 12th and was very well attended. We were able to establish four committees, which are as follows:

1. Election and nomination Committee.
[Dr. Shahnaz Khan and Dr. Sherry Gilani]
2. Education and Research Committee.
[Dr. Asma Jaffri and Dr. Naheed Chaudry]
3. Charity and Social Work Committee.
[Dr. Shaheen Mian and Dr. Farah Raana Zaidi]
4. Membership and Fundraising Committee.
[Dr. Saadia Khan and Dr. Sarwat Iqbal]

Dr. Amna Buttar has graciously agreed to serve in an Advisory capacity to the Education and Research Committee. We hope to add more members to these committees in our next teleconference. If an alumnus would like to join our next teleconference, kindly send us an e-mail and we will be very happy to add you to our e-list group. We hope to have a positive and productive year and work together with APPNA to fulfill our collective mission. Won't you join us in our endeavors?



Rubina Inayat MD.
President, 2006

DOGANA Celebrates its 25th Anniversary

Silver Jubilee • DOGANA • 1981 to 2006
Celebrating the Silver Jubilee – Summer Meeting in Chicago



Absan U. Rashid,
MD

Dr. Absan is Dow graduate, class of 1982. He completed his residency training from SUNY at Stony Brook program in Internal Medicine and has private practice in Irvine-Newport Beach California. He is the current DOGANA President.

T We would like to acknowledge all our senior Dowites who had the foresight to organize Dow alumni activity in North America approximately 25 years ago. With a mere 80 Dowites they formed the organization that we now call DOGANA. Some twenty-five years later we are at this point one of the most active alumni associations of Pakistani heritage. As Nadeem Zafar wrote, "For the founders of DOGANA - thank you for a job well done. For their participation in APPNA in a very constructive way- thank you. For sharing your love with us, your juniors- thank- you. It is our privilege that we share your thoughts, hopes, aspirations and vision. APPNA is stronger through DOGANA, DOGANA is there because of your vision" Here we reflect on our past ...

In 1979, a small number of Dow Graduates attended the annual meeting of Association of Pakistani Physicians (APP) at the Renaissance Center, Detroit MI. Among those who attended the meeting were Doctors Sultan Ahmed, Iltifat Alavi, Aziz Arian, Inayat Husain, Mujtaba Hussain, Rashid -Ul-Khairi, Ikram Ullah Khan, Iftikhar Salahuddin and Tariq Zafar. The idea of the Dow Graduates Association was conceived at that point.

1980.... Washington DC.

The DOGANA General Body appointed an Ad Hoc committee consisting of Doctors: Sultan Ahmed, Iltifat Alavi, Salim Chowdhry, Inayat Husain and Pervez Illiyas Shah; with a charge that this committee come up with a simple constitution with aims and objectives and to collect demographic data on Dow Graduates in North America.

June 1981 ... Hyatt Regency Hotel, Chicago, IL.

The Dow Graduates

Association was established as a social, fraternal and non-political organization. The General Body approved a four-page constitution including by-laws. Dr. Inayat Husain was elected as the first President of Dow Graduates Association.

DOGANA plays an important role in not only organizing Dow alumni activity in North America but also in many other parts of the world. This can only happen because of the teamwork developed over the years. The creation of the Dow alumni office in Dow Medical College 2005 was a historic event. Please join us in celebrating DOGANA and Dow alumni activity in general. While we are doing our best to get as many Dowites as possible on board we do need everyone's help to make Dow alumni associations stronger here and in UK, Karachi and world over.

Highlights:

1. Silver Jubilee DOGANA, 1981 to 2006
2. Celebrating the Silver Jubilee
3. Dow Class Projects, 3. Dow Endowment Funds Reports Donors list, updates, fundraising,
4. Golden Jubilee Dow Class 1956 -From 1956 to 2006 Celebrating the Golden Jubilee. The meeting information is being posted on www.dowalumni.com. Thanks



Report of the New England Chapter (APPNE)

Earthquake Relief, Fundraising and New England Community Participation

The chapter focused on the Pakistan Earthquake as its primary focus during the last few months, while continuing to actively participate in the activities of the New England community. Notable initiatives included:

◆ **Earthquake Relief Volunteers:** APPNE physicians from Massachusetts, Rhode Island, New Hampshire, and Connecticut responded immediately and served in the earthquake zone of Abbottabad, Muzaffarabad and Rawalpindi/ Islamabad. Drs. Naila Mughal, Naheed Usmani, Syed Iftikhar Husain, Iqbal Ahmed, Tariq Malik, Zahra Ayub, Nadeem Afridi, were some of the volunteers.

◆ **Medical Supplies and Relief Goods:** APPNE doctors carried many cartons of donated medical and surgical supplies with them on their trips to the earthquake zone. Dr. Athar Usmani had Parkland Hospital (NH) donate two container loads of medical supplies and Dr. Zahra Ayub and her husband Saad Ayub worked with Direct Relief to donate almost a \$1 million of medicines to Abbottonian Medical Association at Ayub Teaching Hospital in Abbottabad. From New England area, about 14 truckloads of relief goods were sent to the earthquake ravaged area.

◆ **Fundraising and Indian Medical Association collaboration:** APPNE doctors and dentists carried out extensive fundraising drives at their places of work and in their communities, raising about \$200,000 in earthquake relief funds. APPNE and the Indian Medical Association of New England (IMANE) held a joint fundraiser for earthquake relief, with all funds donated to the Pakistan relief effort. APPNE doctors also made presentations at various Islamic Centers and churches, and delivered Grand Rounds on the Earthquake at their hospitals. APPNE also participated in an earthquake telethon on Boston TV station WB56 also simulcast on GEO TV.

◆ **Rotary International collaboration:** APPNE improved the impact of its fundraising by combining its funds with those of Rotary International to get more relief goods to Pakistan. Rotary, the Wheelchair Foundation and APPNE collaborated to send one container of state-of-the-art wheelchairs to Pakistan for earthquake victims. Rotary is also reprocessing APPNE matching-grant requests for mobile rehabilitation service units to be based out of Abbottabad.

◆ **Abbottabad Focus:** Since a number of APPNE members are from Abbottabad & Mansehra area, APPNE decided to partner with first responders Abbottonian Medical Association (AMA, a doctor-run NGO in Abbottabad) and their Disaster Management Cell at Ayub Teaching Hospital (ATH) to provide relief goods and services. APPNE provided funds for operation of the tent village on ATH grounds and for the purchase of an ambulance. APPNE is now working on a Mobile Rehabilitation Service with AMA for physiotherapy/OT services for amputees and injured. Another project is acquisition of medical equipment for ATH. APPNE is also sending scholarship funds for medical students who have lost sources of financial support as a result of the earthquake. APPNE also made a proposal to APPNA's Social Welfare and Disaster Relief Committee for a Rehabilitation Service based at ATH.

◆ **Media campaign:** APPNE doctors appeared extensively on New England TV and radio stations and in newspapers to raise public awareness of the earthquake disaster and appeal for funds. The Boston Globe published an Op-Ed by Dr. Naheed Usmani.

◆ **Advocacy:** APPNE doctors participated actively in APPNA's Day on the Hill on April 6, 2006. They held one-one productive meetings with 3 Massachusetts US congressmen and 3 US senators, as well as office staff of the 2 MA US Senators Kennedy and Kerry. Discussions focused on Visa issues for Pakistani doctors, civil rights and profiling issues, and Pakistan-related issues.

◆ **Co-sponsoring New England cultural activities:** APPNE remains a vital member of the New England community by financially supporting and co-sponsoring cultural initiatives organized by other Pakistani and South Asian organizations. These include Farid Ayaz Qawwal concert as well as Ahmed Faraz Mushaira organized by Pakistan Association of Greater Boston, Pak-Millennium Conference 2006 "Celebrating Pakistani Women," Mushaira by Aligarh Alumni Association.

◆ **APPNE Fall and Spring Meetings:** APPNE held its Fall meeting on September 24, 2005 in Burlington, MA and its Spring meeting was on April 29, 2006. There was CME as well as excellent entertainment programs. The New APPNE executive committee will also take office.



*Naheed Usmani,
MD
President, 2006*

Report of the APPNA South Florida Chapter

The Sunshine State Shines



Iftikhar Hanif, MD

Dr. Iftikhar Hanif, is a graduate of Dow, class of 1984. He completed his residency training from Wayne State University, MI. He completed his Pediatric Hem oncology training from St Jude, Hospital, Memphis TN. He currently practices in Fort Lauderdale and Director of the program in his practice.

The growing number of Pakistani Physicians in South Florida had realized the need for South Florida Chapter over the past few years. After two years of meetings and planning APPSF was formed. The chapter was approved in July APPNA meeting 2005. The chapter has been very active and gearing towards holding major events for our community of South Florida in general and the Physicians in particular.

Annual Meeting:

Our annual meeting was held on November 12, 2005, in Holiday Inn, Fort Lauderdale. The meeting was well attended. Our objective was to bring APPSF and APPNA in the forefront in the community based cultural activities. Children opened the program with US and Pakistan National Anthems. The DVD presentation and APPNA's role in Earthquake relief were the highlights of the meeting.

Earthquake:

Realizing our responsibility to the needs of the earthquake victims, we sought active participation in Earthquake relief activities locally. We repre-



The first annual function of APPSF was attended by many physicians of South Florida. APPSF General Secretary Dr. Zafar Hamid was the master of ceremony.

sented APPSF and APPNA in the local fund raising and awareness press conference called by CARE local chapter. We actively participated in educating the larger community about the devastation of the earthquake. In our annual meeting we raised \$65,000 dollars in one hour. We would like to thank our patrons for their generous support.

Annual Youth Debate:

APPSF is holding a Youth Debate 2006 for the middle and high schools children. We hope to evolve this into a larger scale youth activity in our community. We in APPSF feel that getting our children involved in their schools and community is vital.

APPSF hopes to increase its membership and organize many events in coming months. The following are some notable events.

APPSF CME lectures 2006

APPSF Annual Debate for school children Spring/Summer 2006

APPSF Annual Function 2006 - October 28th 2006

Please visit www.appsf.org for more information .



The APPSF annual function opened by our children singing Pakistani and American National anthems

Report of the Association of Pakistani-Descent Cardiologists of North America (APCNA)

The First Medicine/Specialty Chapter of APPNA

The Association of Pakistani-Descent Cardiologists of North America is an organization founded in 2004. We are pleased to see our membership steadily growing. We hope to reach a wider audience of Pakistani physicians with this report. The following are some of the activities APCNA is actively involved:

Earthquake Relief: Many of our members went to the affected areas and offered their services. Other members were very active in fund raising and collection of medications and other medical supplies, which were shipped to Pakistan. In December several of our members participated in the **Second Biannual Cardiology Congress** (Dec. 16-19; 2005) organized by the NICVD in Karachi. They presented lectures and moderated the sessions. APCNA organized the **Annual Winter Cardiology Conference** (December 26th 2005) at the Armed Forces Institute of Cardiology (AFIC) in Islamabad. Dr. A.R. Piracha (President of APPNA and the founding member of APCNA) was also present at the meeting and gave his remarks. APCNA members Drs. Sultan Ahmed, Javed Suleman, Tanveer Rab, Bashir Hanif, Irfan Shafique and Wajid Baig presented lectures on interesting topics in cardiology. The interventional cardiologists performed angioplasty & stenting in high-risk cases.

On December 27th 2005 APCNA held **lecture sessions at Rawalpindi Medical College** and participated in teaching the staff at RMC about the management of cardiac diseases with the limited resources available. Several of our members also participated in teaching rounds at Holy Family Hospital in Rawalpindi. APCNA members were also able to donate hundreds of thousands of dollars worth of Cardiac Catheters; Cardiac Stents and Balloons to the different hospitals in Pakistan, which will be used for indigent patients. Several Cardiac Pacemakers were also donated to NICVD in Karachi.

Our 3rd Annual meeting in Atlanta, GA. on March 12th 2006 was a tremendous success. Over a hundred physicians were in attendance. Our keynote speaker was Dr. Spencer King III (Past President of the American College of Cardiology). Many distinguished cardiologists were in attendance and included Prof. Shabuddin Rahimtoola

(Chairman BOT APCNA), Prof. Sultan Ahmed, Prof. Bunyad Haider and others. We were honored to have guests from Pakistan including Prof. S.M. Rab (Past Dean Faculty of Medicine, Karachi University), Prof. Hafeezullah (renowned Cardiologist from Lady Reading Hospital, Peshawar), Prof. Akbar Choudhry (Principal FJMC) Dr. Mrs. Akbar Choudhry (Professor of Medicine KEMC); and others. A very encouraging message from Dr. Pamela Douglas (President of the American College of Cardiology) was presented to the APCNA members. It is an honor that APCNA was invited by the ACC to attend a **Leadership Training Symposium** conducted by the Coalition of Cardiovascular Organizations in Washington DC Apr. 21-23; 2006.

New office bearers APCNA were elected for 2006: Dr. Wamique Yusuf (Secretary), Dr. Asif Rehman (Treasurer) and Dr. Rizwan Karatela (President Elect for 2006). Our membership continues to grow and we invite all physicians involved in cardiovascular medicine and surgery to join us. APCNA is having its lunch meeting in conjunction with the APPNA Summer meeting in Chicago, on Saturday, June 8th, 2006 from 12 noon to 2 PM. For details and registration please visit APCNA website at www.apcna.net



Wajid Baig MD
FACC
President, APCNA

Sr. Wajid Baig graduated from Dow, class of 1983. Practices non-invasive cardiology in Massachusetts. He is currently president of APCNA. Email: baigwajid@yahoo.com

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Report of The Alliance

Side by Side with APPNA

Sajida Arain
Alliance
President 2006

Dear Alliance and APPNA Members:
Assalam-u-Alaikum.
On behalf of the APPNA Alliance, it is a great pleasure and honor to serve as the Alliance President for 2006. The APPNA Alliance would like to join hands with APPNA to help the Earthquake victims of Khatai village by sponsoring a girls' school. The funds raised by my son, Seham Arain, at Brook Forest School in Oak Brook, Illinois will also go towards this disaster relief fund.

The APPNA Alliance will launch their own Alliance website in the near future. This website will contain membership and upcoming event information.

The APPNA Alliance is planning to have an exciting program during the summer meeting on

Thursday July 6, 2006. This program includes dinner, a cultural show, and an entertainment program. Please make your dinner reservations as soon as possible as seating is limited. On Friday night, July 7, 2006, the APPNA Alliance is arranging a Social Forum for young professional adults. On Saturday, July 8, 2006, the APPNA Alliance's General Body Meeting will be at 11 A.M. and is open to all members. In addition to the General Body Meeting on Saturday, the APPNA Alliance is hosting a Ladies' Luncheon and Fashion Show. Fashion Show tickets will be complimentary to all APPNA Alliance member.

If you have any questions or comments, please do not hesitate to call. I am looking forward to seeing you in Chicago!

Thank You

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SAYA Newsletter

Society of APPNA's Young Adults

President's Message:

Salaam everyone. I hope everyone is having a great start to 2006. I know it's a busy time for everyone, but summer is approaching fast and I know everyone is thinking about APPNA 2006 in Chicago.

I think it funny that we all look forward to APPNA every year. I know it is one of the highlights of my year. However, I think we lose sight of what APPNA means to all of us. Besides one of the peaks of Pakistani social events for the year, I feel we need to move towards putting ourselves in a better position as Pakistanis and more importantly as Muslims in this country. Hopefully this year will give us a small step towards our larger goal.

Now that I'm done preaching, I am very excited about this year's events. I'm sure most of you have gotten your registration forms in the mail. I think we have set up great events for this year. The BBQ/Sports Event started out as an informal event last year, and now has grown to hopefully become a staple SAYA event. I think it's important to meet everyone before the weekend actually begins. I am really excited about our dinner that is on a cruise this year! I really think that this year will be a huge success.

The other big thing I want to do with SAYA is take the organization from something that only has events once a year to one that has events throughout the year. APPNA has a variety of events, I don't see why we can't either. I hope the rest of you are excited about this year. If you have any questions, concerns, or just want to voice your opinion, you can all e-mail me at shuja.shafqat@gmail.com. Take care everyone. I hope to see you all this summer. Khuda hafiz.

Meet your 2006 Executive Board:

President: Shuja Shafqat

Shuja is a 19 year old junior Biology major at Wilkes University in Wilkes-Barre, PA, originally from Upstate New York. He is involved in Student Government, Plant Molecular Biology DNA Research, and teaches Organic Chemistry for the Princeton Review MCAT Prep Course. He plans to attend Drexel University College of Medicine in Fall of 2007.



President-Elect: Najia Hamid

Najia is a 19 year old fresh-

man Biology major at University of Miami in Miami, Florida. She is also minoring in Spanish and Psychology, and is actively involved in the Islamic Society of UM, Council of International Student Organizations, UM Ambassadors, and also volunteers at Miami Children's Hospital.

Treasurer: Arooj Sheikh

Arooj Sheikh is a sophomore at the Ohio State University in Columbus Ohio. She is double majoring in Political Science and History with a minor in Asian American studies and her intent is to go to law school. She is currently involved in the Pakistani American Student Association, as president and has been doing work to ease the discourse between the two communities.



Secretary: Saira Karim

She is currently a junior at Rice University majoring in Religious Studies, Political Science and Policy Studies. Reading and day time television seem to be her favorite pass times. Promoting gender equality and human rights awareness seem to be her obsessions. As a member of the SAYA board last year, she was able to contribute her ideas and efforts in order to ensure a successful meeting. This year she hopes to incorporate her experience to promoting a more diverse agenda for the 2006 APPNA Meeting so that all members of the organization can benefit.



Host Committee Liason: Abbas Khan

Abbas Mehmood Khan, 22, is a senior honors student at Loyola University Chicago where he is a Finance and Biology double major. He's actively involved with the Human Development foundation and the American Diabetes Association. Abbas enjoys playing sports (golf,

basketball and soccer) and playing the guitar. Abbas grew up in Rochester, Minnesota but currently resides in Lake Forest, IL with his parents and two younger siblings. He looks forward to improving SAYA by working with the board and active members.



Events for the 2006

Summer Meeting:

So far, we have a great meeting planned,

On Thursday, July 6, 2006, we plan on holding a BBQ/sports social. This way, everyone can meet each other before-hand, and just hang out.

Friday, we are working on getting a special guest to host the panel discussion. He is very well known, and I'm sure if everything works out, the panel will turn out to be awesome.

Friday night is the big night for SAYA. Thanks to the hard work of the e-board members, we will be having dinner and entertainment on the Odyssey Yacht, which is the nicest boat in Chicago. It's a 4 hour cruise, 3-course meal, and DJ Flawless and Dholi Kumbe will be providing our entertainment. For more information on the cruise, you can go to <http://www.odysseycruises.com/chicago/index.cfm>

Saturday, as always, is the infamous SAYA Fashion Show. This year however, there will be professional models that will be handling the catwalk, as decided by the APPNA Host Committee. However, SAYA will handle all the segments, such as our great dances, and/or skits and any other talents. Saturday night will be our after entertainment event, or the "after party."

The total package price, for the whole weekend, is \$145. This also INCLUDES SAYA registration. You should have received the registration packet already, and if not, please contact the APPNA Office at (630) 968-8585.

If you would like to be added to the SAYA List serve please email Najia Hamid at nZh3487@gmail.com

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Announcements and Events

The events news and announcements of Interest

The APPNA Summer Meeting 2006

The APPNA Annual winter meeting will be held in Chicago this year. There will be CME, sight seeing tours and the Banquet Dinners.

The APPNA Annual Winter Meeting 2006. The APPNA Annual winter meeting 2006 will be held at Rawalpindi Medical College from December 21-23, 2006. There will be 12 hours of CME, sight seeing tours and three Banquet Dinners. A Hajj tour is being planned (not finalized) at the end of the meeting.

Farhat Abbas, President RMCAANA is the co-chair of the Local Host Committee. Adeel Butt is the Chair of the CME Committee. Nasir Gondal

The APCNA Lunch

The APPNA (Association of Pakistani-descent Cardiologists of North America) will have its lunch meeting in conjunction with APPNA Summer meeting in Chicago, on Saturday, June 8th, 2006 from 12 noon to 2 PM. Please visit the website for more information. www.apcna.net

Help Save a Child in Africa!

The United Nations estimates that at least 11 million children and adults living in the Horn of Africa are suffering from acute food shortages due to prolonged drought. More than 5 million of those affected live in Kenya and Somalia.



Mercy-USA has had offices and programs in the affected region since 1993.

Mercy-USA for Aid and Development (M-USA) is urgently appealing for your support to fund life-saving programs in Kenya and Somalia:

- Providing emergency food aid
- Rehabbing and repairing wells
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1-800-556-3729



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

Contribution Form

Name (Please print)

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Telephone Fax

E-mail

Enclosed is my gift* to help the needy:

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- Zakat ul-Mal \$ _____
- Sadaqa & Other Donation \$ _____
- Total Enclosed** \$ _____

My check is enclosed.

Please charge my gift using:



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Date

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