



APPNA NEWSLETTER

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MESSAGE FROM THE PRESIDENT

Mohammad Suleman, M.D.

The events of September 2001 have changed the social and political landscape of our country. The evolving new order has profound implications for minorities and ethnic communities. For organizations like APPNA it brings forth a renewed call for concerted agendas and programs for integration in the mainstream USA. It is also imperative to involve everybody, including the recent Pakistani graduates, in a cohesive effort to achieve our central and evolving goals. I welcome the new faces and urge them to stay involved through the good and bad times of our ages.

We had our first Executive Council Meeting of the year in Orlando, Florida on February 7th and 8th. As usual the meeting was without quorum and official business could not be completed. I request all EC members especially the alumni and regional chapter presidents to make every effort to attend and take part in the working of their chosen organization.

Several meetings of APPNA in the past have been affected by quorum issues and constitutional and bylaws (CBL) limitations. Our organization is now a well organized entity and the constitutional document of its governance is in much need of update. I hope this year that one of the sentinel aspects of this EC will be necessary changes in the constitution. I have asked veterans of this organization like Drs. Sultan Ahmed Sheikh, Shabbir Safdar, Khalid Riaz and Omar Atiq to review and propose the needed amendments and present them to the general body. My earnest desire is to bring in line the new constitution in accordance with needs of the time. Several changes and recommendations have been approved over the years but have not been made part of the CBL document. So I requested the CBL committee to come up with recommendations and look at the whole document. I know it is a very difficult task but I am sure with the help of all the members we will make APPNA a stronger and better association.

The APPNA Publication and Communications Committees are separate entities now. The Publication Committee will continue to bring all the events and news of APPNA in a timely and informative fashion. The newsletter and journal are important subscriptions and should increase in volume. I like the list serve very much. It is like a Pakistani Urdu Roznama where you can get all sort of news and poetry and topics of different interests. I think we should utilize the new technology to improve the working of our organization. We have a very active Communication Committee and I wish them all success.

This year APPNA is celebrating its 25th anniversary. A commemorative APPNA journal issue is dedicated to it. We are going to have a great meeting in New York under the able guidance of Dr. Arif Muslim and his host committee. I hope the meeting will be memorable.

I would like to introduce an award for Academic achievement, to be given to the most meritorious physician. I have asked the Academic and Research Committee to seek nominations. A good citizenship award is also instituted for the APPNA member who has been instrumental in improving the social and cultural outlook of Pakistani Physicians in the professional world. The social welfare committee has been designated to seek nominations.

I hope the New Year brings peace and prosperity to our immigrant community and restores the image of this great nation of ours.



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EDITORIAL LINES

Furrukh Sayer Malik, M.B.B.S

CHANGE

The word has fluid connotation and a myriad of meanings based on the side of the fence one chose to stand. Among the APPNA social and chronologically elite, change from old is a seismic shift. A deep catastrophe they could live without. Among the few not so challenged, change is all but constant. So how do you change? How do you change the character of an ethnic minority organization? I asked a senior member. He looked annoyed. Is it another jab at the sand castle, he thought he built for generations to admire? "It is the people that constitute it", a soft yet convincing reply was barely audible. "There are three things to an organization", he went on unsolicited. "The goal, the motivation and the people who seek it. We have no disagreement on the goal and motivation brings all of us to every and any meeting, but character is a collective snow mound of all the individual elements of the organization". He left me with more questions.



MESSAGE FROM THE PRESIDENT ELECT

Raana Akbar, M.D.

It is a singular honor to be given the opportunity to serve the community of Pakistani American physicians. I feel it is my duty to represent all factions of APPNA in an absolutely non-partisan fashion, to the best of my ability.

APPNA is the largest democratic Pakistani American professional organization. APPNA continues to have an increasing number of members, larger attendance at its meetings, and steady financial income with a stable endowment fund. APPNA also indulges in elections that are extremely exuberant. This perhaps reflects the lack of democratic tradition in Pakistan and other Pakistani American organizations. A lot of people feel that this exuberance does not reflect well on a professional organization. They forget that APPNA is an organization, which is fiercely loved, and its members exhibit a loyalty to the organization, which is seldom afforded to other professional organizations.

The vagaries of the INS have placed the demographics of APPNA in a rather unique position. Approximately 3000 physicians arrived in the United States in a wave that started in the sixties and culminated in 1976. It became very difficult for physicians to immigrate and only a couple of hundred Pakistani physicians were able to immigrate in the ensuing decade. In 1985 INS again relaxed visa restrictions. Subsequently another 4000 Pakistani physicians arrived in the USA in a second wave that culminated in approximately 1995. I arrived in the United States in Dec of 76 and am one of the last members of that first generation of physicians who assumed leadership of the organization. Due to the embargo on immigration the leadership of the first group was comprised of people who were familiar with each other over an extended period of time. Normally there are newer members emerging in the cadres of an organization every year jockeying for leadership positions. APPNA because of its demographics did not have that facility. This perhaps gave a sense of both invincibility and inevitability to the present APPNA leadership. APPNA has been lucky in the commitment of its leaders to the structure of the organization and this is reflected in the success of the organization to date. However sometimes charges of the existence of an exclusive inner circle have been laid at the doors of APPNA.

Dr Zeelaf Munir, the candidate for treasurer is the first representative of the generation of physicians who arrived in the USA in the second wave. As such her inclusion in APPNA leadership is a welcome sign of adaptation of the new reality. Based on the demographics and the principles of democracy it is almost inevitable that the new leadership of APPNA will belong to the physicians belonging to the second wave. This could only be prevented if the present APPNA leadership tried to hold onto power through various mechanisms. Each generation plays out its role assigned by time. The sense of entitlement that has been developed in the leadership due to unusual circumstances must be reassessed. APPNA is a trust that needs to be transmitted with all the vigor and vitality that it contains, intact to the new generation.



SECRETARY'S REPORT

Mohammad Afzal Arain, M.D.

The secretary Of APPNA is a position of responsibility and I am thankful to Dr. Raana Akbar for guiding me through this year. The year 2001 was a year of turmoil. The September 11 incident affected our fall and winter meetings. Our association had large financial losses due to stock market decline.

The spring meeting was held in Orlando Florida and many important issues were discussed. Due to lack of quorum, important items could not be voted upon. The president of APPNA, Dr Suleman wanted to theme the meeting "Constitution and Bylaws".

Different committee chairs presented their reports. There were heated discussions concerning the Finance Committee report. Dr. Mushtaq Sharif again presented the need for a director of the APPNA office. He went into details about the duties of the director. During the discussions, Dr. Alavi's name came up for this position. The Communication Committee gave detailed reports and announced a program for overhaul of the website.



Membership at the time of spring meeting included;
 385 Annual 448 Lifetime 115 in Training **Total 948.**

It was again emphasized that we have to spread the word about APPNA and get new members involved in APPNA. The Board of Trustees had a long, late night meeting with the officers of APPNA. They decided that these meetings were very productive in the over all running of APPNA. In the future these meetings will be held regularly.

The presentation by the Constitution and Bylaw Committee was the major event of the meeting. After great discussion and the required 30 signatures the chairman made a very detailed presentation about what needs to be changed and why the changes are needed. As usual, Dr. Khalid Riaz made a very professional presentation. Dr. Suleman requested a special meeting on May 4th and 5th in Chicago for discussion concerning the constitution and bylaws.

APPNA members visited the sites of APPNA retirement community and the hotel for the next year's annual summer meeting. The hotel is new and modern with very beautiful layout.

APPNA officers had an emergency teleconference on March 11, 2002. Besides other important issues, the senseless killing of doctors in Pakistan was discussed. Many expatriate physicians who have learned new skills and went back to Pakistan to serve the motherland, have returned to the USA. Several have been killed in the recent violations.

Finally I want to thank you all for your continued support of APPNA. We can only move forward with the help of members. Please stay involved and make APPNA more successful and effective.

TREASURER'S REPORT

Hussain Malik, M.D.

A brief report of APPNA finances is submitted. The detailed report will be published in the APPNA Summer Journal.

GENERAL FUND	2001	2000
Cash in Bank	\$10,676	\$20,396
APPNA SEHAT Fund	\$44,954	\$59,312
Lifetime Dues Fund	\$726,798	\$840,858
Relief Fund	\$26,783	\$22,432
Meetings Fund	\$145,653	\$239,210
Special Projects Fund	\$30,302	\$8,577
Total of Cash and Investments	\$985,166	\$1,190,785
Fixed Assets		
Office Building - Cost	\$100,590	\$100,590
Furniture and Equipment	\$21,755	\$21,755
Total Assets	\$1,107,511	\$1,313,130
	Equity	
Net Assets	\$1,107,511	\$1,313,130
Total Equity	\$1,107,511	\$1,313,130



New York-New York

The city of cities

July is around the corner. Please plan on joining your friends at the 25th annual summer APPNA gala in New York. The city is recovering from the 9/11 tragedies and APPNA annual function is going to help the city on more than one front. It is safer than ever and would welcome all the APPNA members and families for the long weekend of July 4th. The first fire works after the 9/11 tragedy will be spectacular and promise a patriotic and heart warming show. Join US in the celebration of our great nation.

CANDIDATE FOR PRESIDENT ELECT

Mohammad Afzal Arain, M.D.



Dear APPNA Members,

Presently, I am serving as APPNA Secretary for the year 2002. I am contesting for the post of APPNA President Elect for the year 2003 and would like to request your support for this election. Following please find general information about myself and my qualifications for this post.

I have served APPNA as President of LMC, Regional Councilor and I have hosted two annual and two regional APPNA meetings. I have represented APPNA and have done major work for humanitarian services including going to Bosnia and performing surgeries in Kosovo during the war. In addition recently I have been appointed to the prestigious position of board member for Fresno Madera Medical society, a humanitarian board of central California to work for Afghan refugees. I am also a member of the disaster relief team of central California.

I graduated from Liaquat Medical College in 1969 and worked there as an ENT registrar. I did my General Surgical Residency in Atlantic City, New Jersey. I did not invest in private practice but joined the United States Air Force to gain more experience and knowledge. I worked as a general surgeon with the rank of Major in the USAF. I was determined to go back to Pakistan. However, after being discouraged with the conditions in Pakistan, I started my private practice in general surgery in Madera, California. I have acquired special experience in colo-rectal, laser, and plastic surgery.

I continued with the United States Armed Forces as a reserve officer. During the Gulf War, I was called to serve on active duty for five months. At that time I was working as a Lieutenant Colonel. I was offered a promotion to full Colonel and appointment as the Commander of Fort Ord Hospital in Monterrey, California. I performed over two hundred surgeries in one month and cleared the entire surgical backlog at that hospital. I received a medal of achievement for serving the Armed Forces. After 19 years of service with only one more year for retirement benefits, I resigned in protest for being forced to take part in an action against a Muslim nation.

I am blessed with a very supportive wife, Zubaida, and have two children-- a daughter, Sumaira (Medical student), and a son, Nabeel (in the process of attending Medical School). I believe in helping others and pray to God for enabling me to be capable of helping others. I have worked with APPNA since its inception and want to continue to serve to the best of my ability. I am humbly requesting your support to achieve my goals.

May Allah bless you.

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CANDIDATE FOR PRESIDENT ELECT

Omar Atiq, M.D.



APPNA is at the crossroads of its destiny. The need of the hour is a perceptive and competent leadership, which can transform our challenges into opportunities.

During these times, we have to concentrate our energies and resources on strengthening our community here in North America. We must safeguard our rights and enhance our effectiveness as proud members of this society. We owe it to ourselves, our children, our younger colleagues and to our Motherland.

Destiny is a matter of choice, not chance. I ask you to join hands with me in taking APPNA, our beloved organization, to the next level, towards our chosen destiny.

OMAR ATIQ, M.D.
FOR
APPNA PRESIDENT ELECT 2003

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ANALYSIS: PAKISTAN'S WAY FORWARD

Martin Hutchinson

UPI Business and Economics Editor

WASHINGTON, March 22 (UPI) -- As an Islamic country of 140 million people, centrally located in one of the world's most war-torn regions, Pakistan has suddenly become strategically crucial. Accordingly, its economic development, to lift its citizens out of poverty, and change it from a threat to the West to an example to the Islamic world is among the most crucial issues facing the developed countries. Pakistan has three enormous problems, apart from its location (which only a particularly optimistic marketer could describe as "the gateway to central Asia.") First, its poverty is extreme, much worse than most countries currently thought of as "emerging markets" -- and this is made worse still by inordinately rapid population growth. Second, its exports are tiny -- only \$9 billion, 15 percent of its \$60 billion GDP, 25 percent of its \$36 billion debt. Third, its corruption, political and social instability, and the financial insecurity of its middle class are extreme even by Third World standards. Only by solving these three problems can Pakistan hope to develop economically.


To alleviate poverty, it is essential that Pakistan take drastic steps to reduce its birth rate. China, which claims a higher growth rate but whose claims are increasingly under suspicion, and India, which has slowly worked up to this rate, have demonstrated that the long term economic growth rate of a very poor, heavily populated country is at most 6 percent per annum, with even this level being subject to lengthy interruptions as constraints, economic or political appear.

The West can also help in stimulating Pakistan's export sectors. Yes, it would be nice if Pakistan developed a thriving software sector such as that in India's Bangalore, but this is not going to happen quickly, given the resources available, and it will in any case broaden only gradually the very narrow base of Pakistani wealth. Much more important is for the U.S. and the EU to open their textile sectors to Pakistani imports, thus allowing the industry that represents two thirds of Pakistan's exports to grow and provide the foreign exchange needed for Pakistan to develop.

Of course, much more needs to be done, in particular the banking system needs to be stabilized and monetary policy managed so as to provide savers with a modest positive real rate of return after tax, with absolute security of principal. On corruption, the government has passed fairly draconian legislation, and in particular it has recognized that over-regulation, by providing civil servants with opportunities to block transactions, is itself a major force-feeder of corruption. However, Pakistan's record in the last decade is appalling, and it will be a considerable time before either the domestic middle classes or indeed foreign investors can have confidence that their savings and operations are secure from unjustified assaults.

The current Pakistan government is certainly talking the talk, but it remains to be seen over the next few years whether it will walk the walk. Nevertheless there are at least moderate grounds for optimism, and for thinking that a corner in Pakistan has been turned. What is needed now is not years but decades of sound government policy, aided by open markets in the West. After all, at 5 percent economic growth per capita per annum (a very optimistic hope) Pakistan will take 29 years, more than a generation, to achieve the real per capita living standards of Mexico.

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CANDIDATE FOR SECRETARY

Hussain Malik, M.D., F.A.C.S.

Dear APPNA Friends:

Assalaam-O-Alaikum!

I would like to express my *gratitude to all members* for electing me as *APPNA Treasurer* last year by an *overwhelming* majority. I would like to continue to *serve APPNA next year as your Secretary*. The knowledge and experience that I will gain this year as *Treasurer and Chairman of the Finance Committee* will better enable me to *help APPNA* meet it's *future goals*.

I would be *most grateful for your vote and support* for the *position of Secretary* during the upcoming election beginning in *June of this year*.

Sincerely,

Hussain Malik, M.D., F.A.C.S.

APPNA Treasurer, 2002



CANDIDATE FOR APPNA SECRETARY 2003

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APPNA SEHAT

The Jewel in the Crown of the APPNA

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Omar Atiq, M.D.

For

APPNA President Elect 2003

(*Dr. Atiq is chair of the APPNA SEHAT Committee)

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LOCAL HOST COMMITTEE REPORT

Arif Muslim, M.D.

Assalam-U-Alaikum! The Silver Jubilee of APPNA is approaching fast. The July 4th weekend is around the corner. I have been honored to Chair the Local Host Committee for the 5th time.

In earnest, I would like to urge you to register for the upcoming meeting early. We have a fun filled week scheduled for you, but the seats are limited, especially on July 4th. We have arranged a Dinner-Fireworks Cruise. The capacity of the boat is only 500. The going rate for a Dinner-Fireworks Cruise for July 4th weekend is \$250 plus, but we have been able to arrange for a bargain price. However, since the space is limited we can only accommodate 500 people. If we are able to sell 500 seats by March of this year, we may be able to get another boat. I urge you to register early and send in your payments so we can plan the meeting better for you. The tickets for this cruise will only be available to the registrants of the Convention.

We have also arranged some tours and other activities for you. I have enclosed the Registration form, which should be sent to the Central Office as soon as possible. We have also been able to get significant discounts on the best available fares by major airlines. This information is also enclosed herewith.

The Hotel is holding a block of 800 rooms for us. We expect more to come, however, we cannot increase our allotment unless we take 80% of our room block by March 31st. Please help us and book your room early so we can secure more rooms if needed.

Our presence in New York City in 2002 is vital to establish our group as leaders in the revival of New York City. New York City has never been safer, more inexpensive or more accommodating. Please register early and join us.

Executive Committee Meeting - Fall 2002

The fall meeting of the APPNA Executive Committee is planned for the October 4-6 weekend. The venue is Phoenix, Arizona. Dr. Nadeem Kazi is arranging the event at a resort with ample opportunities for golf. Please make plans and golfers may pack some clubs as well. For further information please call Dr. Nadeem Kazi at his office (520) 426-1928 or home (520) 421-2423.

Constitution and Executive Committee Special session May 3-5, Chicago

A special meeting/retreat is planned for discussion and consensus building for the Constitution and Bylaws (CBL) of APPNA. Any and everyone interested in addressing and discussing the issue of CBL should participate. The meeting is planned for the Hyatt hotel at O'Hare international airport.

Candidates for Election 2003

President Elect: Dr. Omar Atiq
Dr. Mohammad Afzal Arain
Secretary: Dr. Asim Malik
Dr. Hussain Malik
Treasurer: Dr. Zeelaf Munir (unopposed)

December in Karachi, Pakistan

The winter program is scheduled in the metropolitan city of Karachi. The meeting is arranged by the combined efforts of the Aga Khan, Dow and Sindh Medical Colleges faculty and their respective alumni associations in the USA. Mark your calendar and call the APPNA central office for more information. (630) 968-8585

APPNA SEHAT wins Rosenthal Foundation Award

I am delighted to inform you that APPNA SEHAT has been chosen by the American College of Physicians/American Society of Internal Medicine for their first 2002 Richard and Hinda Rosenthal Foundation Award.

It is an honor for APPNA and its membership to be recognized for their seminal achievement in devising and implementing this innovative and pioneering program. APPNA SEHAT has reduced morbidity and mortality amongst poor and downtrodden villagers in Pakistan by imparting health education and behavior modification techniques. The program focuses on community empowerment, and we have seen benefits far beyond those related directly to the health intervention. The cost of the entire program is around a dollar per person per year. We are serving about 150,000 people, and by the end of this year, we plan to expand the service to cover 200,000, in all four provinces of the Country. We have received external funding by international donor agencies, and the APPNA SEHAT model is being considered for implementation in entire Afghanistan by the United Nations Development Program.

If you are in Pakistan, please visit any of these villages for an absolutely momentous and touching experience. I know my perspective has been changed by it, and I am confident yours will be too.

Academic Excellence Award

The year 2002 marks the institution of a new award for Academic excellence. The award is to be given to an APPNA member for achievements and contributions in the academics and clinical arenas. Nominations can be forwarded to the academic and research committee. (630) 968-8585 or fax (630) 968-8677

Citizenship Award

For outstanding contributions by an APPNA member to the social, political and community fields in this country, the president of APPNA has instituted a good citizenship award. Nominations can be submitted to Social and Welfare Committee at. (630) 968-8585 or fax (630) 968-8677

Association of Pakistani Physicians of North America

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MEMBERSHIP APPLICATION FORM

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Last First Middle

ADDRESS _____

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EMAIL: _____ Medical College _____ Year Graduated _____

APPNA Annual Convention - July 3 - 7, 2002
New York City

_____ Convention Registration (\$200)
_____ CME Registration (\$150)
_____ Annual Membership Dues (\$75)

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