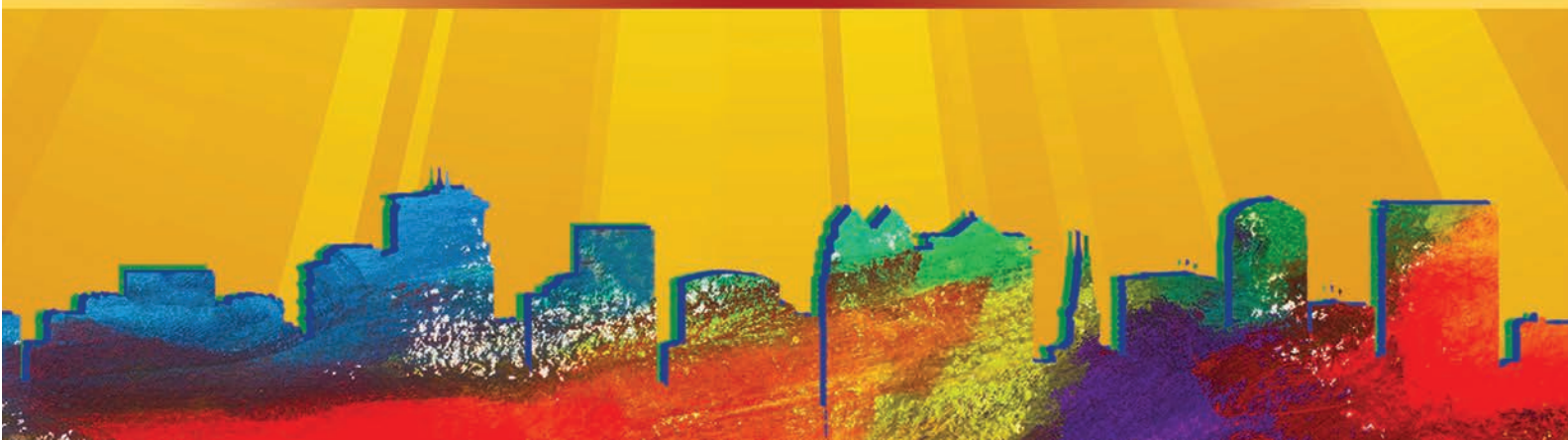




"APPNA FIRST"

APPNA 38th Annual Convention

August 12-16 , 2015 Orlando, Florida





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No Nitrates or Nitrites

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No Mechanically Separated Chicken Meat



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APPNA 38th Annual Convention

August 12-16, 2015 Orlando, Florida

APPNA President Message



Dear APPNA Family:

Assalaam-Alaikum. Welcome to APPNA's 38th annual summer meeting. It is incredible how many people have been working so hard for so long to make this meeting a success and make your stay in Florida enjoyable and productive. I sincerely want to thank Dr. Shahid Usmani, Chair Host committee who has worked tirelessly for many months and paid attention to every detail. I also want to thank the co-chairs Dr. Aamir Javed and Dr. Sajid Chaudhry for their efforts in their respective areas of responsibility and also thank all the subcommittee chairs who are too numerous to name but are most important contributors to the success of the meeting. The meeting would not be possible without Tipu, APPNA's event coordinator and we cannot thank him enough. However, most of all I want to thank you, the attendees as the meeting would not be possible or a success without your enthusiastic participation.

APPNA is an incredible organization composed of many parts including Alumni, Chapters, Networks and Committees. Every one of these parts has an important function and contributes to the success of APPNA every day. However, adapting from the words of Aristotle, I can say with confidence: APPNA as a whole is greater than the sum of its parts. I estimate that every day over 200 physicians are volunteering their time in one way or the other to the success of APPNA. They do so not for glory or recognition but because they truly believe in this organization and sincerely want to contribute to the success of its projects. These are the unsung heroes of APPNA and that is what makes this organization great. It is for these same reasons I have served APPNA for so many years and will continue to serve as long as I can. It is not about positions or accolades. It is all about service and putting APPNA First before personal interests. APPNA provides a wonderful opportunity to give back to our communities, younger physicians and people in need all over the world. Indeed APPNA is our legacy. It is our gift to our future generations and it is what brings us all together for a common cause.

We are APPNA and APPNA is us. APPNA is and will be what we want it to be. Over the last 38 years, our predecessors have laid a very strong foundation. Now it is up to us how we take it forward. The success of APPNA depends on passion and motivation of its members. All successful projects in APPNA have been based on a few people's ideas and a strong pursuit to make it happen.

People say that APPNA has not realized its full potential and I agree. There is so much more that can be done,; however, we need to put the right processes in place. APPNA has grown big enough that we need professionals to run the organization. Therefore, we are presently working on a marketing deal. We have also formed a search committee to find a Project and Development Director for APPNA. We have reenergized the Long Range Planning Committee which will be analyzing the present officers and committee structure of APPNA and make recommendations to make it more effective and accountable.

The different committees' work reports are in the meeting folders, so I will not go into detail. However, I must say there is incredible work going on in committees every day and we should be extremely proud of it. So, Let us Stand up for APPNA. Let us be strong and resolute and Let us work together to Make Lives Better.

God Bless APPNA, Pakistan and United States of America.

Mubasher Rana, MD, FACP
President APPNA 2015



APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida

Welcome to Orlando!



Dear APPNA family and friends

It is my pleasure to welcome you all to Orlando on behalf of the Host committee. We have been working hard so that you can have the most enjoyable time in Orlando. No detail has been overlooked to make this meeting special for you.

We have arranged a great entertainment program, comprising of top entertainers from Pakistan. The performances will include concerts by Atif Aslam and his band, comedy show by Umar Sharif and a variety of other performers like Fuzion, Raga Boyz and Imran Ali. A world class Mushaira is planned with visiting poets from India, Pakistan and from all over the United States and Canada.

We are planning a Pakistan Independence Day Celebration on 14th of August, which will include Pakistani songs and dances performed by children and other artists. It will be a heart warming event for you.

For your enjoyment we have planned a number of food options, including a food court in the Exhibition area, a food court in the evening till late night and Pakistani menu offered at all the restaurants throughout the resort area. The food is being prepared by Sabri Nihari from Chicago for the banquets as well as the food courts. In addition to this Halal Kentucky Fried Chicken will also be available in the exhibition area.

We are offering 12 hours of CME for the physicians, which will include original research by physicians of the Pakistani Descent. It is an excellent opportunity for all physicians to learn and earn the required CME credits.

Our exhibition will feature more than 200 vendors displaying clothing and jewelry in addition to organizations representing pharmaceutical, financial and not-for-profit. Entertainment and fashion show is being arranged in the Exhibition area for your enjoyment while shopping.

Don't forget to enjoy the world class facilities of the Gaylord Palms resort. You are minutes away from the Walt Disney World, Universal Studios, Sea World and multiple other attractions.

We hope you will have a wonderful time here at the convention and in Orlando.

Thank You

Shahid Usmani, MD

Chair, APPNA 38th Annual Convention 2015

Publication Editor Message



It gives me immense pleasure to welcome all APPNA members and their families to the 38th annual summer convention in Orlando. Once again Orlando was selected to host the APPNA convention and like always this year also you will find the same energy and enthusiasm in the host committee members in order to bring you the best of entertainment, food and CME programs.

Under the leadership of Chairman Dr. Shahid Usmani, the host committee has put in countless hours of strategic planning to make this convention better than ever. Dr. Aamir Javaid Chair CME committee has put together 12 hours of CME program that covers a variety of interesting topics and will be enjoyed by physicians of all specialties.

This year's entertainment program is filled with world renowned stars like Atif Aslam, Umer Shareef, Raga Boyz and Fuzon who will fulfill your desire for tasteful entertainment. The Entertainment committee has worked very hard under the leadership of Dr. Sajid Chaudhry who is also the Co-chair of the Host Committee.

This year's Mushaira will be a delight for "Ahl-e-zauq" in collaboration with Mr. Ahmed Tanhaa from Awan-e Urdu. Dr. Abrar Saleem has invited poets from India and Pakistan.

You will notice that this year's summer convention journal does not have any Chapter, Alumni or different APPNA projects reports. These reports will be included in the APPNA summer journal which will be published soon and distributed to all APPNA members.

I am sure you will find this convention informative, entertaining and well organized. This could not have been possible without the support of APPNA President Dr. Mubasher Rana and untiring efforts of Tipu Ahmad, Laiq Siddiqui and Jennifer from the central office.

I also like to thank Dr. Naveen Darakhshan, Dr. Tahir Latif and Dr. Shahnaz Siddiqui from publication committee for all their guidance and support.

I appreciate all the Physicians and other businesses who have supported the program with their advertisements. I hope you and your families will have a great time here in Orlando.

Sincerely,

Abid Rasool, MD

Chair, Host Publication Committee



APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida

President Elect Message



Dear Friends,

It is amazing how time flies, the most significant half of an APPNA year is over! A lot has been achieved; and, a lot initiated with the hope these projects will reach their logical completion by the end of the year. Yet, we are continuously asked, "What does APPNA do?" I hope you have kept abreast of all that members like yourself have done in 2015, to make APPNA proud.

As we enter the second half of the year, I am committed to ensure that on January 1, 2016 we are not initiating planning. I am committed, with your support to have a solid plan by this year's fall meeting, and begin execution on January 1, 2016, InshAllah. To this end it is important to identify the needs of the organization which have to be addressed on an active

basis. Having discussed the State of APPNA with a lot of you over the last two years, it is apparent that;

APPNA needs immediate attention to its financial stability and long term resources, to afford the monies needed for organization's administration. We need a dependable, recurring and continuous source of monies for some of our ongoing community service and philanthropic projects.

It seems, APPNA as the umbrella organization, sometimes functions as one of its component society. We initiate and conduct projects under the umbrella of APPNA and its' committees, without involvement of the component societies. This allows each President to tout a list of achievements, which no one remembers on January 1 of next year. I strongly believe, that we, the five elected officers of APPNA, should not conduct projects, and run committees, which function in isolation of our component societies. We should spend our energies and efforts in designing projects which are executed at the component society level. These projects should mainly feed into the Chapters for our efforts in USA, and, Alumni for our efforts in Pakistan. In my humble opinion if we do not change our thinking and focus on building this organization from component society up, we will continue to be asked, "What does APPNA do?" and continue to struggle in having projects which have meaningful and tangible long term effect.

A need to review and change the organizational structure has been stressed in recent years. Questions like, the term of the officers (1 vs 2 years), the need for so many officers, and effectiveness of the Council, have been raised repeatedly. It is apparent that we have to initiate a review of the current structure, and develop a consensus plan. If we hope to achieve meaningful changes in the organizations structure, and set APPNA for success and growth over the next decade, we will have to initiate necessary constitution and Bylaws changes early, and execute within 2016.

While focusing on the issues above, we have to ensure assimilation of North American medical Graduates into the organization, and strengthen what we do for our young physicians coming from Pakistan, amongst other things.

I humbly submit, I will not be able to achieve any of the above without your support and our combined effort. I hope to continue to receive the trust and encouragement from all of you, which I have been blessed with over the years. I have complete faith; together we can achieve the goals we set ourselves.

Thank you again, for your faith in me, and your love and trust.

M. Nasar Qureshi, MD, PhD

President-Elect, 2015



APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida

Secretary Message



Dear APPNA family:

Again, pleasure is all mine, to have this great privilege to serve this elite group of professionals at the leading edge of philanthropy and education to make a difference in society, worldwide.

We have to realize and appreciate the enormous capability and dedication of APPNA to its membership; we were able to move the entire spring meeting from Baltimore, in the face of ethnic riots, to Crystal City venue in a matter of a few days and hosted one of the most successful meetings. We spearheaded the effort and feel proud of our achievement. We are working hard to give you the best and fulfilling fall meeting in San Francisco and winter meeting in Lahore. APPNA offers the best packages for Hajj and Umra, I encourage you to sign up and become part of the ultimate spiritual

experience for the believers.

At home in the United States, tornado stricken Rochelle, Illinois, was in need of immediate help not too long ago. We immediately organized first help and rescue team on the ground to provide medical treatment and triage. We are not only proud of our readiness to help in any disaster but, it earned great admiration for the organization, which will go a long way for Pakistani community's image and political clout.

The tragedy of heatwave fatalities in Karachi has shaken every one; we have put our efforts on the fast track for getting the money from donations there for rehabilitation of families and providing education to prevent heat stroke. We are working with local hospitals to have quick access to the most affected areas in Karachi.

APPNA sent a team of physicians to Nepal organized by APPNA Medical Corps committee, which set up camps in 3 villages and helped over a 1,000 patients..

APPNA Women and Children's Committee Chair, Dr. Lubna Naeem continues her tireless grass-root work, here at home in the United States. Among other initiatives, Breast Cancer Awareness Project was launched in 2015. It has reached thousands of women across all strata of life and has successfully empowered them by providing access to awareness, detection and early treatment with joint community initiatives, such as Susan G. Komen Race for Cure.

Grad Act and Conrad 30 Act will in near future facilitate path to legislation of facility for Pakistani medical graduates to come and train in the United States. A historic milestone was achieved on April 30th, when we went to Capitol Hill with APPNA EC and over 30 other physicians and I believe, it was the longest stride towards these landmark legislations. We reached out and had meetings with over 20 Congressmen.

LCME and PMDC committee meeting is testament to our commitment to young physicians in spring meeting. Young physicians committee (YPC) arranged a seminar at Spring meeting and is holding a poster presentation at summer meeting. They also have mentorship program and are maintaining an up to date central database of faculty members and program directors.

APPNA NEC with EC has been feverishly working on bringing Electronic Balloting for 2015 elections. We are moving forward with hope, collaboration and selflessness activism. We should rise above alumni affiliations, ethnicity or financial status. United and strong, we look forward to a Great Year Ahead.

Shahid Rashid MD
APPNA Secretary



APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida

Treasurer Message



Dear APPNA friends and members:

I will take this opportunity to congratulate the host committee and the leadership for organizing such a wonderful annual convention. Organizing an event of this magnitude with the likes and dislikes of everyone in mind along with cost containment is not an easy job. I know this through personal experience when I chaired the 2013 annual convention in Orlando.

Keeping my membership informed of our financial status through web posting of financial reports was the top most priority of my tenure. This not only kept finances transparent but also involved our membership to take more interest in the inner workings of APPNA.

I know that our finances are not as strong as I previously believed and giving a clear and accurate picture of where we are has been a priority for me. We worked hard to negotiate reduced legal fees for the Advocacy Committee and our rent expense on the APPNA Houses. We have also renegotiated with our investment advisor for lower fees and expect to see them go down even more as the balances in our investment accounts rise. All of these measures will help offset the decline in revenue we expect for this year. Our annual membership numbers are down from prior years and the Summer Meeting registration is not as high as expected. These are the items that normally offset our general expenses the most. However, the Australia trip and Spring Meeting were both profitable and we have high hopes for the rest of the 2015 meetings and trips planned.

We are also making sure that the events organized for the component societies/class reunions are paid for in advance so that we do not have to wait for payment for months after the meeting is over as we have done in the past. We will be sending a meeting expense report to all of them within a month of the meeting so we can clear up the balances before the Fall meeting.

Although we are facing some financial challenges this year, I believe that the improvements we have made will help keep APPNA financially strong and allow it to flourish in the future. I am very grateful to the members of the Advocacy Committee and the Young Physicians Committee for helping to reach our cost-cutting goals. I am also grateful to the Spring and Summer Meeting Chairs, who have fully supported our vision of reducing expenses while still providing fun and enjoyable events. Most of all, I am thankful to our membership for giving me the opportunity to help improve APPNA and keep it secure and stable for years to come.

Iqbal Zafar Hamid, MD
Treasurer



APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida



RICK SCOTT
GOVERNOR



August 12, 2015

Dear Friends:

As Governor of the Sunshine State, it is my pleasure to welcome the Association of Physicians of Pakistani Descent of North America to Orlando.

The people of Florida are proud to be your host, and we look forward to showcasing the hospitality that makes the Sunshine State the world's travel destination of choice. Last year, Florida welcomed more than 98 million visitors, making it the fourth consecutive record year for tourism. We started this year with the highest amount of visitors of any quarter in the state's history, which puts us on pace to exceed our goal of 100 million visitors to Florida this year.

You have my best wishes for a memorable and successful conference, and I hope each of you will visit Florida often.

Sincerely,

Rick Scott
Governor



APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida



BILL NELSON
FLORIDA



United States Senate
WASHINGTON, DC 20510-0905

August 12, 2015

Association of Physicians of Pakistani Descent of North America
6414 South Cass Avenue
Westmont, Illinois 60559

Dear Friends:

Greetings and welcome to the great state of Florida. I am delighted that you chose August 12-16, 2015 to celebrate your 38th Annual Summer Convention.

I would like to congratulate your organization for your service throughout the world. Your hard work and dedication are truly to be commended. I wish you much continued success and hope that you have a wonderful convention.

Sincerely,



APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida



CITY OF ORLANDO

OFFICE OF
BUDDY DYER
MAYOR

August 2015



Attendees of the Association of Physicians of Pakistani Descent of North America (APPNA):

On behalf of the City of Orlando, it is my pleasure to welcome you to Central Florida and to the 38th annual APPNA Conference at the Gaylord Palms Resort.

I realize that much of your time in Central Florida will be spent at the Conference but while you are here, I hope you have an opportunity to experience a few of the things that make our community unique.

Last year, Orlando was the nation's most visited city with more than 62 million visitors. A large number of those visitors travel to Orlando to visit our first-rate attractions and theme parks. Of the nation's ten largest theme parks, seven call Orlando home.

Orlando is also a destination for dining with cuisines offered from just about any place in the world. Whether you're hoping for fast casual or would like to treat yourself to fine dining, within a short distance from your hotel you'll find some of the area's best restaurants.

In addition to dining, Orlando is a shopper's paradise. When you combine our outlet malls with world-class shopping venues and one-of-a-kind local boutiques, it's no wonder Orlando consistently ranks as one of the nation's best locations for shopping.

I also encourage you to visit Downtown Orlando which is just a short drive from your hotel. A vibrant and diverse community where business and culture thrives, Downtown Orlando is home to many awe-inspiring museums and galleries, theaters, special events and festivals. Downtown Orlando is also home to the newly constructed Amway Center, a state-of-the-art sports and entertainment complex, a new world-class performing arts center and reconstructed Orlando Citrus Bowl football stadium located in the heart of our City.

Orlando offers a winning combination of economic, cultural, educational opportunities and an incredibly high quality of life for residents and visitors. Again, welcome to Orlando and best wishes for a very successful APPNA Conference.

Sincerely,

Mayor Buddy Dyer

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APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida

HOST COMMITTEE



Dr. Shahid Usmani
Chair



Dr. Aamir Javaid
Co- Chair



Dr. Sajid Chaudhary
Co-Chair



Ist. Row: From l to r

Dr Mussarat Moon, Ms. Huma Khan, Dr Roohafza Afridi, Dr Umna Ashfaq, Dr Riffat Qureshi, Ms Aamara Ahmed, Ms. Seemi Nawaz, Ms. Maliha Sheikh, Ms. Sehba Joachim, Dr Naveen Darakshan, Dr Rubina Inayat, Ms Saadia Jadoon.

2nd Row: l to r

Mr. Tipu Ahmad, Dr Ayyaz Shah, Dr Naeem Moon, Dr Khurram Shahzad, Dr Mazhar Nawaz, Dr Abid Rasool, Dr Muhammad Kazi, Dr Aamir Javaid, Dr Mubasher Rana - President APPNA, Dr Sajid Hafeez, Dr Shahid Usmani - Chair Host Committee, Dr Salim Afridi, Mr Akhtar Qureshi, Mr Nisar Qureshi, Dr Abdullah Moosa, Mr Louis Joachim, Dr Nasir Usmani, Dr Zafar Hamid, Dr Aniq Sheikh, Dr Sajid Chaudhary, Dr Abrar Saleem, Dr Nasim Ahmad.

Not present:

Dr. Yousuf Bhagani, Mrs. Salma Bhagani, Mr. Javed Mirza, Dr. Naghman Qureshi, Mr. Akhtar Qureshi, Dr. Irfan Aslam, Dr. Adnan Khan, Dr. Asif Mohiuddin



Iqbal Zafar Hamid

Experience Counts
Your Treasurer contesting for Secretary APPNA election..

Please
VOTE & SUPPORT

WHAT I HAVE DONE

- Treasurer APPNA 2015
- Chair Finance Committee 2015
- Chair Asset Management Committee 2015
- Chair APPNA Summer Meeting Orlando 2013
- Chair Liaison Committee 2012
- Chair APPNA Fall Meeting Miami 2010
- President Sindh Medical College Alumni 2010
- President South Florida Chapter 2007-2008
- Co-chair APPNA Summer Meeting Orlando 2007
- Social Secretary Sindh Medical College Students Union 1983
- Class Representative Sindh Medical College Students Union 1981

WHAT I AM DOING

- Serving as Treasurer APPNA 2015
- Chair APPNA Financial & Asset management committee
- For the first time, Creation of Financial portal on APPNA website
- Revised APPNA financial policy
- Balancing the budget in 2015
- Detailed analysis of P&L and APPNA investment accounts
- Negotiated fee reduction for APPNA investments
- Strict separation of restricted and unrestricted funds
- Operation expense account live
- Audit started on time
- Election reform
- Young physicians integration in APPNA

WHAT I WILL DO

- Unify APPNA
- Improve governance
- Integrate Pakistani American & American Pakistani young physicians
- Constitutional amendment to create Joint Secretary position for young physicians and make them a part of EC
- Community outreach
- Professional and Social advocacy
- APPNA Chapters' empowerment
- Election reform continues
- Membership benefits
- APPNA Image building committee

Leading with Sincerity, Integrity and Vision for **"APPNA United"**

M. Rizwan Khalid

M.D., F.A.C.P., F.A.C.C., F.S.C.A.I.

Candidate for APPNA Secretary 2016

AKU ALUMNUS, CLASS OF 1999
CARDIOLOGY FACULTY, UNIVERSITY OF ROCHESTER NY

Over ten years of service to APPNA and its component societies.

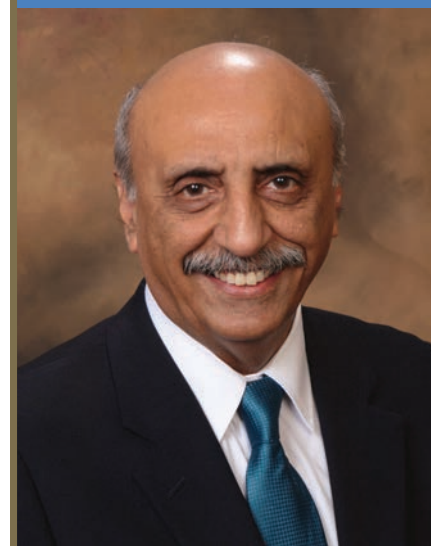
As Secretary, my aims will be:

- **Reports Automation** of all council meetings
- **Online Meeting Portals** (e.g. WebEx, etc.) for council and committee meetings
- **Digital Archiving** of all such web based meetings
- **Engage ABIM** in discussion over maintenance of certification
- **Develop Telemedicine portal** for providing free medical treatment to patients across Pakistan by APPNA members
- **Become Advocate:** To become a strong voice in the Executive committee for Young Physicians, Social Welfare and Disaster Relief in the US and Pakistan, Research and Education and Advocacy for Pakistani Americans and Pakistani Physicians
- **Early Career Attendings:** To develop programs and guidance for early career attendings (less than 15 years in practice), who now constitute a significant part of Pakistani Physicians in the United States.

www.rizwankhalid.com



Honest Leadership
DEDICATED SERVICE



Naseem A. Shekhani, MD
for **APPNA**
President Elect
2016

VOTE FOR A BRIGHTER APPNA

With wholehearted humility, I declare my candidacy for President Elect APPNA, 2016. APPNA is the leading representative organization of physicians of Pakistani descent with an unmatched depth of its intellectual pool and an unrealized potential for excellence. Our strength lies in unification to identify clear objectives and putting the full force of the organization in endeavors to achieve successful outcomes. No longer can we stay divided to serve the interests of individual alumni or regions. Let us work together for the betterment of APPNA.

As ambassadors of Pakistan, we need to enhance the image of Pakistan with forward looking ideas and reject those that tarnish Pakistan's image. If elected, my approach will be to listen to the membership and build consensus with a unified goal of improving the professional and personal lives of Pakistani-American community.

I hope my record of services and commitment to APPNA and Pakistan will earn me your trust and you will help me get elected to fulfill our common goals and aspirations.

Respectfully,

Naseem Azeez Shekhani, MD
Candidate for APPNA President Elect 2016

NASEEM A. SHEKHANI - A LEGACY OF DEDICATED LEADERSHIP

- Founder Chairman and Executive Director, APPNA Foundation
- Recipient of APPNA Presidential Award for Political and Social Activism - 2014
- President and Founding Member APPNA St. Louis Chapter
- Chairman Communication Committee, APPNA Summer Meeting - 2011
- Founding Member DOW Endowment Fund (ENDOW)
- Recipient of Lifetime Achievement Award, DOGANA - 2013
- President and Founding Member National Health Forum, (NHF) ~\$200,000/year
- President DMC Student Union 1979 - 1980

Vision & Goals

- Strengthen APPNA Governance and Management
- Increase Young Physician participation, especially U.S. Graduates
- Building Institution within APPNA like APPNA Foundation
- Quality Continued Medical Education
- Increase Membership and Membership Values

And Above All - **Advocate Civil Rights and Peace in Pakistan**

"The time is always right to do what is right."
Martin Luther King

S. TARIQ SHAHAB

for APPNA PRESIDENT ELECT 2016



ACHIEVEMENTS:

Treasurer Central APPNA | 2013
Chairman Publication Committee | 2014, 2012, 2009, 2008
Member of the Finance Committee | 2014, 2015
Chairman Finance Committee | 2013
Co-Chair Leadership Development Committee | 2014
Advisor APPNA institute of Public Health Adhoc Committee | 2014
Chairman Appalachian Health Educational Campaign
Co-Chair Heart Healthy Initiative Committee | 2014
Co-Chair Youth Mentorship Committee | 2014
Co-Chair DOGANA Office Management Committee | 2012
Co-Chair Advocacy Committee | 2009
Editorial Board of Dow Link (DOGANA Publications) | 2008, 2009
Councilor & Member of APPNA Washington D.C., Maryland & Virginia chapter
Co-chair Resource & Development Committee | 2009
Co-chair First response team 2005 Earth Quake Relief
Member APPNA Summer Meeting Host Committee | 2014, 2012, 2008
Member Host Committee DOGANA Summer Meeting | 2012, 2008

S. Tariq Shahab, MD

FACC, FACP, FSCAI

Diplomate American Board of
Internal Medicine and Cardiovascular Diseases

VISION:

I envision **APPNA** to be a professional organization of Pakistani American Physicians with no discrimination of members based on their political, religious, alumni or regional affiliation.

PROFESSIONAL ACHIEVEMENTS:

Interventional Cardiologist George Washington Univ. & Inova Fairfax Hospitals.

Published many Papers & Abstracts:

- First Paper on Carotid artery stenting, JACC, June 2000.
- First Paper on Pseudohypertension, Journal of Hypertension.
- First Paper on Transmyocardial Laser Revascularization, Am. Journal Cardiology Feb 1999.

PLEASE SUPPORT & VOTE FOR SYED TARIQ SHAHAB AS PRESIDENT ELECT APPNA 2016

Sajid Chaudhary, MD. for President Elect 2016



Dear APPNA friends,

I am humbled to be nominated for APPNA President Elect, 2016. APPNA has established its credentials to lead Pakistani American diaspora in securing our civil liberties and supporting charitable endeavors. Our Association represents over 12,000 Pakistani-American physicians, with only 3000 paid members. I pledge to increase APPNA's strength by increasing its membership and to increase our potential to promote our good work for the society. APPNA has played an exemplary role in helping young physicians of Pakistani origin over the years. The GRAD legislation is a great initiative for young physicians' visa issues. I am proud to be part of the process in partnership with Advocacy committee. APPNA must also facilitate the prospective residents who would become future APPNA members and leaders. We must empower our women members by encouraging their active participation in APPNA committees and projects.

APPNA needs a greater participation from those Pakistani physicians who have not yet joined the family. We need to improve the representation of US born physicians of Pakistani descent. APPNA chapters need guidance so that our healthcare ventures vis-a-vis community clinics can grow significantly to benefit greater American community.

I am confident that I can deliver to serve this great organization and its members given the opportunity to transform my vision into reality. I have the dedication, experience and commitment as evidenced by my track record of 15 years. My Presidency will be shaped by your needs and your input. I most humbly request your support and vote.

Sincerely,
Sajid Chaudhary, MD

Vision for APPNA:

- Empower Women Physicians
- Creation of Infrastructure for Social Welfare Projects & Strengthen APPNA Foundation
- Advocacy for Young Physicians & Civil Liberties
- Creation of Healthcare Projects through APPNA Chapters
- Scholarship programs for deserving Young Graduates.
- Integrate North American Medical Graduate of Pakistani Descent

Over a Decade of Services to APPNA:

- 2003: became founding member of Young Physician Taskforce
- 2003 to present: Active involvement in Advocacy for Civil Liberties and visa issues.
- 2003: Counselor APPNA New England Chapter.
- 2003: Council Member APPNA
- 2004: President of Physicians in Training section.
- 2005-2006: Member Social Welfare Committee
- 2005 (Oct-Dec): Chair Communication Committee
- 2007: Chair membership committee, 1st quarter.
- 2007: Member host committee summer meeting.
- 2007: Member APPNA Sehat committee.
- 2007-2008: Counselor APPNA Florida Chapter.
- 2009: Chair membership committee 2009
- 2009 to present Member Hepatitis C initiative
- 2013: Member APPNA Summer host committee, Florida.
- 2014: Chair Young Physicians committee.
- Worked to get 140 young physician's visas cleared on time.
- Worked with Advocacy com. chair to initiate GRAD Legislation to expedite J-1 visa.
- 2015: Member Advocacy committee 2015.
- 2015: Co-Chair Host Committee APPNA Summer meeting 2015.
- 2015: Advisor Committee on young physicians 2015.
- Secretary APPNA 2008:
 - Proponent and Supporter of First Code of Election
 - Conduct in APPNA Election.
 - Proposed & supported meeting budgets. Consequently all meetings had a prior budget approval for better fiscal management of APPNA affairs and curtailed over spending. Made archives of meeting minutes available to members for the sake of transparency and accountability.
 - Assisted in creation & approval of Virginia Chapter.
 - Initiated & supported the creation of Dental APPNA chapter.

Services to Allama Iqbal Medical College Alumni Association AIMCAANA:

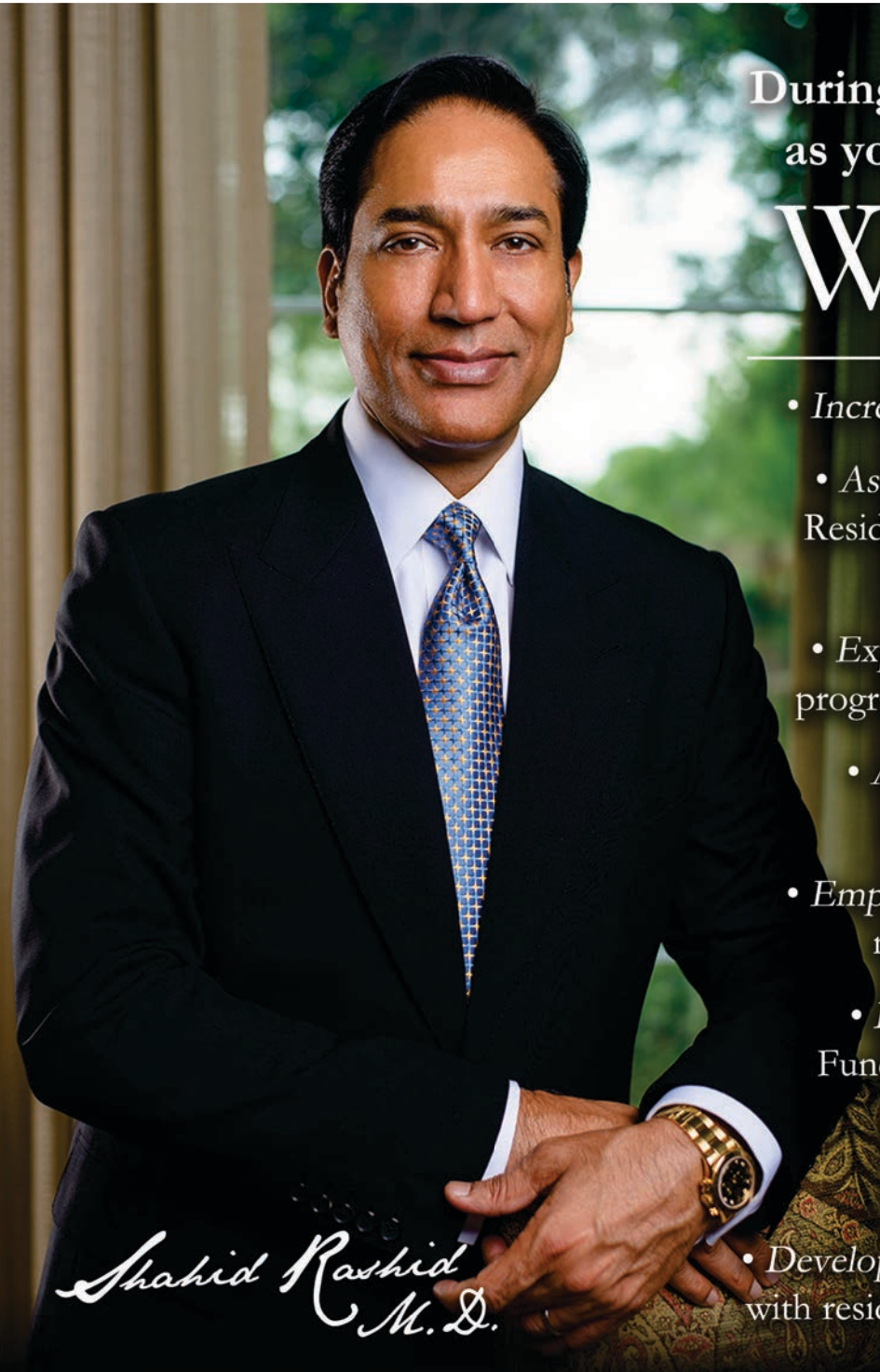
- 2002 Secretary AIMCAANA
- 2003 President AIMCAANA
- 2006 Chair, election committee 2006
- 2005 to present Member Board of Trustee
- 2007 Chair Communication committee
- 2010 to date Executive director AIMCAANA

Services to community at large:

- Board Member of Muslim Heritage Council of Rhode Island & worked to establish first Muslim section in state heritage museum.
- Organized multiple social welfare, cultural and interfaith programs for the community.
- Board Member of Muslim Heritage Council, RI
- Raised funds for an exhibit about American Muslims in the first Historic Museum of RI
- Supported organizations like CAIR and HDF, Islamic Relief, SKH Foundation, Koochi Goth Hospital.
- I am founding member & president of Pakistani Association of Central FL.
- Raised over 200,000 from its platform to support disaster relief efforts in Pakistan.
- Raised \$500,000 for Shaukat Khanum Hospital.
- Raised \$70,000 for Koochi Goth Hospital Karachi.

Professional & Medical activities:

- Graduated from Allama Iqbal Medical College in 1985.
- Diplomat in Infectious diseases and Int. Medicine
- Member Board of trustees, at Osceola Regional Medical Center, Kissimmee, FL.
- Vice chairman Department of medicine and member of various committees at Osceola Regional Medical Center, Kissimmee, FL.
- Faculty of UCF College of Medicine.
- Specialty Coordinator for UCF Internal medicine Residency program.



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- Acquire an APPNA house for our female physicians
- Empower women & promote minority rights in Pakistan
- Develop Fallen Physicians Fund to support their families
- Establish Free APPNA clinics for every chapter
- Develop APPNA Medical Center with residency program in the U.S.

Shahid Rashid M.D.

SHAHID RASHID MD
for President Elect APPNA 2016

APPNA Secretary 2015 | APPNA Treasurer 2014

Member of APPNA since 1992 | Founding member of South Central Texas APPNA Chapter

New York Five Star Wealth Manager seen in

The Wall Street Journal

Wealth Management Journal Report

Wall Street Alliance Group



Left to right: 2015 winners Syed Nishat and Aadil Zaman, MBA, Senior Vice Presidents

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Featured in
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Wealth Managers
You Need to Know”**

The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Active as a credentialed professional in the financial services industry for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not: A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three customer complaints filed against them (settled or pending) with any regulatory authority or Five Star Professional's consumer complaint process. Unfavorable feedback may have been discovered through a check of complaints registered with a regulatory authority or complaints registered through Five Star Professional's consumer complaint process; Feedback may not be representative of any one client's experience. C. Individually contributed to a financial settlement of a customer complaint filed with a regulatory authority; D. Filed for personal bankruptcy; E. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – Considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager's future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client's assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarpromotional.com. 2,729 award candidates in the New York area were considered for the Five Star Wealth Manager award. 212 (approximately 8 percent of the award candidates) were named 2015 Five Star Wealth Managers.

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APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida

Booth Assignments

| Company Name | Product / Company Category | Booth # |
|--------------------------------|--|---------|
| Eye For Art | Art Gallery | 328 |
| VIC Kashmir | Carpets and artificial jewelry | 828 |
| Singar Studio | Celebrity Makeup, Costume Jewelry (artificial) | 823 |
| AASME | Clothing | 806 |
| Agha Noor | Clothing | 108 |
| Ahsan Khan | Clothing | 510 |
| ALHAMD TRENDS | Clothing | 227 |
| alkaram studio | Clothing | 827 |
| ALVEENA | Clothing | 722 |
| Ambreen Bashir Designer lounge | Clothing | 622 |
| Aneela Jawad Khan | Clothing | 504 |
| Artizara Inc. | Clothing | 701,800 |
| Ayesha Ellahi | Clothing | 105 |
| Ayesha Ibrahim | Clothing | 628 |
| Chen One | Clothing | 409 |
| Colours by azra Ajaz | Clothing | 421 |
| Embellished by Sadaf Amir | Clothing | 410 |
| ensemble | Clothing | 605 |
| Farida Qureshi | Clothing | 523 |
| Firdous | Clothing | 319 |
| Goal | Clothing | 815 |
| Goal | Clothing | 817 |
| halima k. | Clothing | 320 |
| Haute Couture | Clothing | 700 |
| Laila's Art | Clothing | 120 |
| lemodelle | Clothing | 517 |
| Mahams n Meena | Clothing | 621 |
| MARIA KHAN | Clothing | 805 |
| MariaRao | Clothing | 716 |
| Mediha's | Clothing | 611 |
| Mehreen Gul | Clothing | 705 |
| Mina Hasan | Clothing | 205,203 |
| Mirage Collection | Clothing | 609,607 |
| MIRI | Clothing | 616 |
| NAJIA WAZIR | Clothing | 706 |
| Nickie Nina | Clothing | 204 |
| Nida Azwer Atelier | Clothing | 111 |
| PIA | Clothing | 107 |
| Rabeya maung | Clothing | 521 |
| RABIA S | Clothing | 811 |



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| Company Name | Product / Company Category | Booth # |
|-------------------------------|----------------------------|-------------|
| Rabia Zahur | Clothing | 219 |
| Rashida Dalal of Karachi | Clothing | 209 |
| Reenas by Mavra.Z | Clothing | 116 |
| Rehana's Creations | Clothing | 311 |
| Ruby Shakel | Clothing | 220 |
| S&H Couture Partners | Clothing | 118 |
| Saba Bakhtyar | Clothing | 420,619,617 |
| saima's collection | Clothing | 318 |
| Saira Shakira | Clothing | 210 |
| SANAAZ DESIGNER COUTURE | Clothing | 302 |
| Seema's | Clothing | 207 |
| Shamim Bhatti | Clothing | 615,714 |
| shazia ahmer | Clothing | 407 |
| Sheza Designer Collection | Clothing | 128 |
| Shibori | Clothing | 704 |
| Sophia | Clothing | 610 |
| Sughi's | Clothing | 419 |
| Tabassum's collection | Clothing | 221 |
| The Loom | Clothing | 112 |
| Uzma Jawad Couture | Clothing | 608,606 |
| zeshan bariwala | Clothing | 228 |
| Aarna & Sash Company | Clothing & Jewelry | 217 |
| abdulrehman export enterprise | Clothing & Jewelry | 418 |
| AIM COUTURE | Clothing & Jewelry | 211 |
| AYESHA'S STUDIO | Clothing & Jewelry | 709 |
| Charisma Designer Studio | Clothing & Jewelry | 122 |
| Craft clothing | Clothing & Jewelry | 416 |
| Dhaagay | Clothing & Jewelry | 129 |
| Dhaagay | Clothing & Jewelry | 218,216 |
| HEAVENLY REGALIA | Clothing & Jewelry | 423 |
| Ishraq ensembles | Clothing & Jewelry | 627,620,618 |
| kundan fashions | Clothing & Jewelry | 322 |
| Maryam & Amina Shafaat | Clothing & Jewelry | 114 |
| Meer Designer | Clothing & Jewelry | 110 |
| Nadia Chhotani | Clothing & Jewelry | 422 |
| NADIA SOHAIB | Clothing & Jewelry | 717 |
| Purple Haze | Clothing & Jewelry | 321 |
| Rangolibyhumana | Clothing & Jewelry | 816 |
| Regalia | Clothing & Jewelry | 314 |
| RizRaf | Clothing & Jewelry | 308,306 |
| sai art gallery | Clothing & Jewelry | 810 |
| Shabbat Zahid | Clothing & Jewelry | 520,518 |



APPNA 38th Annual Convention

August 12-16, 2015 Orlando, Florida

| Company Name | Product / Company Category | Booth # |
|-------------------------------------|--------------------------------|--------------------|
| Signature Multi Designer Lounge Inc | Clothing & Jewelry | 726 |
| TUNICS by JAZZ | Clothing & Jewelry | 708 |
| yasmin boutique | Clothing & Jewelry | 121,119,117 |
| Zarufa Collections | Clothing & Jewelry | 126 |
| ARTS & ANTIQUES | Crafts / Antiques | 801 |
| Wells Fargo Advisors | Financial | Sun Ballroom Foyer |
| Saturna Capital | Financial | 104 |
| Legend Securities | Financial / Insurance Services | City Hall Lobby |
| Javed Massey Financial Services LLC | Financial Services | 804 |
| Samads Carpet | Hand knotted carpets | 304 |
| Kitab House Inc | Islamic Books | 537,636 |
| CureMD Healthcare | IT (Information Technology) | City Hall Lobby |
| A.R.Designers by Arefa Merchant | Jeweler | 405 |
| Ajjo | Jeweler | 519 |
| Arya Esha | Jeweler | 222 |
| Executive Watch Co | Jeweler | 710 |
| Hamna Amir Designer jewellery | Jeweler | 106 |
| HAUTE INDIA JEWELRY | Jeweler | 428 |
| Jewelry By Madhu | Jeweler | 408 |
| Regal | Jeweler | 508,506 |
| Reviti Jewellers | Jeweler | 401,500 |
| SAPNA CREATIONS INC | Jeweler | 310,411,309,307 |
| Sej Jewels | Jeweler | 206 |
| SONAR | Jeweler | 511 |
| Teyjas Jewellers RI Inc. | Jeweler | 505,604 |
| TIMPIY'S | Jeweler | 406 |
| Zevar Collections | Jeweler | 507 |
| Labtest Diagnostics | lab diagnostic | Sun Ballroom Foyer |
| Soundview Broadcasting | Media and Matrimoney | 723,822 |
| TransCure | Medical Billing | 415,514 |
| Islamic Relief | Non-Profit | 301,400 |
| For The Needy and Hungry Foundation | Not for Profit | 528 |
| ICNA Relief ,USA | Not for Profit | 531 |
| OBAT Helpers | Not for Profit | 603 |
| Society for International Help | Not for Profit | 530 |
| Ummah Relief International | Not for Profit | 529 |
| Zaytuna College | Not for Profit | 101 |
| Parvez and Tahera Arts | Paintings | 329 |
| Private | Paintings/calligraphy/books | 526 |
| WraSer Pharmaceuticals | Pharmaceutical / Biomedical | Sun Ballroom Foyer |
| Perfect Tax & Financial Services | Tax Planning | 300 |
| Emirates Airlines | Travel | 100 |
| Aga Khan University | University | 623 |



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CME Summer Program

APPNA – Maintaining a Tradition of Excellence

| | | |
|------------------|---|-------------------|
| Session 1 | Moderators Dr Mohammed A Moosa, Dr Aamir Javaid | |
| | Aug 13, 2015 | |
| 8:00 | Prostate Intervention for BPH in Interventional Radiology | Dr Sameul O Hanif |
| 8:45 | The Skin and Systemic Disease: Re-igniting Medical Dermatology | Dr Abrar Qureshi |
| 9:45 | APPNA Telemedicine Initiative: An Update | |
| 10:20 | Finding Positive in Negative: Molecular Pathways in Triple Negative Breast Cancer | Dr Asad Sheikh |
| 11:15 | Atrial Fibrillation: Evolving Surgical Therapies | Dr Saqib Masroor |
| Session 2 | Moderators Dr Saleem Islam, Dr Aamir Javaid, Dr Umna Ashfaq | |
| | Aug 14 2015 | |
| 7:30 | Bisphosphonate Related Osteonecrosis of the Jaws | Dr Faisal Qureshy |
| 8:15 | Adolescent Bariatric Surgery | Dr Faisal Qureshi |
| 9:00 | Health Care Disparities – What APPNA Physicians Can Do About It? | Dr Adil Haider |
| 10:00 | Interventions to Reduce Vaccine Refusal | Dr Saad Omar |
| 10:45 | From Science Fiction to Science Fact: Human Cardiac Regeneration | Dr Hina Chaudhry |
| Session 3 | Moderators Dr Adnan Hyder, Dr Aamir Javaid | |
| | Aug 15 2015 | |
| 8:00 | Clinical Quality for Pre-hospital Emergency Care | Dr Junaid Razzak |
| 8:45 | Developing Capacity for Research in Low/Middle Income Countries: Prospects and Pitfalls | Dr Adnan Hyder |
| 9:30 | Shaping Future of Cardiovascular Risk Assessment | Dr Khurram Nasir |
| 10:30 | The Lure of Lou Gehrig Disease: A 33 Year Odyssey | Dr Teepu Siddique |
| 11:15 | Medical Ethics | Dr Hatem Bazian |
| 11:35 | Panel Discussion on Research | Expert Panel |



APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida

Youth Mentorship Program Schedule

| Friday Aug 14 th | | | |
|-------------------------------|--|--|---|
| Time | Topic/Activity | Panelist/Activity | Room Requirements |
| 9:00 AM – 9:30 AM | Registration | | |
| 9:30 AM – 10:30 AM | Workshop: Who am I, Cultural Identity? | Faizan Hag : Communication Specialist | Room with Audio, Projector, Podium to accommodate 20-35 participants in theatre style seating. |
| 10:30 AM – 10:45 AM | Break | | |
| 10:45 AM – 11:45 PM | Hands on training: All Politics is Local | Mayor Saud Anwar | Room with Audio, Projector, Podium to accommodate 20-35 participants in theatre style seating. |
| 12 Noon – 1:00 PM | Lunch & Networking | | |
| 1:00 PM – 2:00 PM | Jumma Prayer | | No Room required |
| 3:30 PM – 5:30 PM | Independence Day Celebrations | | |
| Saturday Aug 15 th | | | |
| 9:30 AM – 10:30 AM | Seminar – Preparing for College Admissions | High School Students | Room with Audio, Podium to accommodate 20-25 participants in theatre style seating. Head table & Chairs for 4 participants. |
| | Seminar -Career choices | College Students | Room with Audio, Podium to accommodate 20-25 participants in theatre style seating. Head table & Chairs for 4 participants. |
| 10:30 AM -10:45 AM | Break | | |
| 10:45 AM – 11:15 AM | Social Entrepreneurship | Uzma Bawany | Room with Audio, Projector, Podium to accommodate 20-35 participants in theatre style seating. |
| 11:00 AM – 12 Noon | Social & Community Activism | Khurrum Wahid | |
| 12:00 Noon – 1:00 PM | Lunch & Networking | | |

Drop Off and Pickup



Drop off and pickup for shuttle bus will be at Convention Center entrances, both at Gaylord Palms and Disney Swan Resorts

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Lot to be Greatful



We are back at Gaylord Palms. First ever APPNA summer convention was also held at Gaylord in 2003. It was a great success but unfortunate in the sense that three of the host committee were diagnosed with cancer during those ongoing meetings. I am the lone survivor of the three. The other two were my really good friends Raana Akbar, who was president of APPNA at the time and Mushtaq Ahmed a past APPNA president. Raana, I had known from King Edward when she was Raana Usmani as we were class fellows. She had since married Waheed Akbar whom I also knew well from King Edward and is also a past APPNA president. I got to know them better in the US mainly at APPNA meetings. Mushtaq and I also hit off well in the host committee meetings becoming friends. We could relate to what the other was going through

and that brought us even closer. They were both wonderful people and those of you who knew them will agree to that. It is our great loss that they are not among us. For me it was a privilege to have known them. May God bless their souls? Mushtaq being the more religious amongst us would never forget the other two in his prayers.

It is difficult to write about the subject and then to keep it short but I was encouraged by some of you to write my experience. I was diagnosed with nasopharyngeal carcinoma which is not a very common tumor and is related to Epstein Barr virus. I received concomitant radiation and chemotherapy which was one of the roughest time of my life.

The trips to radiation were literally trips to hell and back. Being tied down to the table (so you can't move) with a tight claustrophobic facial mask for around 45 minutes with the clickety noise of the moving machine was pure hell. I just had to day dream about the good times with the family and friends in the past or I would count through the clicking noise of the machine to bide the time. At the end of the session I felt completely drained and found it even difficult to move off the table. Post radiation headaches were so severe at times that it felt like my head would explode.

It was the love and support of my family and you our friends in this extended community family that saw me through this phase. It is amazing how the family can give you the strength to fight. Just a look of sadness in the eyes of your wife and children can give you the courage to face the next day as you want to bring happiness back to those eyes.

The worse was finally over and the post radiation recovery started gradually. I was surprised at the punishment my body was able to endure. Radiation and chemotherapy are brutal but the resilience of the human body is amazing. It is our will to live that will not let us die. I was however unfortunate in suffering complications soon after radiation with loss of my Eustachian tubes that caused constant ear and sinus problems. Each trip and procedure unfortunately caused further problems.

I have to keep this short so I will just tell the readers how I have been able to cope these thirteen years. In a serious illness with complications and residual disabilities it is important to understand and accept this change and the new you. You have to accept that like your gone childhood, your previous lifestyle and your previous baseline is not coming back. You can always make a comeback after every major complication and setback but usually with some limitations.

It is important to accept the new you after each such episode. My baseline in early 2003 was a 12-14 hour work day, an active social and sporting life with regular tennis games but this changed to part time hospital work, consistent pain, hearing loss and exercise limited to walks by the end of the same year. This continued to change in a downwards spiral as new complications occurred every few years.

The start of this year has caused the most serious downturn whereby I lost my fifth, sixth and eighth cranial nerves on the left side with encroachment of the right internal carotid artery. I already lost my left internal carotid artery in a blowout four years back. My current baseline is thus very limited exercise, very poor hearing and vision (right side only) along with moderate speech and swallowing difficulties. I have to feed myself by a PEG tube and

THE LOOM

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Date: August 13-16, 2015
Time: 9:00 AM-7:00 PM

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also care for my PICC line. I have however got used to this baseline as I know this is my new normal. Talking of PICC lines, I saw a lot of PICC line infections during my practice days. My first PICC line stayed with me for almost a year and the second one has lasted nine months already. I have been fortunate enough not to have had any problems with my PICC lines or my port. Being a physician, I took good care to avoid infections. The PICC line dressings are changed weekly by a home health nurse. These nurses of course can provide from excellent to very poor service. I can say with experience that some of them have no concept of sterility and absolutely no knowledge of air embolism. I feel that most of the PICC line problems are likely related to compromised quality of dressing changes. As physicians we should be vigilant in correcting these, plus review our own work as most of my complications were iatrogenic both medicinal and physician caused. I however have taken them in my stride and stayed positive.

There is also a major change in my social life. Our social life involves food and “gup shup” when you can’t do either your social life is essentially over. I still go to social functions when I can mainly so that my wife does not miss out on company or become a recluse but it is difficult to converse or eat when I go to these social functions.

One very important and positive feature however was that I became a much better physician after becoming a patient. I had more empathy, I understood the pain of others now that I was suffering pain. At the end of the day I looked up every illness I saw during the day making sure I had covered everything. I realized this when I saw my own physicians not listening to me or considering every option. We all tend to forget things and need refreshers. For example a physician at the hospital was surprised that I was having difficulty swallowing after the involvement of the fifth nerve. The fifth nerve also has a motor component even though it is mainly sensory. A university professor embolized my facial and maxillary artery with onyx (permanent embolization) when I had gone to see him after a suspected carotid artery blow out because he thought that might be the source of the problem even though they appeared normal. The problem was of course the carotid which fortunately sealed itself. His indiscretion caused me considerable pain and discomfort. I can narrate many such incidents but am constrained in writing this. I started listening to my patients more also as my physicians weren’t listening to me. Most physicians reach a diagnosis quickly or already have a diagnosis as they have gone through the paperwork and start working their protocols. We will treat and serve our patients better if we listen to what they are saying. Patients usually know their bodies well and can feel when something is wrong and they should not be brushed off. The university admission that I mentioned earlier started from my home where I had a carotid artery blowout. I bled out almost a liter of blood; however, the ambulance crew noticed blood coming from the nose and wrote down Epistaxis. Three hospitals later at the university I was being considered as having epistaxis as nobody was listening to what I was saying. They were just reading and copying the notes. How often do we see similarities in physician notes on hospital rounds.

I have been positive and accepting but this has all been possible because of the continued support of my loving wife and family and of course support of all of you my friends who have continued to pray for me and give me strength. Some of you have come up to me and called me a fighter, others have called me an inspiration, and some even a miracle. I however don’t see it that way. I am just an unfortunate statistic in the laws of nature. Half the men and one third of women will get cancer of some kind during their lifetime.

I don’t like being where I am neither do I wish anybody else in my shoes. I am only here because I don’t have a choice. I have to make the best with the hand I have. My college motto at Lawrence College Murree, was “Never Give In.” The most important reason for me being able to cope with my predicament is however my father’s teaching that “When you are down look at the people less fortunate than you and you will see you have much to be grateful for.” I am still walking on my two feet. Yes I sure have a lot to be grateful for.

Naem Khan (Khakwani)
KEMC 1975
Orlando



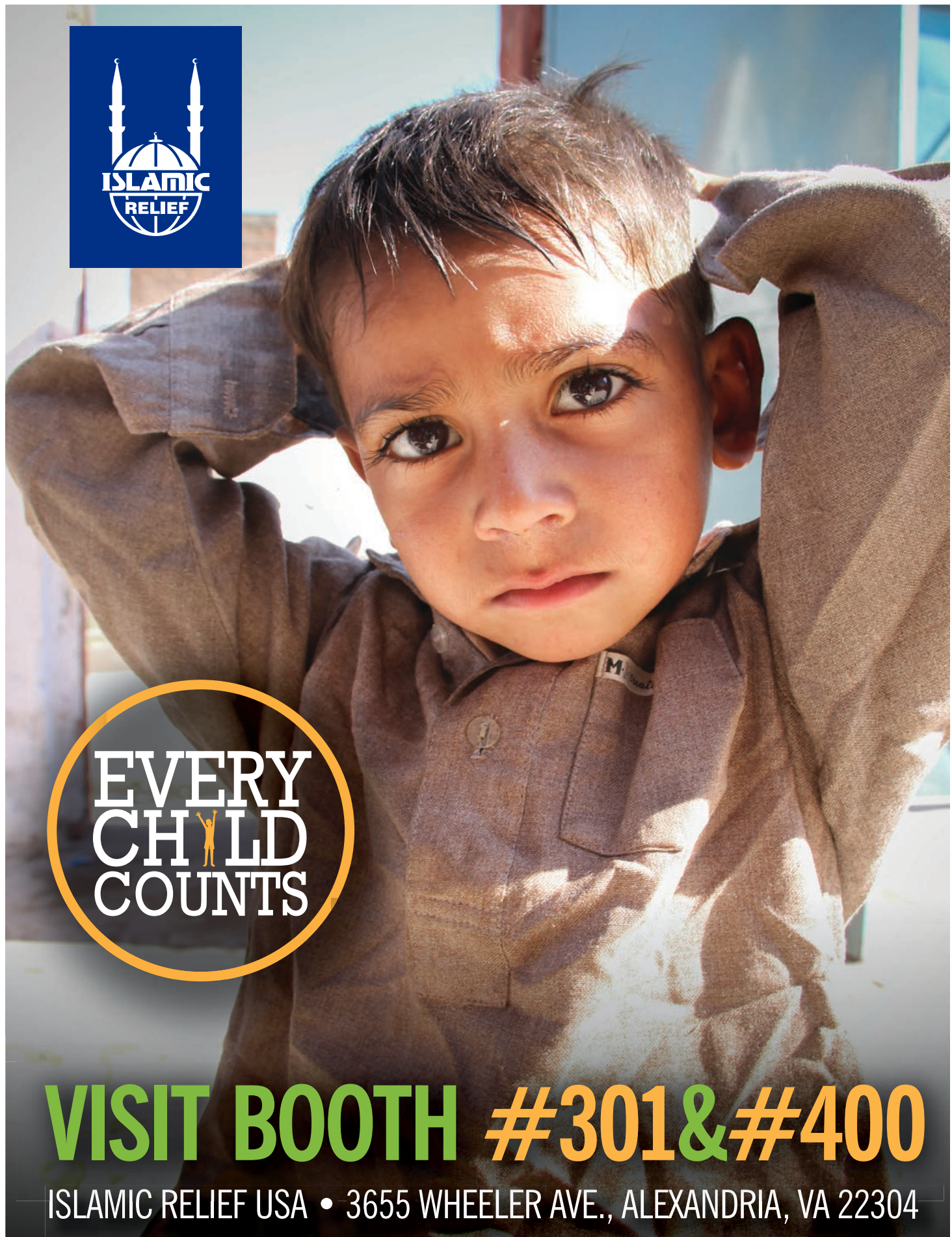
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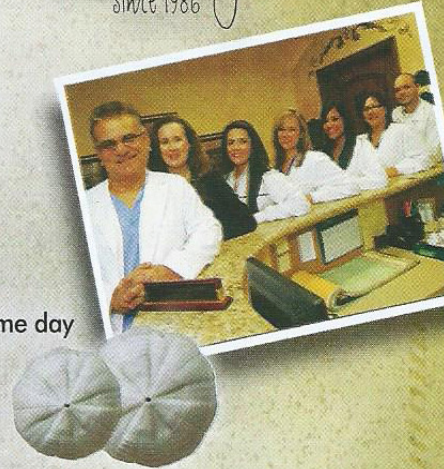


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Dr. Naghman Qureshi has been practicing since 1986. Dr. Qureshi attended the University of Florida Dentistry program and the University of Miami School of Medicine for Implant Dentistry Fellowship Program. In addition, Dr. Qureshi is one of the founding members of the Florida Academy of Cosmetic Dentistry.



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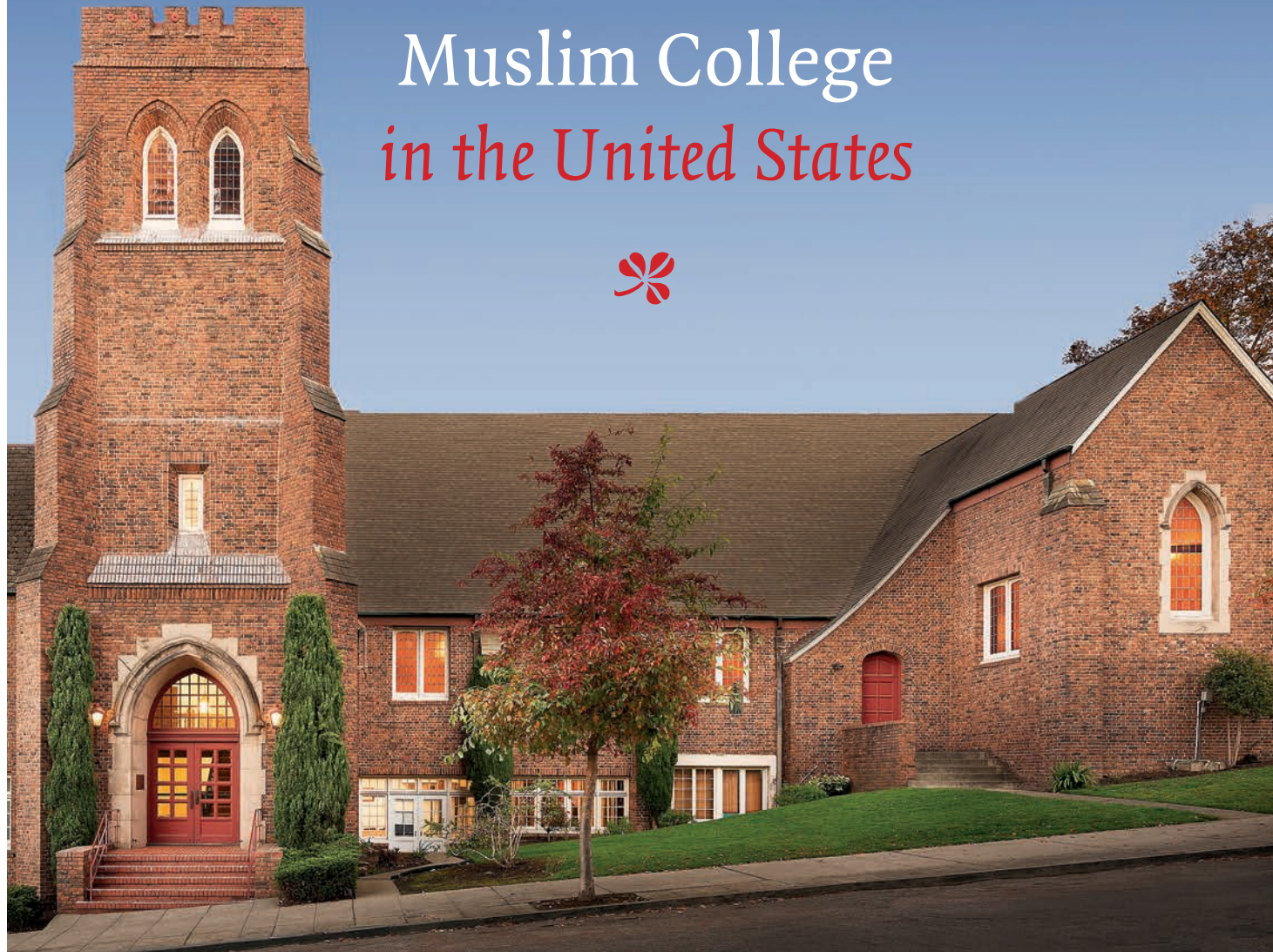
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**Walkathon
10am Sat.
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APPNA, APCNA Heartwalk & Obesity Walkathon

Meet in the
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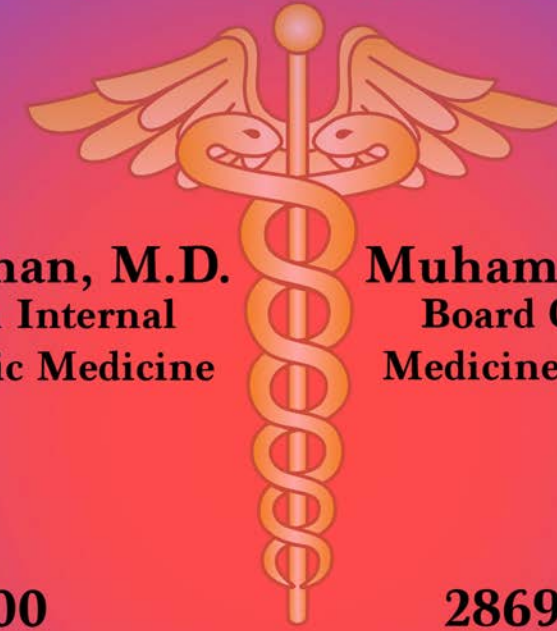
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Attorney Saqib Ishaq represents healthcare providers throughout Florida (and the United States when federal issues are involved). Prior to starting his own law firm, he was a partner in the health care practice group of an AMLAW 200 law firm.

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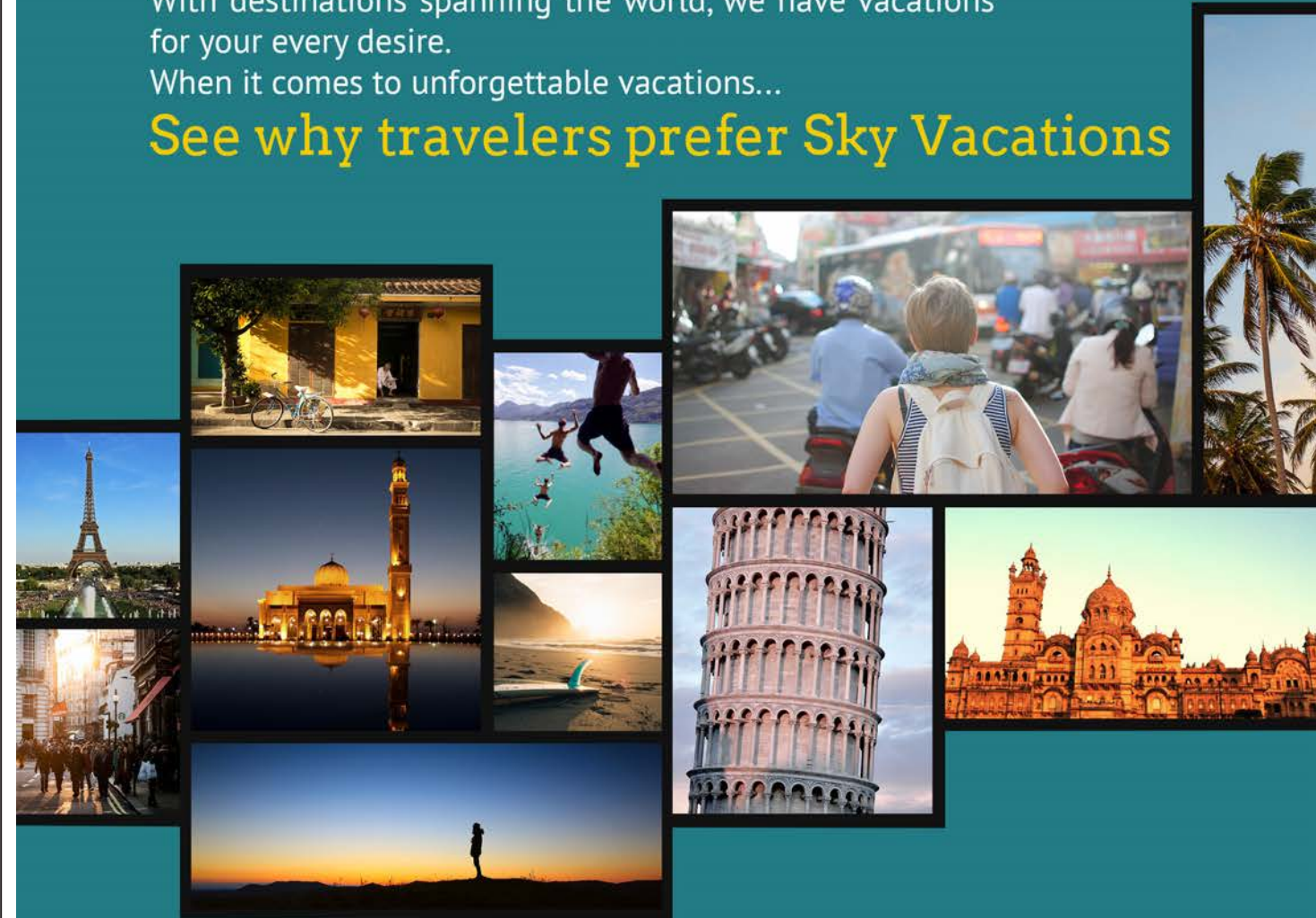
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APPNA FOUNDATION

Association of Physicians of Pakistani Descent of North America, Westmont, Illinois.

WHY APPNA FOUNDATION ?

- * Establishing an endowment fund is great way of investing in future of our organization.
- * Giving back to community for helping the needy.
- * Recognition of our philanthropic efforts in healthcare.
- * Keep the tradition of giving back alive in new and future members.
- * APPNA FOUNDATION like APPNA will be a non-religious and non-political organization.

FOUNDATION'S MISSION:

- APPNA FOUNDATION will help create social responsibility in the Pakistani American physician community encouraging them to participate in Health Education and Health care related projects.
- APPNA FOUNDATION is committed to enhance expertise of medical students and physicians of Pakistani origin.
- APPNA Foundation will keep Pakistani American Physician community abreast about changing healthcare policies in the USA.

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Muhammad Yaqoob Shaikh, MD

Executive Director APPNA Foundation



APPNA 38th Annual Convention August 12-16, 2015 Orlando, Florida

A Letter to Malala Nov 2012 reflecting on the shooting:

On my way to work I pass the school zone and I sometimes frown when I am obligated to drive at 20 mph. Occasionally the school bus appears before me with the unmistakable stop sign projecting from its side forcing me to halt my car, thus allowing several children to safely cross the street.

Does it make me a few minutes late for work? Perhaps.

Does it make me secure that in this part of the world, cars will stop for my son when he is old enough to cross the road? Certainly.

Does my heart bleed for Malala Yousufzai when I think about how we fail to protect our children in Pakistan as they commute to seek their rightful gift of education? Every day.

Reflections on Malala's UN speech and it's aftermath:

Dear Malala,

When you took a bullet to your head, I prayed for you all night - that you live a long life - for who you are, and for the voice of girls' education that you have become - not only for Pakistan, but for the world.

You were flown to England, where you had life-saving brain surgery, and after the Almighty, I thanked in my heart all the dedicated physicians who cared for you then. Despite experiencing trauma of such magnitude, your courageous steps did not falter, and you continued to fight for education and peace. Last week, your speech at the United Nations on your sixteenth birthday was articulate, moving and a shining example of utmost resilience. You showed the world a much needed positive side of Pakistan, specially when you said that you do not even hate the person who tried to kill you.

For all that you said, I am proud.

A lot of speculation has emerged following the speech: "Why didn't she mention the drones?", "It's all a political stunt," "She is a CIA agent," "It was a rubber bullet," "She is receiving 5 star treatment of a royal princess while others in Pakistan suffer," "She is being called a hero while our real heroes like Edhi are not valued," to mention a few.

For all that they said, I am appalled.

Keep your head high, and tell them that no one would agree to be shot in the head to pull a political stunt; no one would choose a facial droop in exchange for fame or a British education. Tell them that you love Pakistan so much more than they do, for you are the one who has given the ultimate sacrifice. Ask them not to compare you with Sattar Edhi - he is a hero in all of our eyes, but they forget that you are sixteen. You hope to live long, so you can become Sattar Edhi, if only they will let you.

I am sorry that your own countrymen malign you while the world celebrates you;

I am sorry that we have lost the ability to recognize a gem when it is among us;

I am sorry that this bullet of negativity has been so wrongly directed towards you;

I am sorry that you though you survived a gunshot, we have managed to kill you with our words.

By Lara Zuberi

Assistant Professor of Hematology/Oncology at UF Health Jacksonville, Florida AISI KHABAR-In Memoriam



APPNA 38th Annual Convention

August 12-16, 2015 Orlando, Florida

EVENT SCHEDULE

| Time | Events | Room Assignment |
|----------------------------|--|---|
| Wednesday August 12 | | |
| 3:00 PM - 10:00 PM | REGISTRATION | City Hall Lobby |
| 3:30 PM - 5:00 PM | Inauguration Ceremony | Market Square |
| 6:00 PM - 1:00 AM | Chapter Night - and Entertainment | Sun Ballroom AB |
| 1:00 PM - 5:00 PM | Exhibit Set-up; Move-in | Exhibit Hall C-F |
| 6:00 AM - 11:00 PM | Prayer Room | Miami |
| Thursday August 13 | | |
| 7:00 AM - 10:00 PM | REGISTRATION | City Hall Lobby |
| 7:00 AM | CME Breakfast | Sun Ballroom AB |
| 8:00 AM - 12:00 PM | CME (Main session) | Sun Ballroom AB |
| 12:00 PM | CME Lunch | Sun Ballroom AB |
| 9:00 AM - 12:00 PM | Long Range Planning Meeting | Sun Ballroom 2 |
| 1:00 PM - 5:30 PM | Council Meeting | Sun Ballroom C |
| 5:00 PM - 2:00 AM | Childcare Tallahassee | |
| 8:00 AM - 10:00 PM | Game Room | Captiva & Exhibit Hall F (Food Court) |
| 8:00 AM - 7:00 PM | Bazaar Exhibit Hall C-F | |
| 9:00 AM - 6:00 PM | Food Court Exhibit Hall C-F | |
| 6:00 AM - 11:00 PM | Prayer Room | Miami |
| 6:00 PM - 11:30 PM | DOW Class of 1990 Re-Union | Sun Ballroom D. 4-6 |
| 6:00 PM - 11:30 PM | JSMU Class of 1990 Re-Union | Tampa |
| 6:30 PM - 1:00 AM | Alliance Dinner, APPNA Idol and Fashion Show Entertainment: | Osceola CD |
| 12:00 AM - 3:00 AM | Ghazal Nite | Naples |
| 10:00 PM - 2:00 AM | Late Night Food Concession Stands | City Hall Lobby |
| Friday August 14 | | |
| 7:00 AM - 10:00 PM | REGISTRATION | City Hall lobby |
| 7:00 AM | CME Breakfast | Sun Ballroom AB |
| 7:30 AM - 11:30 AM | CME (Main session) (No Lunch) | Sun Ballroom AB |
| 7:00 AM | Golf Off-site (Shingle Creek Golf Course) Depart from Convention center Entrance | |
| 8:00 AM - 10:00 PM | Game Room / Arcade | Captiva / Exhibit Hall F (Food Court) |
| 9:30 AM - 11:30 AM | Polio Eradication Campaign Meeting | Sun Ballroom 2 |
| 9:30 AM - 1:30 PM | Youth Forum | Naples |
| 9:30 AM - 1:30 PM | SAYA Program | Sarasota |
| 8:00 AM - 7:00 PM | Bazaar | Exhibit Hall C-F |
| 9:00 AM - 6:00 PM | Food Court | Exhibit Hall C-F |
| 6:00 AM - 11:00 PM | Prayer Room | Miami |
| 10:00 AM - 12:00 PM | The MIR Group / Merrill Lynch Presentation | Sanibel 1 |
| 11:30 AM - 1:00 PM | DOGANA GB Meeting | Gainesville |
| 11:30 AM - 1:00 PM | KEMCAANA GB Meeting | Destin |
| 11:30 AM - 1:00 PM | JSMU GB Meeting | Daytona |
| 11:30 AM - 1:00 PM | Alliance GB Meeting | Sun Ballroom 3 |
| 1:00 PM - 1:45 PM | Jumaa Prayer | Osceola Ballroom A/C, 1-6 |
| 2:00 PM - 3:30 PM | DOGANA Social Forum | Sun Ballroom AB |
| 2:00 PM - 3:30 PM | PALA (Pakistani American Lawyers Association) | Gainesville |
| 2:00 PM - 3:30 PM | Rise for Pakistan | Destin |
| 2:00 PM - 3:30 PM | Healthcare Risk Assessment Seminar | Naples |
| 5:30 PM - 6:30 PM | APPNA National Healthcare Day 2015 Meeting | Sun Ballroom 2 |
| 6:00 PM - 11:00 PM | SAYA Dinner & Entertainment | Off site (The groov - The Universal City walk); Depart Convention Center Entrance |
| 3:30 PM - 5:30 PM | Pakistan Independence Day Celebration | Market Square |
| 5:00 PM - 2:00 AM | Childcare/Baby sitting | Tallahassee |
| 6:00 PM - 10:00 PM | Alumni Dinners | |



APPNA 38th Annual Convention

August 12-16, 2015 Orlando, Florida

| Time | Events | Room Assignment |
|---------------------------|---|---|
| 6:00 PM - 10:00 PM | Aga Khan | Sun Ballroom C |
| 6:00 PM - 10:00 PM | Allama Iqbal | Sarasota |
| 6:00 PM - 10:00 PM | DOW | Osceola AB, 1-6 |
| 6:00 PM - 10:00 PM | Fatima Jinnah | Daytona |
| 6:00 PM - 10:00 PM | Khyber | Naples |
| 6:00 PM - 10:00 PM | King Edward | Sun Ballroom A |
| 6:00 PM - 10:00 PM | Liaquat | Gainesville |
| 6:00 PM - 10:00 PM | Nishtar | Tampa |
| 6:00 PM - 10:00 PM | Punjab | Destin |
| 6:00 PM - 10:00 PM | Quaid-e-Azam | Sun Ballroom 2-3 |
| 6:00 PM - 10:00 PM | Rawalpindi | Sun Ballroom D |
| 6:00 PM - 10:00 PM | Jinnah Sindh | Sun Ballroom B |
| 6:00 PM - 10:00 PM | Caribbean / NAMA | Sun Ballroom 4 |
| 6:00 PM - 10:00 PM | Dental | Sun Ballroom 5 |
| 10:00 PM - 3:00 AM | Entertainment Night | Osceola Ballroom |
| 10:30 PM - 3:00 AM | Mushaira | Sun Ballroom A/B |
| 10:00 PM - 2:00 AM | Late Night Food Concession Stands | City Hall Lobby |
| Saturday August 15 | | |
| 7:00 AM - 10:00 PM | REGISTRATION | City Hall Lobby |
| 7:00 AM - 12:30 PM | UPF Presentation | Osceola Ballroom A |
| 7:00 AM | CME Breakfast | Sun Ballroom AB |
| 8:00 AM - 12:00 PM | CME (Main session) | Sun Ballroom AB |
| 9:00 AM | Childhood Obesity/APCNA Walk | Outside Hotel Building (Meet in Atrium) |
| 9:00 AM - 10:30 AM | Specialty Networks Meeting | Sun Ballroom 2 |
| 9:00 AM - 10:30 AM | APPNA Pediatrics Meeting | Sun Ballroom 3 |
| 8:30 AM | Dental APPNA Breakfast | Osceola Ballroom 3 |
| 8:30 AM - 2:00 PM | Dental APPNA CE Meeting | Osceola Ballroom 3 |
| 10:00 AM - 12:00 PM | The MIR Group / Merrill Lynch Presentation | Sanibel 1 |
| 12:00 PM | Dental APPNA Lunch | Osceola Ballroom 4 |
| 9:30 AM - 1:30 PM | Youth Forum | Naples |
| 9:30 AM - 1:30 PM | SAYA Program | Sarasota |
| 12:00 PM | CME Lunch | Sun Ballroom AB |
| 10:00 AM - 12:00 PM | PALA (Pakistani American Lawyers Association) | Gainesville |
| 10:00 AM - 12:00 PM | Physicians in Training (YPC) | Destin |
| 12:00 PM - 1:30 PM | APPNA Social Forum | Sun Ballroom AB |
| 8:00 AM - 10:00 PM | Game Room | Captiva & Exhibit Hall F (Food Court) |
| 8:00 AM - 7:00 PM | Bazaar | Exhibit Hall C-F |
| 9:00 AM - 6:00 PM | Food Court | Exhibit Hall C-F |
| 6:00 AM - 11:00 PM | Prayer Room | Miami |
| 12:00 PM - 1:30 PM | WAPPNA Meeting | Sanibel 1 |
| 12:00 PM - 1:30 PM | APCNA Lunch meeting | Tampa |
| 12:00 PM - 1:30 PM | DOW Class of 1985 Re-Union | Osceola Ballroom 1/2 |
| 8:00 PM - 11:00 PM | Prayer area | Miami |
| 1:30 PM - 4:30 PM | APPNA General Body Meeting | Sun Ballroom AB |
| 4:30 PM - 5:30 PM | Candidates' Debate | Sun Ballroom AB |
| 5:00 PM - 2:00 AM | Childcare/Baby sitting | Tallahassee |
| 7:30 PM - 12:00 AM | CAPPNA DJ Night | Sun Ballroom A |
| 6:00 PM - 2:00 AM | Main Banquet Dinner & Entertainment | Osceola Ballroom |
| 10:00 PM - 2:00 AM | Late Night Food Concession Stands | City Hall Lobby |
| Sunday August 16 | | |
| 8:00 AM - 12:00 PM | Zaytuna Breakfast | Sun Ballroom D, 4-6 |
| 8:00 AM - 11:00 AM | Brunch (Halwa - Puri) | Exhibit Hall C-F |
| 8:00 AM - 12:00 PM | Bazaar | Exhibit Hall C-F |
| 8:00 AM - 12:00 PM | Food Court | Exhibit Hall C-F |



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APPNA 38th ANNUAL CONVENTION

12-16 August, 2015 Gaylord Palms Resort
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PAKISTAN DAY CELEBRATIONS

Friday, 14th August 2015

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