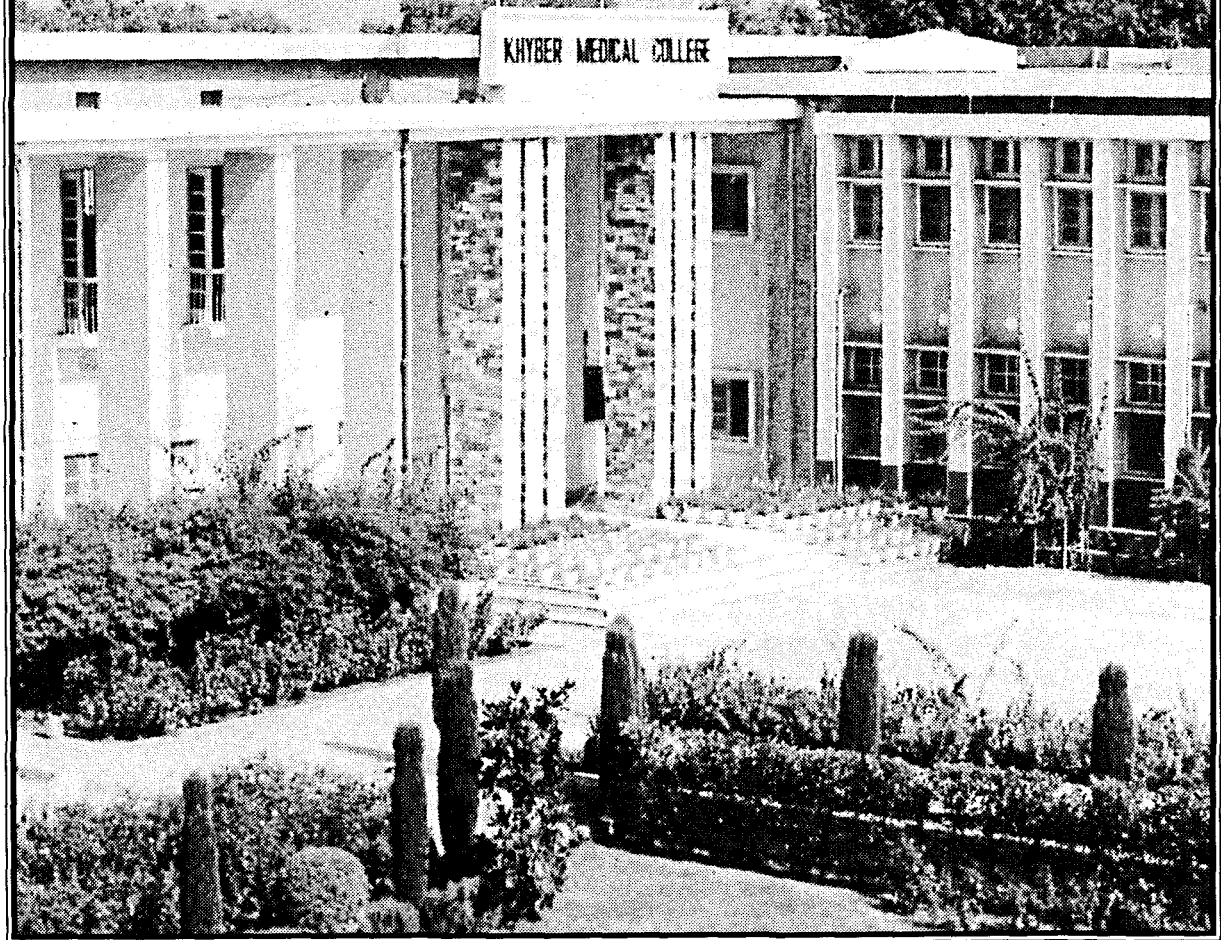


"Medicine in the 21st Century"



**Association of Pakistani Physicians
of North America**

19th ANNUAL WINTER MEETING

At

**Khyber Medical College
Peshawar, Pakistan**

December 15, 16, 17, and 18, 1998



19th ANNUAL WINTER SCIENTIFIC CONFERENCE

Association of Pakistani Physicians of North America

President: Durdana Gilani, M.D.

President Elect: Shabbir Safdar, M.D.

Secretary: M. Javed Akhtar, M.D.

Treasurer: Riaz M. Chaudhry, M.D.

Immediate Past President: Shaukat H. Khan, M.D.

Khyber Medical College Alumni Association

President: Javed I. Bangash, M.D.

President Elect: Shafqat Hussain, M.D.

Secretary: Shafqat Hussain, M.D.

Immediate Past President: Fayaz Asghar, M.D.

1998 Winter Meeting Organizing Committee

Chairman: Javed I. Bangash, M.D.

Members:

Amjad Hussain, M.D.

Mohammad Akmal, M.D.

Khalid Qayum, M.D.

Nasim Ashraf, M.D.

Shafi U. Syed, M.D.

Omar T. Atiq, M.D.

Mir Jaffar Shah, M.D.

Mushtaq Sharif, M.D.

Shafqat Hussain, M.D.

Khalid Sheikh, Ph.D.

Organizing Committee Khyber Medical College

Peshawar, Pakistan

Chairman: Prof. Dr. Ashfaq Ahmad Khan

Organizing Secretary: Prof. Dr. Muhammed Zahir Shah

Prof. Dr. Changez H. Khan

Prof. Dr. Abdullah Jan

Prof. Dr. Abdul Sattar

Prof. Dr. Saeeda Majeed

Prof. Muhammad Zarif

Prof. Dr. Inayat-ur-Rehman Khalil

Scientific Committee

Prof. Dr. Mohammad Akmal

ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTH AMERICA
AND
KHYBER MEDICAL COLLEGE ALUMNI ASSOCIATION



19th Annual Winter Health Conference
Peshawar, Pakistan – December 15th to 18th, 1998

In Cooperation with
Khyber Medical College, Peshawar, Pakistan



Welcome!

On behalf of APPNA and Khyber Medical College Alumni Association, it is my pleasure to invite you to attend the 19th Annual Winter Meeting of APPNA which is being jointly organized by APPNA and Khyber Medical College Alumni Association and Khyber Medical College.

While at Peshawar, you will have the opportunity to see the Pakhtoon Hospitality, typical Pathan Cuisine, lots of sightseeing, entertainment and a well-balanced CME program. We have tried very hard to cover important topics which will be of interest to everyone. We are also having several workshops where participants can have hands on experience.

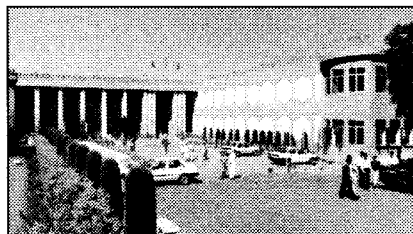
We have arranged some exciting tours and trips. Details are in this brochure. On Thursday, December 17th, we will have a Steam Engine Safari to Khyber Pass. This will be a very unique experience for everyone because this is probably the only operational steam engine train in the world. The train passes through thirty-four tunnels, and over ninety culverts and bridges.

You will be staying at a 5-star hotel at Peshawar with whom we have negotiated very special rates. The registration form can be found in this brochure. Please send in the registration form as soon as possible.

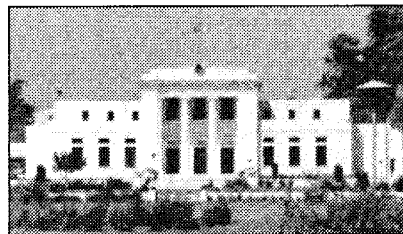
I hope you will be able to attend this meeting and have a once in a lifetime experience and adventure.

Javed

Javed I. Bangash
Chairman Organizing Committee
1998 APPNA Winter Meeting



Khyber Medical College



Provincial Legislature

SCIENTIFIC PROGRAM

Association of Pakistani Physicians of North America 19th ANNUAL WINTER MEETING

Khyber Medical College, Peshawar, Pakistan

"Medicine in the 21st Century"

Venue: Pearl Continental Hotel, Peshawar

PROGRAM

Tuesday, December 15, 1998:

2:00 PM-6:00 PM

7:00 PM

Registration

Grand Reunion of Khyber Medical College

Alumni at Khyber Medical College

Wednesday, December 16, 1998:

8:00 AM - 8:30 AM

Welcome

JOINT SESSION

*Chair Persons: Prof. Ashfaq Ahmad
Durdana Gilani, M.D.*

8:30 AM - 9:10 AM

*Pregnancy, Hypertension, and Kidney Disease
Mohammad Akmal, M.D.*

9:10 AM - 9:50 AM

*Liver Failure
Arif Muslim, M.D.*

9:10 AM - 9:50 AM

*Impact of the revolution in genetics on the Practice of
Medicine
Teepu Siddique, M.D.*

10:30 AM - 10:45 AM

Questions & Answers

10:45 AM - 11:15 AM

Tea Break

Hall A:

*Chair Persons: Prof. Sahibzada Abdul Waheed, FRCS
Fayaz Asghar, M.D.*

11:15 AM - 11:45 AM

*New Approaches to Stroke
Ashfaq Shuaib, M.D.*

11:45 AM - 12:15 PM

*Brachytherapy CNS and GU Malignancies
Siraj Hussain, M.D.*

12:15 PM - 12:25 PM

Questions & Answers

12:25 PM - 12:30 PM

Break

Hall B:

*Chair Persons: Prof. Mohibullah, FRCS
Prof. Zia-ul-Islam*

11:15 AM - 11:45 AM

*Diabetic Retinopathy
Ishaq Chishti, M.D.*

11:45 AM - 12:15 PM

*Noise Induced Hearing Loss
Javed Akhtar, M.D.*

12:15 PM - 12:25 PM

Questions & Answers

12:25 PM - 12:30 PM

Break

SCIENTIFIC PROGRAM (Continued)

Hall C:

12:30 PM - 1:30 PM

WORKSHOPS

Moderator: **Javed Bangash, M.D.**

ABC of Scientific Paper writing: **S. Amjad Hussain, M.D.**

Allergy & Asthma: **Javed Bangash, M.D.**
M. Tariq Ansari, M.D.

Gastrointestinal Medicine: **Arif Muslim, M.D.**

Vascular Surgery: **Hassan I. Bukhari, M.D.**

Laparoscopic Surgery: **Nasir Rana, M.D.**

SIGHTSEEING

2:00 PM - 5:00 PM

1. Peshawar City Tour (*by reservation only*)
2. Visit to Dara Adam Khel (*by reservation only*)
3. The Peshawar Museum (*by reservation only*)
4. Shopping Trip to Bara

ENTERTAINMENT

7:00 PM

Peshawari Fiesta Dinner Hosted by APPNA.
This will include typical Pathan cuisine, folk music and entertainment.

Thursday, December 17, 1998:

JOINT SESSION

Chair Persons: **Prof. Shafiq Ahmad, FRCS**
S. Amjad Hussain, M.D.

8:00 AM - 8:30 AM

Overview of Cardiac Surgery in Pakistan
Mohammad Rehman, FRCS

8:30 AM - 9:00 AM

New Advances in Endovascular Surgery
Hassan I. Bukhari, M.D.

9:00 AM - 9:40 AM

Overview of Nutrition in Pakistani Children
Tasleem Akhtar, FRCP

9:40 AM - 10:00 AM

Questions & Answers

10:30 AM - 5:00 PM

Khyber Pass Train Safari
2 CME HOURS - Topics and Time to be announced

ENTERTAINMENT

7:00 PM - 10:00 PM

Dinner and Entertainment Hosted by Khyber Medical College.

SCIENTIFIC PROGRAM (Continued)

Friday, December 18, 1998:

8:00 A.M. - 10:30 AM

JOINT SESSION

Chair Persons: **Prof. Karamat Ali Shah**
Shabbir H. Safdar, M.D.

8:00 AM - 8:30 AM

New Approach to Male Impotence
Tariq Kamal Malik, M.D.

8:30 AM - 9:00 AM

New Advances in Cardiology
Syed H. Shirazi, M.D.

9:00 AM - 9:30 AM

APPNA SEHAT - 10 Years of Primary Health Care in Rural
Pakistan
Nasim Ashraf, M.D.

9:30 AM - 10:00 AM

Questions & Answers

10:00 AM - 10:30 AM

Tea Break

Hall A:

Chair Persons: **Prof. Zahir Shah**
Prof. Aziz Gul Mufti

10:30 AM - 11:00 AM

Diagnosis and Management of Osteoporosis
Waheed Akbar, M.D.

11:00 AM - 11:30 AM

Sleep Apnea
M. Tariq Ansari, M.D.

11:30 AM - 12:00 PM *Are All Diseases
Infectious?*

Adeel Butt, M.D.

12:00 PM - 12:30 PM *Break*

Hall B:

Chair Persons: **Prof. Changez H. Khan, FRCS**
Prof. Haider Bukhari, FRCS

10:30 am - 11:00 AM

Cancer and Genetics
Omar T. Atiq, M.D.

11:00 AM - 11:30 AM

Minimally Invasive Abdominal Surgery
Hassan I. Bukhari, M.D.

11:30 AM - 12:00 PM

Modern Concepts in Plastic Surgery
Zahid Niazi, M.D.

12:00 PM - 12:20 PM

Questions & Answers

12:20 PM - 12:30 PM

Break

12:30 PM - 1:30 PM

Free Communication

12:30 PM - 1:30 PM

WORKSHOPS

Cardiology: **Khalid Qayum, M.D.**
Khalid Riaz, M.D.

Plastic Surgery: **Zahid Niazi, M.D.**

CONCLUSION

14 hours of category 1 credit (AMA) will be available.

There will be 6 abstract presentations that will be chosen on merit (Free Communication). The remaining abstracts may be published in the program booklet but not presented.

TOURS & EXCURSIONS

The following tours will be available during the conference:

WEDNESDAY, December 16, 1998
2:00 - 5:00 p.m.

1. Peshawar and Environment:

The half-day tour will visit the historic, centuries old walled city of Peshawar and some other famous landmarks like Mochi Lara (*shoe market*), and Mohabat Khan Mosque. The tour will include visits to Qissa Khawani Bazaar (*the street of the story tellers*) the bazaar of copper and brass ware. You will also pass by the historic Balahisar Fort built by Moghul emperor Barber. (*by reservation only*)

2. Visit to Dara Adam Khel:

Located thirty miles south of Peshawar this mountain pass located in the tribal semi autonomous territory connects Peshawar with the southern district Kohat. Here the tribal craftsmen have manufactured small arms and ammunition in tiny shops for over two centuries and have used the arms to fight the British and the Russians. (*by reservation only*)

3. The Peshawar Museum:

The museum boasts one of the finest collections of the Gandhara art, depicting the Buddhist civilization which flourished in Peshawar Valley in the beginning of the Christian era. (*By reservation only.*)

4. Shopping Trip to Bara

This will be an escorted trip to Bara Bazaar where you could shop for merchandise from all over the world. This is planned for spouses who will not be attending the CME on December 16th from 9:00 a.m. to 1:00 p.m.

THURSDAY, December 17, 1998

The Khyber Pass Safari:

Located west of Peshawar, the Pass is the main link between Pakistan, Afghanistan and Central Asia. Starting from the foothills of the Suleman ranges of Hindukush it gradually rises to an elevation of 3500 feet above sea level. A railway line considered to be a marvel of engineering was completed in 1925/1926. Passing through 34 tunnels and over 90 culverts and bridges. This is probably the only such operational train in the world now. We will visit Landi Kotal and

Torkham at the Pakistan, Afghanistan border. This is free for the participants of the conference and their spouse and a \$25.00 charge for additional tickets.

PRE & POST CONFERENCE TOURS

*The following tours can be arranged.
Please contact the conference registration desk for reservations.*

1. Excursion to Swat:

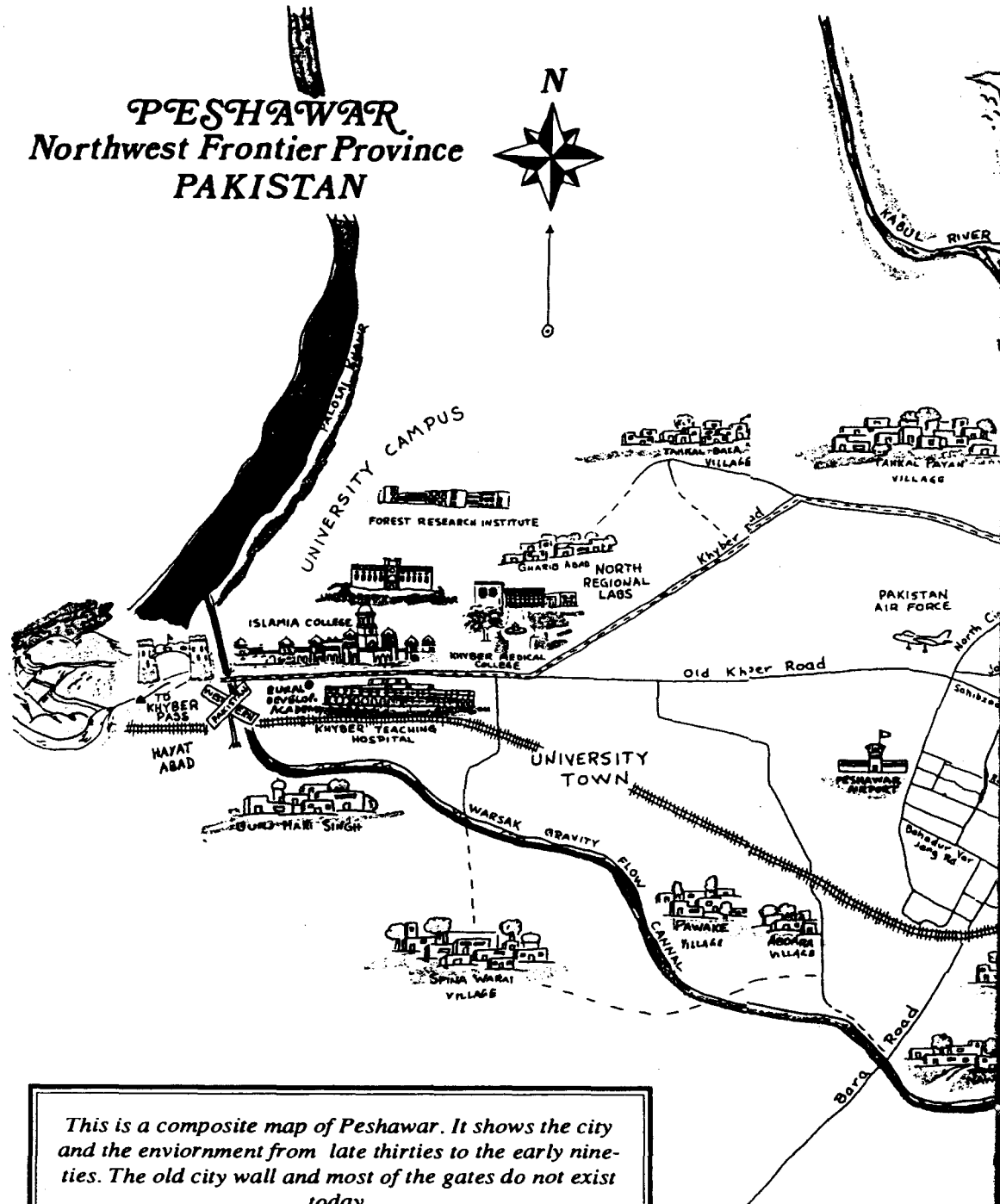
Tour to the former princely state of Swat. Located 3 hours north of Peshawar, this mountainous area is known for its natural beauty. On the way to Swat, you will cross the famous Malakand Pass where many battles were fought between the natives and the British and from this farthest outpost of the British Raj Winston Churchill, a young war correspondent, reported for the London Daily Observer. (*For cost, contact the APPNA office.*)

2. The Gandhara Tour:

The tour will start at the Peshawar Museum which houses the biggest collection of Gandhara art. Then the day-long tour will visit the archaeological remains of the famous and fabled, now extinct, cities of Gandhara civilization which flourished in 200 AD in the valley of Peshawar. From Peshawar, you will visit Pushkalavati, The Lotus City (*now Charsadda*), of the Kanishka reign, then to Shabaz Garhi and Hund on the Indus River. You will pass by the village of Lahore where Panini, the famous Sanskrit grammarian of the 5th century BC, lived. (*For cost, contact the APPNA office.*)



PESHAWAR
Northwest Frontier Province
PAKISTAN



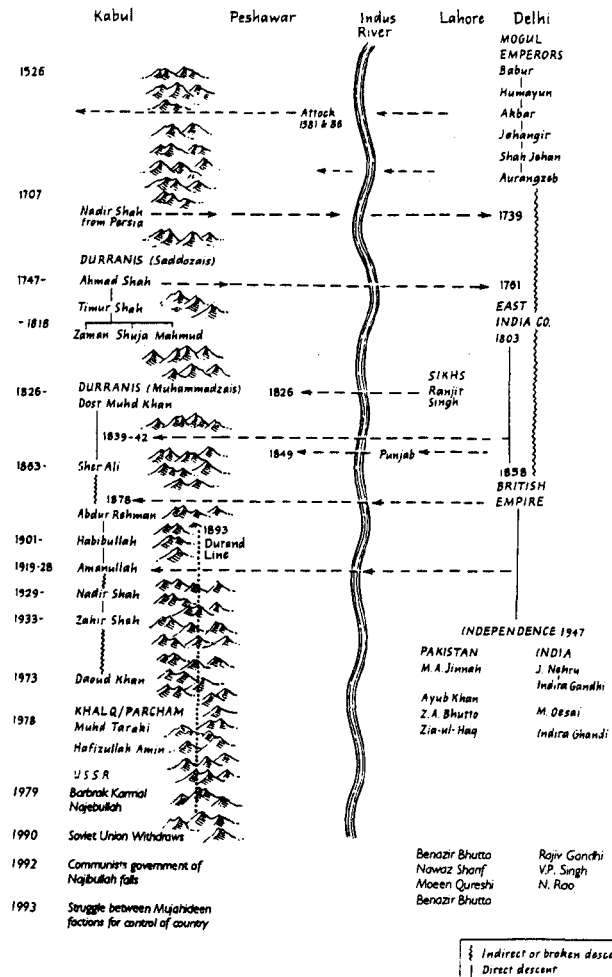
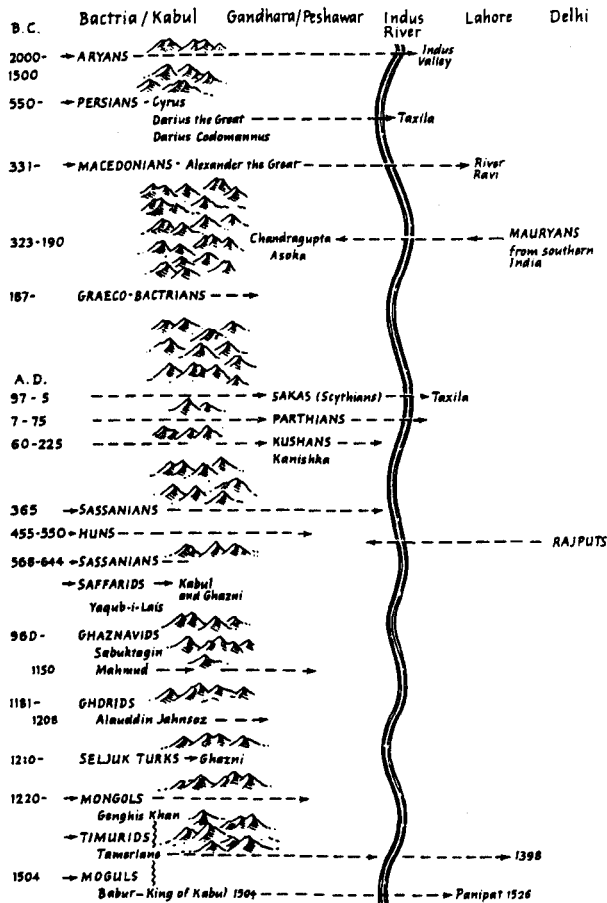
This is a composite map of Peshawar. It shows the city and the environment from late thirties to the early nineties. The old city wall and most of the gates do not exist today.

*This map was prepared as a labor of love by
Dr. SAYED AMJAD HUSSAIN
Toledo, Ohio USA © 1993*

0 MILE
0 KM 1

East and West . . . ebb and flow across the frontier

Adopted from: *The Frontier Town of Peshawar A Brief History*
by Sayed Amjad Hussain



GENERAL INFORMATION

1. Visas

US passport holders need Visa to visit Pakistan .
Forms can be obtained from the following:

Consulate General of Pakistan
2 East 65th Street, New York, NY 10021
Phone (212) 879-5800

2. Exit Papers When Leaving Pakistan

Government of Pakistan requires that before leaving Pakistan you must give a passport size photograph and photocopy of the first two pages of your passport. Take 3 copies of the first two pages and three passport size photos with you.

3. Currency

The exchange rate between Pakistani rupee and US dollar vary but currently (10/98) one US dollar equals 56 Pakistani rupees on the open market. Official bank rate is 47 rupees to the US dollar. Money can be exchanged in the banks or in the bazaar. American currency and travelers checks are widely accepted.

4. Credit Cards

Visa and MasterCard are widely accepted

5. Electricity

220 volt, alternating current. Outlets accept rounded two-pronged plugs (as used in Europe).

6. Time

Pakistan is five hours ahead of GMT. In winter there is ten hours difference between Pakistan and Eastern Standard Time in USA (12 Noon in NY, 10 PM Pakistan).

7. Telephone

Direct dialing is available within the country as well as for foreign countries. Long distance overseas calls can be made from most hotels and from numerous public call offices in the bazaars.

8. Language

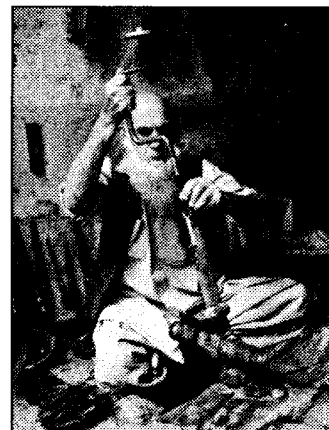
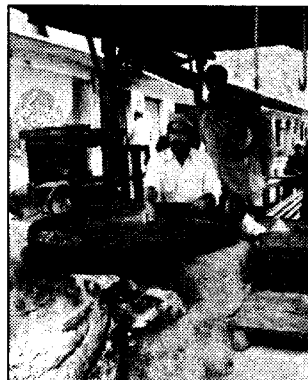
Urdu, the national language, is spoken all over the country. English is widely spoken and understood in almost all the cities.

9. Climate

Peshawar is cool and pleasant during December. Daytime temperature on a sunny day can reach in the 70's (F). It is advisable to pack sweaters and a light topcoat since evenings and nights can be chilly.

10. Water

Drinking water is safe in the major hotels. Bottled soft drinks are widely available.



HISTORY OF APPNA

The Association of Pakistani Physicians of North America was founded in 1976 to create a rallying point for Pakistani Doctors in the United States and Canada and to provide a platform for their activities aimed at the improvement of medical education and health care in Pakistan.

Achievements and Contributions of APPNA.

1. Granting scholarships to deserving medical students in different medical colleges in Pakistan.
2. Disbursement of Funds to Charitable Non-Profit Medical Institutions in Pakistan.
3. Establishment of the first Cardiology Center in 1983 in Lahore, Pakistan.
4. Donations of cash and/or medical equipment and medical journals to various medical colleges.
5. Participating in the National Talent Pool/Transfer of Technology Scheme by working short sabbaticals in Pakistan.
6. APPNA members have worked at various District Headquarters Hospitals as well as University Teaching Hospitals for short periods of time free of charge in Pakistan.
7. Sponsoring and hosting short term visits by various faculty members of Pakistani medical colleges to the United States.
8. APPNA/King Edward Alumni Association established a Medical Residency program at the University of Connecticut for training of specialist from Pakistan.
9. Khyber Alumni Association established a visiting Professorship at the Medical College of Toledo, Ohio.
10. APPNA SEHAT. Since 1989 APPNA

funded and launched a primary health care project in four regions of Pakistan which now serves 125,000 people in 35 villages. This model has been internationally recognized as an innovative model of low cost preventive medicine.

11. On the occasion of Pakistan's 50th Anniversary in 1997, APPNA sponsored and launched the Human Development Foundation of North America as a gift to the people of Pakistan. This project aims to undertake fully integrated development programs including primary education, primary health care and poverty alleviation by linking the expatriate all over the world with communities in Pakistan.
12. AAPNA/Khyberian Medical College Alumni helped set up a Neonatal and Pediatric ICU at the teaching hospital of Khyber Medical College.

APPNA spouses have also joined together to form the Alliance which undertakes various social and charitable projects in communities in North America. It also has a vibrant youth wing called SAYA (Society of APPNA's Young Adults). In 1990 Political Action Committee to improve US Pakistani relations and to lobby on issues of concern to Pakistani Americans called PAK-PAC was established as a separate legal entity by APPNA members.

Since the first plenary meeting of nearly 20 physicians held in October 1976 in Detroit Michigan, APPNA has grown to be one of the most organized and powerful professional organizations of Pakistani expatriates in the world. It is headquartered at a permanent office in Westmont, Illinois a suburb of Chicago.

BRIEF HISTORY OF KHYBER MEDICAL COLLEGE

A university was promised by the father of the nation Quaid-e-Azam Mohammad Ali Jinnah in 1948. The Foundation Stone of the Peshawar University was laid down by the first Prime Minister of Pakistan, Mr. Liaquat Ali Khan in 1950. The University occupies the site of the ancient Buddhist Academy. The Khyber Medical College lies on the campus near the historic caravan route that brought conquerors from Central Asia to the Sub-continent. Now, instead of warriors, students from several parts of the world flock to this Institution in search of knowledge which is used to alleviate human suffering. The foundation stone of the college was laid by the Governor General Ghulam Mohammad in 1954.

At the initial stage an Administration Book, a Library, a Cafeteria, Departments of Anatomy, Physiology and Pharmacology were established to which the Departments of Pathology, Forensic Medicine and Preventive Medicine were added later. It provides residential accommodation to about 80 percent of the students coming from the distant areas. First batch of 50 students including female students were admitted in 1954 into M.B.B.S. course. The admission steadily increased to the present number. The college facilities were gradually expanded to meet the growing demands. The number of hospital beds were increased, new teaching units were created and necessary teaching staff was appointed. Khyber Medical College Hospital was constructed near the college on Khyber Highway, with modern diagnostic and treatment facilities and has 1000 beds.

Khyber Medical College was the first Medical College in NWFP. Dr. A.K.M. Abdul Wahid was the first Principal of this institution. Under his guidance, and enormous support of the Peshawar University and Government of N.W.F.P. Khyber Medical College progressed to a full fledged institution of world repute. Its rapid progress and the scholastic achievements of its students was only possible due to the dedicated, hardworking, highly qualified teachers. The graduates of Khyber Medical College have brought

laurels to their alma mater in the form of occupying prestigious positions in the field of medicine both nationally and internationally. The Khyber Medical College was administratively taken over by the Government of N.W.F.P. w.e.f. July 1, 1975 from the University of Peshawar.

The Khyber Medical College has a fleet of its own buses which transport students from the college to the hospital. There is also a school for nurses and a library.

To look after the Dental Health of the people of NWFP, a Dentistry Department was founded by Sahibzadi Mahmooda Salim the then Health Minister in 1964. The department was housed in a newly constructed Dentistry Block. Its Oral and Dental Hospital is equipped with modern dental equipment, and it provides modern dental health services. It has facilities to teach and train for Bachelor of Dental Surgery course. The Dept. of Dentistry was upgraded into a full-fledged college named as "Khyber College of Dentistry," which has its own residential accommodation for its students.

Institute of Radiotherapy and Nuclear Medicine (IRNUM) is situated between the college and hospital. It provides services to the hospital and teaching of Radiotherapy and Isotopes to students of Khyber Medical College.

The college has a Center of Educational Development, and a well-equipped Research Center. Recently the college was recognized to start post graduate courses in the basic sciences subjects leading to degree of M.Phil. A modern Auditorium with a capacity of 850 seats, state-of-the-art sound system and projection facilities is complete to be commissioned soon along with an examination hall with 1000 seat capacity has also been completed.

In the New Education Policy 1998-2010 it has been recommended to upgrade the Khyber Medical College to a full-fledged Medical University.

Two Khyberians, Dr. S. Amjad Hussain and Dr. Nasim Ashraf, have had the honor of serving as president of APPNA.

HISTORY OF KHYBER MEDICAL COLLEGE ALUMNI ASSOCIATION OF NORTH AMERICA

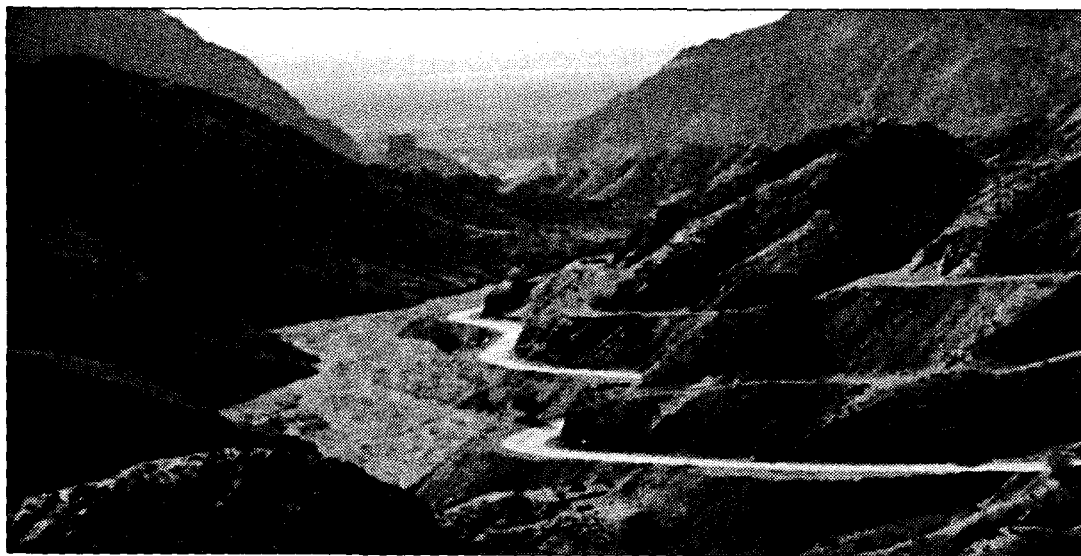
Khyber Alumni Association was founded in September, 1979. The founding President was Dr. S. Amjad Hussain who is a 1962 graduate of Khyber Medical College. From providing scholarships to needy medical students in Peshawar, the Association grew over time. It has been involved with promoting continued medical education by co-hosting annual conferences in Peshawar. Several Khyberians have volunteered their time to undertake short teaching assignments at their alma mater. At the request of college authorities, valuable and needed medical equipment has been sent to the medical college which included audio visual equipment for the library, etc. Subscription to international medical journals have been made available to the college library. In North American KMCAA plays an important role in the lives of Khyberians. It provides a forum for exchange of ideas to address individual as well as community concerns. Members have generously responded whenever a

crisis or calamity has affected Pakistan.

Khyber Medical College Alumni Association has sponsored and supported a number of projects initiated by its members. A history of Khyber Medical College was published in August of 1993 thanks to the efforts and finding by Dr. Amjad Hussain. Dr. Hussain also established a visiting professorship for Khyber Medical College at the Medical College of Ohio for faculty members to come on short sabbaticals to the US.

Khyberians have also played a very key role in the activities of APPNA. The APPNA SEHAT project which serves 12,500 people in 35 villages of rural Pakistan was the brain child of Dr. Nasim Ashraf, a 1972 graduate of Khyber Medical College. Khyberians have helped set up a Pediatric and Neonatal ICU at Peshawar.

To date, Khyber Alumni Association has donated an excess of \$250,000 in the form of equipment, books, scholarships, etc. to their alma mater in Peshawar.



19th ANNUAL WINTER MEETING
KHYBER MEDICAL COLLEGE, PESHAWAR, PAKISTAN
December 15, 16, 17, and 18, 1998
REGISTRATION AND HOTEL ACCOMMODATION FORM

Last Name: _____ First: _____ MI. _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____ Medical College: _____

Conference Registration:

	Before Nov. 15, 1998	After Nov. 16, 1998	AMOUNT PAID
Member	US \$275.00	US \$325.00	\$ _____
Non-Member	US \$400.00	US \$450.00	\$ _____
Additional Banquet Tickets (Dec. 17th)	US \$25.00 each # _____ Tickets		\$ _____
Additional Train Safari Tickets (Dec. 18th)	US \$25.00 each # _____ Tickets		\$ _____

- (Two banquet tickets and two train safari tickets to Khyber Pass will be provided to each registrant) -

For sightseeing on December 16, would you prefer:

Peshawar City Tour, Visit to Dara Adam Khel, Peshawar Museum, or Shopping Trip to Bara

Hotel Accommodation (Pearl Continental Hotel Peshawar):

Single: RS. 3,000 _____ Double: RS. 3,500 _____ Plus Tax)

Buffet Breakfast included

GRAND TOTAL US \$ _____

Arrival Date: _____ Departure Date: _____

- (US \$100 deposit must accompany reservation for room. Hotel will credit this amount to your bill.) -

PAYMENT: Check No. _____

Visa/MasterCard/American Express # _____ Exp. Date _____

Card Holder's Signature _____

Cancellation Policy:

Before November 15th - Full refund except \$50.00 (administrative fee). After November 16th - No refund.

*** Registration includes two Dinner tickets, two Train Safari tickets, Tea breaks, and CME (14 Hours) ***

Please mail or fax this form with your check payable to APPNA to the following address:

APPNA
6414 South Cass Avenue
Westmont, IL 60559
Telephone 630-968-8585, Fax 630-968-8677

