Dear APPNA Friends:

Assalam-u-alaikum! As I write this message, we are in the midst of Operation Iraqi Freedom. Our community, as loyal citizens of the United States, prays for the safety of our troops, prays for a quick resolution of the war with minimal US military and Iraqi civilian casualties. We also hope that there will be no backlash against our community. During the last year we have witnessed a subtle but persistent assault on our civil rights and as a consequence there is a manifest uneasiness that permeates our gatherings. What are we to do and where are we to go? Unlike other immigrant groups most of us did not come here out of economic or political necessity. Once we were here, we elected to stay because we felt that our country was a beacon of freedom and democracy and that our civil rights were guaranteed. We yearned to be in a democratic environment. However, now that we are in a democratic environment, we have to understand that democratic practices change because the will of the people can change. Democracy entails that the majority will rule, but in its pristine form it must also ensure that the rights of the minorities are protected. We therefore must resolve to struggle for the preservation of our civil rights and of the democratic principles that are the basis of this society. We must work within the system to be heard.

One of the ways in which we can assert ourselves as a community is to make our organizations strong. This can only happen if we as individuals make an effort to get involved in the organizational process and make certain that our organizations are truly representative. APPNA is probably the strongest Pakistani American organization in existence at this time. It is relatively economically secure, we have a stable membership that tends to increase in number and we have a tradition going back to more than 25 years. I do not feel that this is enough to congratulate ourselves or preen about. This is the bare minimum necessary to make this Society functional at this particularly difficult time. Even though our membership hovers around 2000 we have more than 8500 Pakistani Physicians in this country. For the Pakistani American physician community to be successful, I would request that each one of you, who is not a member, to please pick up your pen and fill in the membership form which accompanies this newsletter.

My endeavor this year has been to make APPNA strong. I have tried to remove the ambiguity between the structures of HDFNA and APPNA Sehat. APPNA membership will have to make an effort to support its own very successful rural health program. Dr Zaheer Ahmed and Dr Durdana Gilani spearhead the program. This year we have started online registration with a housing bureau for the summer meeting for the first time. Dr Mohammed Ali has done a remarkable job in creating a web page that is comprehensive and has cost APPNA very little. The Social Forum has been revived under the able direction of Mrs. Razia Chishti. My effort has been to reduce the numbers of committees and to create structures where there is a system of checks and balances. I have also tried to involve a large number of younger graduates in the committee structure. I have great hopes for the work which is going to be accomplished by the Social welfare/Disaster Relief Committee. The committee is full of young ideologues that have the ambition to redefine the status quo as well as older more seasoned members of APPNA who can give them direction.

Finally I was in Florida last weekend for a meeting with the Host Committee for the Summer Meeting. Dr Shahid Usmani and Hafeez Qazi are doing an exceptional job in organizing this meeting. I promise one of the best organized meetings that you will ever attend. I would highly recommend a stay of one week rather than just the weekend. Come early, stay late. You will not regret this choice. Please register now because rooms will soon run out. We should be able to get more rooms if we know how many people actually plan to come. Registration is available online at www.APPNA.org/, click on online registration and then go to the housing bureau. I am hoping to see many of you in Florida.

Wassalam,

Raana Akbar
President
Zeelaf Munir, M.D.

Candidate For Secretary -2004

Dear APPNA members,

Assalam u Alaikum! This is a request for your support of my candidacy for Secretary of APPNA-2004.

I have been a proponent of fresh ideas and positive change. I believe, my work and my inclusion, in the APPNA leadership, as a representative from the second wave of physicians, has been an impetus for APPNA to be more inclusive and progressive.

My contributions have helped with the historic increase in APPNA membership and revitalizing the Dow Alumni. APPNA has the inherent strengths. We need a long-term strategic plan and capable leadership to harness its potential. I believe, I have demonstrated the ability for effective leadership and delivered visible results for every responsibility I have undertaken. I have also displayed my capability and desire to work with all.

I am currently serving as Treasurer and wish to continue to serve APPNA to achieve our common goals. We are a diverse community yet have unity of purpose.

With your support, we can move forward and set the future direction of APPNA.

I request you for your vote!

Highlights of some of my services to APPNA, DOGANA and the community.

- Chairperson Membership committee APPNA- 2001 and 2002
- There was an addition of 800 new members of APPNA (from 1200 to 2000 members-the largest increase ever in the history of APPNA) during my tenure as Chairperson of the Membership committee of APPNA in 2001 and 2002.
- The Dow Alumni association (DOGANA) was revitalized after a hiatus of many years and became the largest alumni of APPNA (from 150 to 450 members) during my tenure as president of DOGANA in 2000. We initiated the Dow Endowment Fund.
- I spearheaded the Young Physicians Task Force- 2002.
- The task force formulated a comprehensive, integrated, long-term plan, outlining a road map for APPNA to address the needs of the physicians and physicians-in-training to help them meet their academic, professional and career goals.
- I am helping in mobilizing and organizing women physicians to have a platform to network and highlight relevant causes.
- I am actively involved with legislative advocacy, strategic networking and communication with policy makers to highlight issues vital for the Pakistani American community and the Muslim American community.
- I have actively supported causes related to civil liberties and human rights; I have contributed and helped with fund-raising for humanitarian and charitable organizations in my community and in Pakistan.
- Board member of the Human Development foundation of North America.
- Co-founder and patron of Iqra Computer Training Trust, which provides free computer literacy programs in the underprivileged schools in Karachi.

Long- Term Goals for APPNA.

- More efficient and effective governance of APPNA. Better management to make our conventions more purposeful, productive and enjoyable for our members and their families.
- The focus of central APPNA leadership should be on image building and developing liaisons with other ethnic and professional organizations including organized medicine to enhance its effectiveness as a platform to preserve and protect our rights in our adopted homeland.
- Broad-based leadership to facilitate Community Empowerment: This can be achieved by strengthening our component societies (including regional chapters, alumni, NAMA, SAYA etc.) by providing direction, leadership training and infrastructure support. This will enable them to emerge as leaders in their communities, and undertake volunteer projects in their local communities. It will enable mobilizing and pooling of our community resources and encourage grass-roots involvement.
- Our primary responsibility is and should be helping the Pakistani-American physicians- in training, practice and academia. This requires a concerted commitment and allocation of resources.
- Strengthening the alumni associations- to undertake projects to help their alma mater and medical education in Pakistan.
- Paying back some of our debt to our motherland by fulfilling our commitment to projects such as APPNA SEHAT.
**Editorial**

*Syed Nadeem Ahsan, MD*

Of all the clear and present crises afflicting our community today, none is more pernicious than the egregious violations of Constitutional rights and international law that us Americans have been subjected to in the form of the entirely unpatriotic Patriot Act.

The Constitution of the United States separates the federal government into three distinct branches and provides a system of checks and balances that prevent any one branch of government from accumulating excessive power. The Executive branch, by using Executive Orders and emergency interim agency regulations as its tools of choice for combating terrorism, has deliberately chosen methodologies that are largely outside the purview of both the legislature and the judiciary. These Executive Orders and agency regulations violate the U.S. Constitution, the laws of the United States, and international and humanitarian law. As a result, the war on terror is largely being conducted by Executive fiat and the constitutional guarantees of both citizens and non-citizens alike have been seriously compromised.

Additionally, the actions of the government have been shrouded in a cloak of secrecy that is incompatible with democratic governance. Hundreds of non-citizens have been rounded up and detained, many for months, in violation of constitutional protections, judicial decisional authority and INS policy. The government has repeatedly resisted requests for information regarding the detainees by loved ones, lawyers and the press; it has denied detainees access to legal representatives; and has conducted its hearings in secret, in some cases denying the very existence of such hearings. In a democracy, the actions of the government must be transparent or our ability to vote on policies and the people who create those policies becomes meaningless.

Perhaps the most disturbing aspect of the government's actions has been its attack on the Bill of Rights, the very cornerstone of our American democracy. The War on Terror has seriously compromised the First, Fourth, Fifth and Sixth Amendment rights of citizens and non-citizens alike. From the USA Patriot Act's over-broad definition of domestic terrorism, to the FBI's new powers of search and surveillance, to the indefinite detention of both citizens and non-citizens without formal charges, the principles of free speech, due process, and equal protection under the law have been seriously undermined.

The result of all of these actions has been the deliberate, persistent, and unnecessary erosion of the basic rights that protect every citizen and non-citizen in the United States.

A free society demands the rule of law. Without it, democracy is meaningless. The government has consistently refused to recognize the protections afforded by the US Constitution and international law, and in doing so, it has failed in its responsibility to maintain a democratic society that is both open to, and accountable to, the people. The supreme irony being that we, while steadily losing our own civil liberties, are in Iraq to 'liberate' them!

Not all is bleak though. Physicians across the nation are mounting an ever powerful challenge to the corruption being perpetrated by the country's trial lawyers. The US Congress has already passed a Tort Reform Bill. Hopefully the Senate too, with its majority under the able guidance of a physician, will pass this into law. The key, however, is to continue to press on ahead with our demands for us to not be treated like lottery tickets by the ambulance chasers of this world.

APPNA too in its own right continues to strive towards better representation of the Pakistani physician community. APPNA's Spring Meeting in Detroit (April 17th to 20th, 2003) will see the hosting of a very high powered Leadership Training Workshop along with a brain-storming session to help formulate future courses of action for APPNA. Significant advances have also been made in dramatically improving the APPNA website (www.appna.org) and the setting up of a free electronic mailing list for members.
Dear APPNA Members, Assalaam-O-Alaikum,

MEMBERSHIP as of December 31, 2002

Total Members 1879
Annual Members 1104
Lifetime Members 488
Physicians In Training 287

We aim to increase our membership to 2500 by the end of this year, Inshaallah. There are approximately 7000 to 8000 Pakistani-Physicians in the U.S. We still have a great potential to increase our membership. Several recommendations were made during the recent Membership Committee Teleconference. One of the recommendations was that each member should bring in a new member. This could easily double our membership or at least increase it to achieve our goal of 2500.

FINANCIAL STATUS

Total assets as of Dec. 31, 2002, $ 965,817.00
Total assets as of Dec. 31, 2001 $1,107,511.00
Lifetime dues value as of Dec. 31, 2002 $ 642,873.00
Lifetime dues value as of Dec. 31, 2001 $ 726,798.00

Unfortunately, during the last 3 years, there has been a significant downturn in the market. As a result of that, even the most conservative investors have lost money and we were no exception to that. Furthermore by reducing the membership dues from $125 to $75 dollars and not having enough sponsorship from the pharmaceutical companies, did not help our finances either.

WINTER MEETING IN PAKISTAN

Even though the Nishtar Medical College Golden Jubilee Celebrations were delayed for a year, the Winter Meeting was a huge success. Dr. Shabbir Nasir, Principal of NMC, Dr. Shabbir Safdar and Dr. Abdul Rashid Piracha made superb arrangements for the meeting. The food and the music program for all the 3 nights were exceptionally good. Dr. Raza Dilawari worked very hard to arrange the CME program, but the attendance as usual was very slim.

SPRING MEETING

APPNA Spring Meeting will be held at Courtyard by Marriott in Detroit, MI. April 16-20th. April 17/ Thursday, Dr. Busharat Ahmad is organizing a leadership training conference. April 18/ Friday we will discuss strategic planning and future direction of APPNA. Saturday and Sunday will be the Executive Council meeting.

APPNA SUMMER MEETING 2003

Preparations has been underway for our Annual Summer Meeting to be held at Hotel Gaylord Palm, Orlando Florida July 2-6th. Dr. Shahid Usmani, Dr. Mohammad H. Qazi and other members of the Host Committee are working very diligently to have a successful meeting. We are especially going to focus on some of the shortcomings during last year Summer Meeting, in New York.

FUTURE DIRECTIONS OF APPNA

1. The Constitution Bylaw changes
   These changes were initiated by our immediate past President Dr. Suleman and will continue this year, especially developing criteria for membership and also the status of councilors.

2. Appna Free Clinics
   This idea has been around for a while, but our past President Dr. Riaz M. Chaudhry revived the idea of APPNA Free Clinics. The annual budget for each of these clinics could be $100,000 - $500,000, which is a large sum of money and will be very difficult to raise on a yearly basis. An alternative is to have Pakistani-Physicians volunteer their time in already existing Free Clinics in different states. In the State of Pennsylvania alone there are 76 Free Clinics, which are being run by volunteers. Some of these clinics are located in Health Professional Deficient Areas. Pakistani-Physicians who have finished their residency and fellowship training, could work in these clinics and be eligible to get J1 Visa Waiver from the Department of Health. We must pursue this course if we want our young physicians to stay in this country and be part of our growing community.
Treasurer’s Report
By Zeelaf Munir, MD

In addition to the financial statements, I am presenting a brief overview of some financially relevant issues. We are financially stable at this time, yet we need to be mindful and proactive with our fiscal management to avoid depleting our reserves in the future.

Over the past many years, our annual meetings/convention have generated enough revenues to, not only balance the deficits in our annual operating expenses, the surplus would support our social welfare programs. However, multiple factors including the weak economy, downturn in the stock markets and austerity measures adopted by the pharmaceuticals industry have negatively impacted our financial resources over the past two years. Similarly, our publications constitute one of the largest line items on our operating expenses, which should either be budget neutral or better still, become a source of revenue generation.

It is important that the organization remains strong financially to achieve its goals and objectives. It is also important to align fiscal policy with long term strategic plans for the association. APPNA belongs to you- the members. So please take interest in the affairs of the association. I would like to invite your suggestions. I would also urge you to help by leveraging your contacts with industry and businesses to obtain sponsorships and financial support for our conventions and publications.

Lastly, I would like to highlight another important issue, which relates to the annual re-certification of our component societies (chapters/alumni). This includes sending complete details of financial transactions to the APPNA accountant on a regular and timely basis. With heightened scrutiny of ethnic organizations, it is imperative that we fulfill our requirements meticulously. I would therefore urge all component societies to cooperate fully with our central office to avoid de-certification. Thank you for providing me the opportunity to serve as treasurer of APPNA.

APPNA GENERAL FUND PROPOSED BUDGET YEAR ENDING DECEMBER 31, 2003

| Revenue | 190,250 |
| Administrative and operating expenses | 172,500 |
| Journal and Newsletter | 40,000 |
| Total expenses | 212,500 |
| Projected Deficit | $(22,250) |

APPNA BALANCE SHEET DECEMBER 31, 2001 AND 2002

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<tr>
<th>Assets</th>
<th>2002</th>
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<td>Investment - Market value</td>
<td>642,873</td>
<td>726,798</td>
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<tr>
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<td>Cash in Bank</td>
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<td>100,590</td>
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<td>Furniture &amp; Equipment</td>
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</tr>
<tr>
<td>TOTAL ASSETS</td>
<td>965,817</td>
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<td>1,107,511</td>
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<td>NET ASSETS</td>
<td>965,817</td>
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</tr>
<tr>
<td>TOTAL EQUITY</td>
<td>$965,817</td>
<td>$1,107,511</td>
</tr>
</tbody>
</table>

APPNA e-list
Become a part of APPNA’s electronic community where exchange of ideas, poetry, politics, social activism and a spirit of camaraderie flourish. APPNA has matured to a fully independent and wholly owned e-list. Webmaster Dr. Muhammad Ali has added a database check function to ensure authentication of e-mail addresses. Two complementary formats are available for communications: message board and e-list. The message board provides for communications between members and guests. The e-list is a discussion mailing list for APPNA members. You can subscribe or unsubscribe by visiting appna.org and entering Forum section.

ELECTRONIC REGISTRATION
Easy registration is now a reality. APPNA website is a functional and interactive medium where registration and payment via a credit card is now a feature. Since the process is entirely automated it is available 24/7.
Dear Friends: Assalamu-Alaikum,

Our strength lies in becoming the part of the democratic process. Whether it's a matter of national elections or of our professional organization, our participation can make the difference. We won't be counted until, we choose to do so. The Association of Pakistani Physicians of North America (APPNA) was founded by our senior colleagues more than 25 years ago. They had a vision and objectives. Democracy was built into its charter and bylaws. Slowly but surely APPNA has evolved into the most vibrant and democratic association of Pakistani Americans.

The strength of APPNA lies in the activism of its members and their commitment to achieve its objectives. Seven years back I stood up and asked the friends in New York to lend me their support in establishing a democratic chapter of APPNA; where principles and not the personalities are valued. A small step in the right direction led us to achieve big goals. NYC-APPNA has emerged as the most dynamic and democratic chapter since then. In the post 9/11 era, NYC-APPNA has provided leadership and assistance to diverse community needs. It was the support of that chapter, which enabled me to raise $1.5 million for different Humanitarian and Educational Programs in Pakistan. It was that enthusiasm, which allowed me to do the projects for my Alma matter as the president of KEMC Alumni Association.

As a candidate for the Secretary of APPNA for 2004 and a member of the membership committee for the last many years, I urge you to become an "active member" of the association. Do not watch from the sidelines. Shake off the skepticism. Be a part of it and then see how strong your voice will be. Yes, APPNA could have done more for the young physicians in a variety of ways. However, we could do better by joining our association and influencing its policies for a positive change. We have more need of role models than of critics. Change does not come from making the policies and committees on paper. It comes from people who care and from a culture that encourages and models positive attitude.

Dear Friends, We can not make our organization strong let alone helping our community until we join APPNA. I believe in action. We need to make APPNA a more representative, united and cohesive body that can deliver and stand up to the present day challenges. We need courageous leaders who can make the difference. The great American Anthropologist, Margaret Mead once said, "Never doubt that a small group of committed citizens can change the world. Indeed, it is the only thing that ever has". Join hands with me and let's be part of the small group that is called APPNA.

Asim R. Malik, M.D.

www.Asimmalikmd.com
Visit the web site for a detailed tour of Asim Malik’s Vision for APPNA and his services.
Nadeem A. Kazi, M.D. for Treasurer APPNA 2004

Services to APPNA

Founder and current President of Arizona Chapter of APPNA
Chairperson of Membership committee - 2003
Co chair Finance Committee - 2003, 2002
Member Bylaws and Constitution Committee - 2003
Chair Host Committee APPNA fall executive meeting - 2002
Co chair Membership Committee - 2002
Member Finance Committee - 2000
Member Membership Committee - 2000, 1999
Member Executive Council - 2000

Education

Graduate from Sindh Medical College, Karachi - 1986
Residency, Internal Medicine
Illinois Masonic Medical Center, 1990-1993
Fellowship, Gastroenterology
Loyola University Medical Center, 1997
Diplomate in Internal Medicine and Gastroenterology
Associate Assistant Professor, Midwestern University

Personal

Married to Hajra Shani Kazi for the last 13 years. She helps me with my practice and is also very involved with the local community. She is elected to represent Arizona at American Medical Association Alliance national meeting. We have two sons, Faraaz 10yr and Farhan 5 yr

My Goals

* Uphold APPNA's constitution by working together and enhance the reputation of our community in the US.
* Continue existing programs with fiscal responsibility.
* Focus more on human rights issues in Pakistan and United States.
* Educate our community regarding current circumstances and plan how to deal with the situation.

I am requesting your support for my candidacy. I will spend all my energy to bring every one on one platform to work as a team. I need APPNA and so do you, to voice our views in the community. I need APPNA not only for me or you today but also for my and your children's future in this country.

VOTE

For

Mohammad Afzal Arain

Committed to APPNA

Candidate APPNA President-Elect 2004

My contributions to the APPNA membership span 24 years.

APPNA Secretary
APPNA Treasurer
President of Liaquat Medical College Alumni Association
As regional counselor
Chairman of the Disaster Relief Committee

Membership Committee and Host Committee for the annual meetings.
Arranged for transport of seven gravely injured civilians from Bosnia to California, provided free medical and surgical care. Raised $71,000 for Bosnia, by hosting two major fundraisers. Sent Laparoscopes and Instruments approximate worth of $75,000 for hospitals in Bosnia.
Performed surgeries in Kosovo during the war. Sent quarter of a million dollars worth of medical and surgical supplies, which are still being sent to Kosovo.
Donations of 110 hospital beds, stretchers and other medical supplies to the hospitals and clinics in Mexico and South America.
Raised $30,000 to purchase and send two YAG Lasers for preventable blindness to LRBT in Pakistan. Will be delivered by June 2003.
Worked with the Rotary Club to raise about two million dollars for humanitarian relief aid for Afghanistan.
Raised $45,000 to send 250 high quality wheel chairs for handicapped people of Afghanistan. Will be delivered by June 2003. This includes $10,000 raised by APPNA for Afghan relief funds.
Together we can make a difference. Insha'Allah, with your support, I will bring many positive changes to APPNA not only for the present, but for the future as well.
Dear APPNA friends:

Assalaam-O-Alaikum

I feel honored and privileged to announce my candidacy for APPNA President-Elect for 2004.

I am 1969 graduate of King Edward Med. Coll., Lahore and have been in the practice of Ear, Nose, Throat and Facial Plastic Surgery at PMC, East Stroudsburg, PA since ’76.

Following is a very brief list of my qualifications:
- Chairman, Department of Surgery of Pocono Medical Center for five (5) years from 1992 through 1996.
- Director, Pakistani American Public Affairs Committee (PAKPAC)
- Appointed by Governor Tom Ridge to Council of Trustees for East Stroudsburg University PA
- APPNA Secretary year 2003  APPNA Treasurer year 2002  Chairman Finance Committee 2002
- Chairman Hotel Selection Committee 2001
- Vice President, Treasurer, Secretary, President-Elect and President of KEMCAANA 2000.

AS PRESIDENT OF KEMCAANA:
- Increased membership by 33% from 300 to 400 members - maximum ever
- Developed a complete database of all KEMC Graduates in the U.S.
- Approved three to six months Mini-Fellowship for KEMC Faculty at University of Memphis, Tennessee.
- Initiated and played a Leadership role by starting education through the Internet.
- Started KEMCAANA Scholarship Fund for the needy Medical Students at KEMC.

GOALS AND COMMITMENTS FOR APPNA

Make APPNA strong by:
- Increasing membership from 1800 to 3000.
- Develop complete database of all Pakistan physicians in the U.S., which will help their mass mobilizations
- Develop policies and procedures for better functioning of APPNA

Projects in Pakistan:
- Continue support for APPNA projects i.e. HDFNA and APPNA SEHAT
- Improve system of Medical Education in Pakistan  Facilitate the collection and transfer of medical, surgical instruments and equipment to Pakistan
- APPNA Free Clinics in Pakistan  Support Human Rights issues for Women and Physicians in Pakistan

Projects in the US:
- Help organize Pakistani physicians services to already existing Free Clinics in NA
- Sponsor college scholarships to enhance young Pakistani American talent in fields like journalism, etc.

Programs for young Pakistani physicians:
- Develop complete database of all Pakistani-American physicians in academics and seek their help in securing residency positions for Pakistani physicians.
- Help the young physicians obtain waiver for J1 visa by in their appointment to work in the Free Clinic of NA located in Health Professional Deficient areas.

I would appreciate your vote and support during the upcoming election for APPNA President-Elect in June of this year. I can assure you that I will work very hard to make APPNA the best organization that it can be.

Sincerely yours
Hussain G. Malik, MD
Candidate for President-elect, 2004
APPNA SEHAT REPORT

Chair Dr. Zaheer G. Ahmed, Co-Chair Dr. Durdana Gilani

APPNA SEHAT TO BE AUTONOMOUS

Evolving relationships between APPNA Sehat and Human Development Foundation have long been discussed at APPNA Executive Council meetings. In the past owing to common originators of these programs there was a movement towards coalescence. As the two organizations developed their own structures, the relationship underwent re-examination. Early this year APPNA Sehat committee members were asked to examine different degrees of separation or affinity of these entities. A consensus was arrived at with the view that APPNA Sehat, the crown jewel of APPNA, should remain with the parent organization APPNA. The benefits of this conclusion include retaining a long running and demonstrable program of self help which originated in APPNA and which APPNA can call its own. In the recent difficult financial climate, fund raising of both these organizations posed further dichotomies in direction and methods.

Early aspirations of Sehat program were outlined as follows:
"1) Ideas of maximum participation by the public and health professionals alike individually and collectively in the betterment of health conditions and services. 2) Maximal utilization of resources. 3) Emphasis on health education and preventive medicine. 4) Firm focus on the achievement of well defined objectives. 5) Focus only at attainment of gains that are assured of being sustained."

It is the last point which is being tested currently, one that refers to assurance of sustainability. The will and commitment to this program which defines the spirit of APPNA will be put to test in the coming months and years.

COSTS OF RUNNING SEHAT PROGRAM

If APPNA Sehat is to belong to APPNA it follows that the financial backing of this project will have to be borne entirely by funds raised in this endeavor. These include salaries and operational expenses in the head office, Sahiwal, Murree, Mardan, Badin, Rahim Yar Khan, Shamsabad and Karachi.

PROGRESS REPORT

Maternal mortality which is high in Pakistan requires dedicated effort and long standing commitment. No maternal mortality was reported from any of the APPNA units covered territory. Diarrhea and death from electrolyte imbalance is an avoidable calamity. With the introduction of oral re-hydration solution education, marked reductions have been achieved. Sehat covered areas reported only one death from diarrheal disease for 2002. Vaccination against Hepatitis-B has been started in Karachi with vaccine provided by Sindh Provincial Health Department.

DR SHAFIQUE-UR-REHMAN APPOINTED PROGRAM DIRECTOR

Dr. Shafique-ur-Rehman has assumend his duties as Program Director in Pakistan. Information from Dr. Rehman indicates that widespread health care efforts are underway. Collaboration with a number of organizations is continuing. These include Aga Khan University for TPP implementation, Marie Stopes Society Mirpurkhas for tubal ligation facility.

APPNA SEHAT WEBSITE

Visitors to the official APPNA Sehat website (http://www.appnasehat.org.pk/) will find basic information about this program, its origins and the underlying philosophy of self reliance and utilizing resources available locally. "APPNA SEHAT firmly believes that nobody else from outside can bring about the required change in the community except the community itself". The sites in Mardan, Murree, Sahiwal, Islamabad and US office in Tacoma Park, Maryland all have e-mail addresses.

BRIEF STATISTICS ON THE IMPACT OF APPNA SEHAT VS NATIONAL (PAKISTANI) TRENDS

* Crude birth rate reduced by 59% in Sehat area versus 21% nationally
* Population growth rate reduced by 59% in Sehat area versus 27% nationally
* Maternal mortality ratio (maternal deaths per 100,000 live births) 74 in Sehat program versus 450 nationally.
Liaison with Professional Organization Committee
Dr. Ayaz Samadani, Chair

I welcome all committee members. AMA has latest IMG statistics of doctors from Pakistan. Physicians who received medical degrees in 127 different countries serve in the United States. There are 198,703 physicians who are trained in medical schools outside the U.S. or Canada. The number of physicians in U.S. trained in Pakistan is 8,758 (4.41%).

IN THE NEWS

Dr. Hina Chaudhry Assistant Professor of Cardiology at Columbia University has been awarded the prestigious 2003 Irving Scholar Award to carry out clinical research for three years. Dr. Chaudhry is a graduate of Harvard Medical School with a Fellowship in Cardiology from University of Pennsylvania Medical School. She has received this award after only six years of completing her fellowship. The Irving Scholar award is the highest honor bestowed on an Assistant Professor at Columbia and is designed to encourage young researchers with promise to continue their research with financial assistance from an endowment. Dr. Hina Chaudhry is a founding President of NAMA, an affiliate of APPNA.

Dr. Yousha Kamal Mirza of Farmington Hills, MI, has been elected President of Resident and Fellow Section of Michigan Psychiatric Society. Dr. Mirza is an Aga Khan Medical College, Karachi graduate of 1996. He has held other committee appointments in the field. He has won a number of awards which include Calvin E. Schorer award June 2002, Carol Burgoyne Award June 2002, Psychiatry Resident Award of Excellence which is given to 100 nationwide trainees nominated by their programs. He is pursuing a Fellowship in Child and Adolescent Psychiatry

Dr. Umar Latif of Wayne State Univ, Michigan, has been elected as the Vice President of Resident and Fellow Section of Michigan Psychiatric Society. Dr. Latif is a 1996 graduate of Allama Iqbal Medical College, Lahore. Dr. Umar Latif was an AAGP Stepping Stone Resident 2002. He has also been awarded the American Medical Association’s Physicians Recognition Award 2002. Dr. Latif’s interest in technology has led him to be a member of American Medical Informatics Association and American Association of Technology in Psychiatry. He is rarely seen without his PDA! Dr. Umar Latif’s father Dr. M. Latif is a psychiatrist and a graduate of Nishtar 1965.

Kosovo Relief

Melk-USA receives grant funding from the United States Government and various United Nations agencies.

In USA:
Mercy-USA for Aid and Development
44450 Pinetree Dr., Ste. # 201
Plymouth, MI 48170-3869
Tax No. 38-2846307

In Canada:
Mercy-USA for Aid and Development (Canada)
Fiesta R P O
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The membership committee had a teleconference on January 26th 2003. Ten out of twelve members attended the meeting. Two main issues were discussed, 1) how to increase the membership and 2) the verification of the membership. Visit APPNA website APPNA.ORG for the minutes of the membership committee. The highlights of the committee recommendations are as follows.

1. This committee will make all efforts to verify the authenticity of the membership. 2. This committee can not make any decision which may or can conflict with the current APPNA bylaws and/or constitution. 3. This committee will recommend officers of APPNA to add appropriate section on the membership application form. 4. Members who introduce the most new members who become APPNA active member, will be awarded “MEMBER OF THE YEAR” award from the membership committee or executive council. 5. Officers of APPNA should designate an appropriate representative to attend the regional, chapter, and alumni meetings to interact with the members.

There are more than ten thousand physicians in USA. However, APPNA membership is only around 1900. This is pathetic. This year our goal is to increase the APPNA membership to 2500. This can not be done alone. We need help from each and every one of you.

The most common question is asked by the potential APPNA member is “what is APPNA doing for us?” I usually answer them with a question what is APPNA? We are together is APPNA and all of us doing a lot, collectively and individually.

Collectively we started APPNA sehat program delivering basic health care to thousands of people in the rural Pakistan. We launched HDFNA, providing basic training in small businesses, agriculture, and education together with small loans (karz e hasna). KEMCAANA started a KEMCAANA village, a model clinical ward. DOW graduates of 1977 remodelled the OB/GYN ward at Civil Hospital. SMCAANA started the on going ACLS project in Pakistan. Individually several of us started free clinics in their individual specialties. We approach our local policy makers to give our side of story.

Now the question is why we need APPNA. After 9/11 things have changed we don’t have the luxury of pointing fingers at each other and highlighting the differences. We need a platform where we can converge to raise our voice to protect the very basic rights. APPNA is the only national democratic Pakistani organization in USA representing throughout the country. APPNA has proved to be a solid platform to start humanitarian and social projects. In this current social and political environment we need a solid platform which APPNA can provide.

APPNA is unique because it is a physician organization but also represents non-physician Pakistani’s in USA. We need this organization to become more vibrant organization to start local projects and social awareness programs.

The only way to make this organization strong is to increase the membership. Like any other organization APPNA has some variance. This disagreement can be resolved if people come and voice their opinion. In a democratic process opposition leads to discussion which leads to progress. In the current environment we can not stay on the sidelines and wait for the outcome. We have to focus on issues and disregard the personal controversies. We have to unite as united we can serve each other. As our future and our children future depends on how we handle the current situation.

My humble request is for you to become APPNA member and also asked your friends to become APPNA member. Please join us in Orlando on July 4th weekend for annual meeting to show a solid strength.

NISHTAR ALUMNI REPORT

Dear Nishtarians,

The winter meeting at Multan was enjoyable and brought back a lot of memories. Multan was as beautiful this time as it was when we were students at Nishtar. The landscape where the meetings were held was as lush and green as it was when we were there. The meetings were well attended by the local Nishtarians, and the reception of the local host committee was beyond description.

I met with the professor, Shabbir Nasir, principal of Nishtar, and discussed their needs, as to what the Nishtar Alumini of North America can do. Professor Shabbir Nasir is in the process of building an new Emergency Room and wanted our help. There is also a need for the intensive care unit, in the form of respirators and monitors. I met with the chief of the intensive care unit, and he has given me his requirements as to what is needed to update the Intensive care unit. I asked Professor Shabbir Nasir to send us a list of various ways that we can help him. As soon as I receive those I will submit it to the Nishtar executive. Obviously the Alumni Executive here will have to make the decision as how to distribute the endowment fund at that time. My own feeling is that we should have a board of at least three Nishtarians here to oversee the reimbursement of these funds.

When I went to the winter meeting the Nishtar students were on vacation. I was told by Professor Shabbir Nasir that the students will be back on the 28th, so we mutually agreed that I would return to Nishtar on December 30th to interview, along with the local faculty, for the scholarships for the needy students. I did go to Nishtar on the 30th, however to my dismay, I found out that the interview was set up for December 31st, instead of the 30th, and I was not informed of the change. I already had plans to leave the night of December 30th to come back to the United States, so I was unable to interview the students. My feeling is that we should interview these students ourselves, along with a Nishtarian or another member from the community in Multan, so that these funds which are given are unbiased. There is a lot that we can do for Nishtar, however it will need strict supervision and a lot of effort on our part.

Sincerely,

Abdul Khaliq MD., F.R.C.S., President,
APPNA Disaster Relief and Social Welfare Committee Report
Chair M. Javed Akhtar, M.D., FACS, Chairman, Co-chair Dr. Naveed Iqbal

A very productive conference call was held on March 6, 2003. The following agenda was approved for the year 2003 by the committee members present.

**Women's issues.** Dr. Amna Buttar and Dr. Zafar Iqbal will be coordinating the Women's Task Force to address women's issues. The committee will pursue the plight of women jailed in different areas of Pakistan under Zina Ordinance. It is planning to establish an endowment fund and the profits received from the fund will be used to pay the lawyers who will go and interview these women in different jails. They will investigate their cases and prepare their defense in the courts. The Committee also decided to invite retired Justice Nasir Zahid, who is an authority on the subject, to come to the annual APPNA Summer meeting in Florida to give a seminar and talk to the general membership about these issues. The subcommittee has already initiated a pilot project with three local members from Pakistan, including Justice Nasir Zahid, with a lawyer who will start the work on this immediately and report back to the committee. The subcommittee will also pursue the issue of shelter homes for battered women in Pakistan. The committee further recommends that APPNA Executive Council obtain copies of Shariah Ordinance, study it here and have it looked at by legal experts in North America and pursue that it be repealed. The Committee also plans to pursue the issue of physicians' killings in Pakistan. Three of the committee members, Drs. Tanveer Imam, Nadeem Zafar and Naveed Iqbal, Co-Chair of the Committee, are researching the matter and trying to identify the families who have been affected by these physicians' killings and their needs. Because of the political nature of the issue, it has been difficult to collect data about the families affected and their needs. The Committee also plans to pursue the disaster relief efforts and the education aspect of it in Pakistan. A conference on this subject was recently held in Pakistan with the efforts of one of the committee members, Dr. Saud Anwar. He notified the committee that a disaster emergency response service ordinance has been passed by the government of Pakistan, but implementation of the ordinance remains an issue. Two areas of existing work are needed. 1. A universal emergency response telephone number like 911 here in United States. 2. Education of existing agencies like police, hospitals, NGO's, etc. The Committee also plans to tap on the international sources available, like United Nations Development Program, and WHO's emergency response program. The committee also plans to help one of the pioneers in this field, Professor of Orthopedics at Ayub Medical College, who has started an educational program about disaster relief. He has been trying to educate existing agencies like police, NGO's, health sector, etc., but remains a one-man act. The committee plans to raise about $3,000 to provide secretarial help like MBA, etc. to this gentleman. The Committee also plans to raise at least $20,000, which will be put away as ready cash available for any emergency disaster in a fund, which will be immediately available rather than wait for a catastrophe to strike and then try to raise funds. The Committee plans to continue to meet in person at the regional, as well as the annual summer convention in Orlando, Florida, and also stay in touch through message board as well as teleconference. Further areas of interest are helping the Pakistani American community in North America. The committee hopes that this is just the start and from time to time is going to need a lot of support from the membership in general in the form of fundraising, moral and physical help, and hopes that they can count on the general membership.

YOUTH FORUM COMMITTEE REPORT March 23, 2003
Chair - Mahjabeen Islam, MD  Co-Chair - Mujeeb Khalique, MD

The Youth Forum Committee has been given oversight of CAPPNA (children of APPNA) and SAYA (Society of APPNA's young adults). The age range in these groups is 13-24.

(YOUTH FORUM LISTSERV) The 2003 Youth Forum Committee has decided to be part and parcel of the Information Age and thus its frontline effort is to create a listserv on which the youth of Pakistani-American physicians can interact. This listserv will not just provide a forum for building fraternity and exchanging ideas for the summer meeting, it will also create a database of the children and young relatives of Pakistani-American physicians.

As you read this please direct your son/daughter/other young relative to send me an email at mahjabeenislam@hotmail.com the following information: name, address, email address, telephone number, date of birth, gender, school attended currently or profession, sponsoring APPNA physician, medical college and year of graduation of sponsoring APPNA physician. After the listserv is created, the individuals that have provided the above information will be sent email to subscribe.

PROGRAMS PLANNED FOR THE SUMMER MEETING

"Career Development: In this seminar we will invite a wide spectrum of professionals, from architects to software engineers to discuss the education involved in that career, the hours, the responsibilities, the income and the advantages and disadvantages of being in that profession.

"College Prep: In this seminar the APPNA youth itself will get together a program that outlines and streamlines the college application process.

"Discussion on the 9/11 fallout and coping in the current socio-political climate: This can be in the form of speakers from the APPNA youth and/or nationally known speakers.

"Fashion Show and Entertainment after SAYA Dinner: With this there will need to be exchange of ideas on the listserv, in regard to format, gender participation etc. With this as in all other activities of the Youth Forum we will strongly adhere to the democratic principle of majority.

SAYA PRESIDENT The current SAYA President is Nauman Rashid, currently studying at MeHarry Medical College School of Medicine. He can be contacted at nrashid02@mmc.edu.
APPNA CONFER RECOGNITION TO DISTINGUISHED PHYSICIANS

Breaking new ground, APPNA recognized distinguished physicians who have not held an elected position within APPNA. Gold Medal of 2002 was awarded to Dr. Iltifat Alavi. Dr. Busharat Ahmed was awarded the Citizenship Award for 2002 and Dr. Azra Raza was awarded recognition for Academic Excellence.

Dr. Iltifat Alavi is a DMC graduate of 1969 and has been involved with APPNA from its inception when he met Dr. Zaheer Ahmed at a GI conference. He attended the first APPNA meeting in Detroit. Dr. Alavi's educational career began with a B.Sc. from Osmania University, Hyderabad, India. At DMC he quickly distinguished himself and was declared the best graduate of 1959. He passed the MRCP examination in 1965 and the American Board of Internal Medicine in 1972. He has maintained a GI practice in Lagrange, IL since 1972. He is Assistant Professor of Medicine at the Rush Medical School, Chicago, IL since the past 26 years. During the years of 1972-2000 he worked at the LaGrange Memorial Hospital, LaGrange, IL. He served as the Chairman of Department of Medicine for two 3 year terms, chaired the Credential Committee for 10 years, established the CME Program and served as the Chairman of the CME Committee for 10 years. He established the Family Practice Residency Program and received the Best Teacher of the Year twice. Dr. Alavi has been active in the Muslim Community affairs and has served on the Board of Trustees of Islamic Foundation of Villa Park, IL for 12 years and authored that organization's Constitution. He has attended all APPNA summer meetings since 1979. He is also one of the founding members of DOGANA and served as its executive director for 10 years. His service as Executive Director of DOGANA has often been cited as a model which APPNA could emulate. He remains active in Islamic Medical Association of North America also having been its treasurer and the Chair of Headquarter Management Committee. Dr. Iltifat Alavi is eagerly sought for his insight into constitutional matters and has remained active in fund raising for worthy causes as well as having attended almost all APPNA Executive Council meetings. His numerous committee appointments at APPNA continue. His selfless service to APPNA and DOGANA is an example for others. He is a Fellow of Royal College of Physicians Edinburgh, American College of Physicians and American College of Gastroenterology. He was appointed a co-chair of the Golden Jubilee celebration to mark the 50th year anniversary of the founding of Dow Medical College.

Dr. Busharat Ahmed is one of the founding members of APPNA and a 1956 DMC graduate. His educational journey begins with matriculation at New Delhi and continued in UK, Canada and USA. He is an ophthalmologist who has been in practice in Marquette and Monroe, MI. He was an instructor at DMC and Harvard Medical College as well as Associate Prof. of Ophthalmology at Michigan State Univ. and Visiting Associate Prof. of Ophthalmology at St. Louis School of Medicine. He is ECFMG Secretary, Board of Trustees since 2001. He was Chairman of AMA, IMG section'97-'98 and a delegate to the AMA House of Delegates from Michigan State Med. Society from 1989 to date. He has chaired numerous committees and held appointments. He has won numerous awards including George Tarjan Memorial Award from American Psychiatric Association 2001; R. Townley Paton award 1987 which is the highest award to an ophthalmologist by the Eye Bank Association of America for outstanding contributions; President's Award for Distinguished Citizenship (Northern Mich. Univ 1987). He won the Exemplary Service Award of AMA (1997), Fritz Bernegger Award (Rotary Club, District 6220) 1987, Outstanding Service Award (State Med. Society of Wisconsin) 1993 and Presidential Citation for outstanding service (Mich. State Med. Soc) 1998. He has written a number of papers on the cornea and related topics. These have been published in Paris, France, Beirut, Lebanon and in USA. Services in the civic area are also numerous. He served as the President and Trustee of the Marquette Area Public Schools Board of Education. He served as the President of Marquette Area Chamber of Commerce 1972-1992. He has served in various capacities at the Rotary Club District 6220 including Chairman of its Executive Committee 1979-1990. He has chaired numerous APPNA committees and serves on Liaison Committee with Organized Medicine of APPNA from 1992 to date.

Dr. Azra Raza is Professor of Medicine and Director of the Section of Myeloid Diseases and MDS Center at Rush-Presbyterian-St. Luke's Medical Center, Rush Medical College, Chicago, IL. She is a DMC graduate of 1976 and trained in Internal Medicine at the University of Maryland, Franklin Square Hospital and Georgetown/VA Medical Center in Washington, D.C. She finished her fellowship in Medical Oncology at Roswell Park Cancer Institute in Buffalo, NY, and stayed on from 1980 to 1989, to become Head of the Section of Cell Biology. She started her work in the cellular dynamics of the bone marrows in patients with Acute Myeloid Leukemia (AML) and Myelodysplastic Syndromes (MDS) at that institution and has been continuously funded by the National Cancer Institute (NCI) since 1984. She moved briefly to Cincinnati, OH and then to Chicago in 1992, where she has successfully established the most single most clinically active and a well-funded basic research program in the study of MDS and leukemias which arise from them. Dr. Raza has received upwards of $20 million in grants from the NCI. The work centers on the cause of and cure for MDS and AML. Dr. Raza has authored approximately 206 full-length papers, 13 book chapters, 460 abstracts, and edited a book solely devoted to MDS and Secondary Leukemias. She has been an invited speaker at almost every major University in the U.S., as well as National, and International meetings in the last decade. Dr. Raza serves on numerous National and International panels as a reviewer, consultant and advisor. She was featured in APPNA summer journal 2000 in an article by Dr. Furrukh Malik "APPNA Present and Future- Prologues to Promise". Dr. Raza has committed several thousand verses (Urdu, English and Persian) to memory as it is a part of the oral tradition in her family. She is the President of Urdu Mehfil, a non-profit organization devoted to the promotion and understanding of literature. Her most recent guest was Ms. Kishwar Naheed, the famed Urdu poet and celebrity. In addition, Urdu Mehfil has hosted Ahmed Faraz, Ifti Nasim, Sara Suleri, Mohsin Hamid, Zaheda Hina, Javed Akhter/Shabana Azmi, Kaifi Azmi, John Elia, Himayat Ali Shayer and other writers and social activists.
On behalf of the local host committee it gives me great pride in inviting you to the city of Orlando, for the 26th annual summer meeting. This will be the first meeting held in a true resort setting, offering extraordinary amenities. Here you will experience gracious southern hospitality all in a beautiful tropical environment. Excellent resort rates have been negotiated for the meeting, which will serve to make for a real treat for you and your family. To get more information about this resort please visit the resort website at www.gaylordhotels.com. The resort is located just outside the Walt Disney World resort complex and also lies in proximity to Universal Studios and Sea World. Significant discounts and complimentary transportation to the above attractions will be available to our meeting’s attendees, making this an extraordinary vacation opportunity for the entire family. We are planning excellent youth programs and baby sitting services. Please register early and book your hotel rooms as soon as possible. Remember resort accommodations are available on a first come first serve basis.

You may register on line by clicking on the "online services" link on APPNA web site www.appna.org. You may print registration and housing forms from the APPNA web site by clicking on the "Annual meeting 2003" link. Delta Airlines and Northwest Airlines are the official airlines for the APPNA Summer meeting. You may book discount airline tickets by calling the following:

- Delta Airlines : Tel# 1(800)241- 6760 - Ref. # 195866A
- Northwest Airlines: Tel# 1(800)328-1111 - Ref. # NMZYR
- Hertz Car Rental: Tel # 1(800)654-2240 - Ref. # 02EV0004

Under guidance of the APPNA president Dr. Raana Akbar, the host committee is working diligently to make this meeting a most memorable event for you and an exciting vacation for the entire family. We are looking forward to providing you with a very enjoyable entertainment program.

Should you should have any questions or would like further information please do not hesitate to call me or any committee chairperson. We look forward to seeing you here in Orlando in July, Insha Allah.

SHAHID F. USMANI, MD
Chairperson

MUSHTAQ A. KHAN, MD
Coordinator

### REGISTRATION FOR APPNA SUMMER MEETING

The easiest way to register is to visit the web-site at www.appna.org. Here the registration process is easy and set out intuitively. At the end of the registration process you will be able to print out your form. You will be sent a confirmation via email almost instantaneously. That is all to it. Payment via web is through a credit card.

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APPNA Banquet Saturday July 5th, 2003, 6 pm
Dinner and Entertainment per person: $65
Entertainment only per person: $40

ALLIANCE
Membership: $25
Family Night Dinner Thursday July 3rd, 2003, 6 pm
Adults: $50
Children 13-17 years: $40
Children 6-12 years: $25
SAYA (Ages 18+): $30
Membership dues: $30

Saya Dinner July 4th, 2003, 6 pm
CAPPNA (Ages 13-17) Membership dues: $15
CAPPNA Dinner Friday 4th, 2003, 6 pm: $40

NAMA Dinner Friday July 4th, 2003, 6 pm: $55
2003 MEMBERSHIP APPLICATION FORM

APPNA MEMBER NO. __________________________

NAME ____________________________________________

Last First Middle

ADDRESS ____________________________________________

PHONE: (OFFICE) ____________________________ (HOME) ____________________________

FAX: ____________________________ (Email) ____________________________

MEDICAL COLLEGE ____________________________ YEAR GRADUATED ____________________________

APPNA

Lifetime Membership Dues ____________________________ $1,875.00 U.S.$

Annual Membership Dues (January 1-Dec. 31, 2003)......  $ 125.00 U.S.$

Affiliate Membership Dues (January 1-Dec. 31, 2003)...... $ 62.50 U.S.$

Physicians-In-Training ____________________________ ***Exempt

(*** Dues exempt only with Confirmation Letter from Program Director or Copy of Contract)

All membership applications, for all classes of membership require a copy of a license to practice medicine to accompany the application.

The opportunity to join one of the following Alumni Associations is also available. Please add the appropriate fee.

Agha Khan. Alumni Assoc. Annual $50.00 * Lifetime $500.00 U.S. $

A.I.M.C. Alumni Association. Annual $50.00 * Lifetime $500.00 U.S. $

D.M.C. Alumni Association Annual $50.00 * Lifetime $500.00 U.S. $

F.J.M.C. Alumni Association Annual $50.00 * Lifetime $500.00 U.S. $

K.M.C. Alumni Association Annual $50.00 * Lifetime $500.00 U.S. $

K.E.M.C. Alumni Association Annual $50.00 * Lifetime $1000.00 U.S.$

L.M.C. Alumni Association Annual $50.00 * Lifetime $500.00 U.S. $


N.M.C. Alumni Association Annual $50.00 * Lifetime $500.00 U.S. $

R.M.C. Alumni Association Annual $25.00 * Lifetime N/A U.S. $

S.M.C. Alumni Association Annual $25.00 * Lifetime $250 U.S. $

APPNA SEHAT Donation $ ____________________________

TOTAL PAYMENT ENCLOSED U.S.$ ______________

PAYMENT (Please circle appropriate method):

CHECK MASTERCARD VISA/AMER EXPRESS

Charge Card Number ______  Expiration Date ______

Signature ____________________________

Please make checks payable to APPNA and mail with above to: 6414 South Cass Ave, Westmont, IL 60559

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