APPNA
Association of Physicians of Pakistani Descent of North America

Spring Meeting
April 12-14, 2013
New York Hilton, Midtown

Healthy Hearts for Healthy Communities
AZRA NAHEED MEDICAL COLLEGE
A Project of Superior Group of Colleges
MBBS
www.anmc.superior.edu.pk

AZRA NAHEED MEDICAL COLLEGE is
APPROVED BY PAKISTAN MEDICAL & DENTAL COUNCIL (PM&DC)
APPROVED BY MINISTRY OF HEALTH GOVERNMENT OF PAKISTAN
APPROVED BY AMERICAN EDUCATION COMMISSION FOR FOREIGN MEDICAL GRADUATES (ECFMG)
MEMBER OF FOUNDATION OF ADVANCEMENT IN MEDICAL EDUCATION & RESEARCH (FAIMER)
MEMBER OF INTERNATIONAL ASSOCIATION OF MEDICAL REGULATORY AUTHORITY (IAMRA)
LISTED IN INTERNATIONAL MEDICAL EDUCATION DIRECTORY (IMED)

Eligibility
F.Sc. (Pre-Medical) with minimum 60% marks or equivalent qualification,
Provincial Entry Test is mandatory or An alternate to entry test for foreign / expatriate student is provision
of SAT-II examination score with minimum 550 marks in each subject

Fee:
Foreign National
Admission Fee: 2000 USD (Only Once)
Per Year Fee: 18000 USD

Overseas Pakistani
Admission Fee: 2000 USD (Only Once)
Per Year Fee: 15000 USD

LIMITED SEATS AVAILABLE
Welcome to the Spring 2013 issue of the APPNA Newsletter. We hope you will enjoy the articles, poems, and photos published in this edition. This journal presents but a small glimpse of the accomplishments of our multi-talented organization and its members. I am grateful to all the contributors who have participated in this endeavor despite their busy schedules and the serious commitment inherent in our profession. First and foremost, I would like to thank Dr. Pervaiz Iqbal for his confidence in me to be the editor of Appna Newsletter and Brochure for the Spring meeting. I must confess that I took upon this task knowing the challenges; so I asked the Publication Committee Chair, Dr Asghar, and his committee to help me out in this endeavor. With their assistance we were able to put this journal together in a timely fashion. This is a clear demonstration of importance of working together in all our ranks to accomplish worthwhile objectives. I sincerely hope that this journal meets your expectations.

We have a large talent pool, both within the APPNA and their family members, who could contribute actively in these literary activities. It is my humble request that the organization remain engaged in such pursuits, and contribute regularly for the benefit of our community. I specifically ask from the younger generation to come forward, contribute their writings, and bring their unique perspectives on issues salient to their bicultural heritage. As always, a special request was made for the contribution of literary works in Urdu as well. The response has been very enthusiastic, and we received a large number of publication material. I am sure you will enjoy it. I would also like to take this opportunity to thank all of you who have contributed to the magazine with generous monetary donations as well as your precious time.

Our work is not done yet. We still need to provide active support to various relief and development efforts for our homeland, Pakistan. Also, I hope that you will continue to participate via the APPNA website and provide articles, photos of important events, and thought provoking questions.

My personal thanks to Dr Javed Suleman, President APPNA, for his guidance and constant reminders to the APPNA committees and chairs to achieve our goals for this year: Transparency, Accountability and Inclusion. I am confident that under his leadership, we'll attain these goals with honesty, a serious intent of purpose, and a positive sense of direction. I would also like to thank some other individuals; without their assistance this publication would not have been possible. My special thanks goes out to Dr Salman Zafar, Co-Chair, Publication; Dr Iqbal Jangda, Coordinator Spring Meeting; and all the members of the Committee for their sincere commitment, help and support at every step of the way to accomplish this final product. Our thanks are also due to Leading-Solutions.net, Dr.Mehnaz Adnan and Moona Kanwal, for their ever willing assistance and excellent work. If there are some unintended errors and oversights, I would like to apologize now. In a short period of time we have attempted to do our best; we hope you will like the result of our efforts.
Dear friends!

The pleasure and prestige is all mine to have all of you as my honorable guests. It is surely a delight to greet whole admirable APPNA FAMILY to the magnanimous and panoramic city of New York.

The host committee has striven hard to dispose and organize an outstanding program in order to endow the guests with a gratifying experience. Taking from the preference of venue as the plushest hotel to the cruise of its kind sky line on Friday and the main banquet on Saturday, everything will be meticulous in appraisal and consideration.

CME program comprises topics of great magnitude and significance in the context of contemporary practice of medicine. Highly affluent and reputed authorities will be attending and addressing to the debate.

Social Forum has been conducted in order to ponder over the thorniest concerns which have been crawling and infecting the roots of our motherland.

Our youngsters need to be nourished and flourished in a politically conducive environment and this need has been concentrated on by the conception of Leadership Development Program.

APPNA BAZAAR is nevertheless the most alluring and festive temptation to the vendors as well as all the women around.

By all means this convention will facilitate the reunion of old friends and class mates. It will be a nostalgic experience by plunging into the memories of the days gone by.

In an entire coherence with all these festivities it would be an abundant and liberal exploration of the most panoramic city, where lights never fade and eyes never blink, where the choice of places and spaces is as diverse as the human tastes and interests.

At the end I pay my heartfelt gratitude to the each and every member of the host committee for their tireless work in organizing this meeting.

Wishing all of you the best of experience and taste.
Executive Committee

**Dr. Javed Suleman**  
President - 34th President  
117-10 Hillside Avenue  
Richmond Hill, New York 11418  
718-297-0440

**Dr. Asif M Rehman**  
President-Elect  
1 Healthy Way  
Oceanside, New York 11572  
(516) 365-6600

**Dr. Farid Ullah Qazi**  
Secretary  
207 Fairview Park Dr  
Dublin, Georgia 31021-2550  
478-275-1111

**Dr. Syed Tariq Shahab**  
Treasurer  
6400 Arlington Blvd Ste 930  
Falls Church, Virginia 22042-2336

**Dr. Saima Zafar**  
Immediate Past President - 33rd President  
3762 Turnberry Dr  
West Des Moines, Iowa 50265-5313
Message from the President

Dear Colleague:

Thank You for giving me the honor to serve as President APPNA 2013. I pledged to make changes for betterment in APPNA, and I with my efficient team of volunteer colleagues leading different committees and projects, am enthusiastically working on it. Our agenda for 2013 are: Increasing Membership, Young Physicians support, Advocacy of noble causes like condemnation of Physicians killings and sectarian violence, support of social and philanthropic causes and promotion of research and education . . . these will comprise the APPNA equation for 2013– an equation which will define APPNA for years to come. Transparency and accountability in all functioning of APPNA are our guiding lights. Inclusion and diversification are the approach. By lowering the Life Time and Annual Dues for 2013 by 40%, we have opened the doors wider for new members to enter and join our ranks. My team’s goal is to steer APPNA in the direction where mutual respect, positive attitude and productive working atmosphere prevails.

The theme for this year is “Heart Healthy Communities” knowing that cardiac diseases have become the #1 killer disease in the world. It is a true pandemic that respects no borders. With cooperation from APCNA (Association of Pakistani-Descent Cardiologists of North America) we are working on a program for educating our communities both in North America and in Pakistan regarding heart healthiness and appropriately addressing the risk factors to prevent from future cardiac events.

We are having our Spring Meeting in NYC from April 12-14th, our Summer Meeting in Rosen Shingle Creek in Orlando, Florida from July 3-7th, and our Fall Meeting in Houston from October 25-27th. We look forward towards your strong participation.

The changes we are experiencing these days in health care in US are unprecedented. In fact, these changes which are expected over the next few years will mark the greatest period of change experienced by physicians. As Pakistani American Physicians we need to better understand that how the anticipated changes in healthcare policies will affect us. We need to be better connected with the main stream. This is also one of the important agenda for this year.

Thank you again.

Sincerely,

Javed Suleman, MD, FACC, FSCAI.
Once again I’d like to thank you for your support and for trusting me to be your President-elect this year. The support of each and every one of you helped to make it possible. I am looking forward to working with you through the remainder of this year as I prepare for the upcoming Presidency year.

APPNA is full of opportunities for us. I have ambitious goals for 2014 and I am eager to share them with you. Just let me first officially announce that the 2014 annual summer meeting will be in Washington, DC. And as you all know, because of the timing of Ramadan this year, the meeting will be held in August in 2014 just after Eid. We will have plenty to celebrate including Pakistan Day which luckily falls on August 14th.

One of the biggest challenges we have within APPNA is keeping our organization relevant as the new generation of physicians gradually take the lead. They have different needs and a very different point of view. Where we shared the common bond of coming to practice in a new country, many of the young physicians were born and raised here. Some trained here, others back home. They share ethnicity but most have a looser connection to the motherland, Pakistan. Most are first generation Americans of immigrant parents. They are not only representing our profession here but they are representing our culture. We need to make sure that APPNA is an organization that can answer their needs and continue to play an important role in their lives.

The young physicians also have another great challenge. The practice of medicine is undergoing a rapid evolution in this country. With the implementation of Obamacare, there will be many changes coming down the road. There is new technology, the electronic medical record, an expanded patient population and the task of delivering quality care with a limited budget. One of the areas we should pay close attention to is the predicted shortage of physicians in the future. There may be a great opportunity for foreign trained graduates. One thing is clear, that Pakistani physicians will continue to play a very important role in healthcare delivery in this country.

It is important to continue to help APPNA grow and develop into a widely respected professional organization. We need to provide excellent continuing medical education and support the careers of all our members. We need to be politically active and involved, and have a voice in the legislation of this country. We need to continue to serve as a strong support to communities in need, both in this country and in Pakistan. We need to build bridges to connect our culture to many others and our generation to the next as we share with them the work we have done, the lessons we have learned and the pride we have in our great organization.

As President Elect for 2013, I am continuing to work with the component societies for their verification process and financial reporting. Another important responsibility of the President Elect is voter verification of all members. The new membership drive is also in progress. I will try my best to verify the membership in accord with the Constitution and Bylaws of APPNA.

These will be the goals of my presidency and I truly look forward to working with all of you to achieve them. Any suggestions will be greatly appreciated. I wish you all the best and thank you once again for your support and your attention.

Asif M. Rehman,
President Elect 2013
Dear APPNA members,

First I wanted to thank the membership for having trust in me for electing me first as a treasurer and again as Secretary of this beloved organization. I am honored and humbled that you liked my work for transparency and accountability as a treasurer and I am committed to the membership that I will continue with the same enthusiasm and transparency as a secretary of APPNA.

Some if the key responsibilities of secretary are:

Secretary is the recording officer of the Council and the General Body. My intension is to make this process very transparent as any and every member of APPNA should have access to look at any minutes of the organizational meeting to make our officers and committee chairs accountable and the process transparent.

I will be supervising all arrangements for the holding of each meeting in compliance with the Constitution and Bylaws and instructions of the Council. I will report to the membership my observations and suggest any positive changes if needed.

I plan to institute and correlate each new activity of the Association under the supervision of the Council.

Please contact me for any suggestion or advice you may have for your beloved organization APPNA. We have done lots of charity and educational work in the past. I plan to continue with all the positive work we have done and help add as much new and innovative projects as I can. As we call it this is the new era of transparency, accountability and inclusion so please help us by becoming APPNA member and be part of APPNA fabric for the lasting years and for you next generations of APPNA. I look forward to work with you and for APPNA for many many more years as a humble and sincere volunteer!

Sincerely

Farid Qazi, MD, FACP

Secretary APPNA 2013
Treasurer APPNA, 2012
Mobile: 4783351394
Home: 478-405-6010
Dear APPNA members and friends:

First of all I would like to take this opportunity to thank you all for electing me unopposed as your Treasurer for this year. In accepting this challenging and daunting task, I promise to fulfill all your hope and expectations. We have gathered a very dynamic team to serve in your finance committee this year. We already have had two meetings thus so far and are working on various projects to ensure that the fiscal condition of APPNA remains very healthy and strong.

In this connection during the very first month I visited the central office of APPNA in Chicago and had a meeting with the accountant, book-keeper and other officials of the central office. Because of the deficiencies in the electronic system which was installed last year, the record keeping of APPNA finances lags behind our expectations. I have emphasized it to the office staff that this needs to be fixed before the end of this year.

The finance committee understands that compliance with the 501c federal regulations are very important to maintain our non-profit status. In this connection, the committee is working very hard to contact all component societies to submit their annual report to the central office as soon as possible. We cannot emphasize the importance and the need for all component societies to submit their report in a timely fashion. If the component societies do not follow the required guidelines they could jeopardize the central APPNA non-profit status as well.

In regards to our investment accounts the finance committee is making sure that the funds invested are in good portfolios. We are keeping a close eye on our investment reports. In this connection, I went to Dallas to meet Hank Bashore and Ali Rahman at Stephens. They are the ones who are managing all investment portfolios of APPNA for a long time. Due to their move from Smith Barney to Stephens last year many of the accounts were liquidated and are being reinvested. We have kept the same distribution - 65% equities and 35% fixed income, as was recommended by the previous finance committees. Any other ideas or thoughts from membership will be appreciated and implemented.

In order to attract more physicians to become APPNA members Dr Javed Suleman and the Executive Committee has taken a bold step to reduce the membership fee for a short period of time this year. The lifetime dues have been dropped from $1875 to $1250 and the annual membership fee has been dropped from $125 to $75. This measure was overwhelmingly approved by the council members. Please encourage all your friends and family members to take advantage of this special offer and become member this year. (The last date for becoming member has been extended to July 7th). As in the past, the revenue collected from life time dues will go into the investment account and the money deposited from annual membership fee will be used for office expenses. We hope to make up the deficit from reduction in membership fees from funds collected for our meetings and international tours.

The Social Welfare and Disaster Relief Committee will continue to work from donations collected for various projects. In order to collect more funds, the current chairman of the committee--Dr Shahid Sheikh has decided to write grants to several major donors and philanthropic societies and hope to get funding from them. I would encourage everybody to work with him and his committee in this endeavor.

We are working on the budget for 2013 and plan to present it at the council meeting on Saturday the 14th of April in New York. Any suggestions and ideas are most welcome.

Thank you and best wishes.

S. Tariq Shahab, MD; Treasurer and Chairman Finance Committee 2013
Sabir Khan (Co-chair), Haseena Wajid (Co-chair), Abdul H Munis, Anwar Arshad, Sabahat Mahmood, Azeem Qureshi, Ahmed Shahab, Tariq Khursheed and Mohammad Yazdanie (Members).
Dear Friends:

It is a pleasure to send greetings and words of welcome to those gathered at the New York Hilton for the APPNA Spring Conference and Annual Dinner hosted by the Association of Physicians of Pakistani Descent of North America.

This outstanding organization effectively supports the medical community, and promotes the interests of those physicians of Pakistani origin, as they acclimate to American society and culture, while encouraging medical education as well as improved healthcare in Pakistan, through various charitable endeavors. In addition to offering excellent training to healthcare workers, the Association has made a significant commitment to addressing the needs of vulnerable populations, relieving suffering and saving lives around the world.

On behalf of all New Yorkers, I commend President Javed Suleman, M.D., F.A.C.C., and everyone affiliated with the Association of Physicians of Pakistani Descent of North America for the generosity of their skilled medical attention and humanitarian efforts offered wherever they are needed.

With warmest regards, and best wishes for a productive meeting and an enjoyable visit to New York City.

Sincerely,

ANDREW M. CUOMO
April 13, 2013

Dear Friends:

It is a great pleasure to welcome everyone to the Annual Dinner for the Association of Pakistani Physicians of North America.

Thanks to our innovative public health agenda and our health and human services agencies, New Yorkers are living longer, smoking less, and making smarter choices every day. We are committed to providing all our residents with access to the top-quality medical care they deserve, and we are pleased to have an ally like APPNA in this mission. For almost four decades, this organization has supported physicians of Pakistani descent across the five boroughs and beyond and inspired a tradition of excellence amongst its members. Through its continuing education programs, scholarships, and outreach initiatives in Pakistan, APPNA has improved the health of countless individuals and families, and we look forward to all its members will accomplish in the years to come.

On behalf of our great City, I offer my best wishes for a wonderful evening and continued success.

Sincerely,

Michael R. Bloomberg
Message from
Faqir Syed Asif Hussain
Consul General of Pakistan, New York

I would like to extend my heartiest felicitations to the office bearers of Association of Physicians of Pakistani Descent of North America (APPNA) for organizing 2013 APPNA Spring Meeting in New York.

APPNA has played an important role in furthering the interest of our community. It has also played its useful role in projecting the Pakistani culture and heritage in the US. It has also supported charitable work in the US as well as in Pakistan.

I am confident that Pakistani Physicians, who have greatly contributed in the development and growth of the US and Pakistan, will continue their useful role in promoting and strengthening the bilateral relations between the US and Pakistan.

I avail myself of this opportunity to wish APPNA members success in their future endeavours.

(Faqir Syed Asif Hussain)
Consul General
Host Committee Chair and Co-Chairs

Dr. Pervaiz Iqbal, Chair

Dr. Syed Tariq Ibrahim, Co-Chair

DR Rizwan Naeem, Co-Chair

Muhammad Hamid, Co-Chair

Dr. Iqbal Jangda, Coordinator

Dr. Zahid Asgher, Co-Chair

Dr. Rabia Awan, Co-chair
Host Committee
Spring Meeting
April 12-14, 2013

Host Committee

**Chair**  
Pervaiz Iqbal, MD

**Coordinator**  
Iqbal Jangda, MD

**Co-Chairs**  
Rizwan Naeem, MD  
Muhammad Hamid, MD  
Zahid Asgher, MD  
Rabia Awan, MD  
Syed Tariq Ibrahim, MD

**Members**  
Mohammad Aslam, MD  
Syed Tamkeen Ahmad, MD  
Sabahat Mahmood, MD  
Salman Zafar, MD  
Shamim Salman, MD  
Syed Imran Ahmad, MD  
Ch Sarwar Ghumman, MD  
Pervez Qureshi, MD  
Ahsan Nazir, MD  
Noor Khan, MD  
Arshad Anwar, MD  
Ijaz Ahmad, MD  
Yasmin Nazli, MD  
Sadaaf Salman, MD  
Muhammad Dogar, MD  
Imtiaz Ghumman, MD

Publication Committee

**Chair**  
Zahid Asgher, MD

**Co-Chairs:**  
Salman Zafar, MD  
Abid Rasool, MD  
Adil Jamal Akhter, MD

**Members**  
Fariya Afridi, MD  
Hasina Javed, MD  
Arshed Masood, MD  
Ejaz Ahmed Khan, MD  
Abdul Qadir, MD  
Darakshan Tanveer, MD

**Editor in Chief, Spring Meeting Publication**  
Muhammad Hamid, MD

**Co-Editor, Spring Meeting Publication**  
Salman Zafar, MD

**Editors of Urdu Section**  
Fariya Afridi, MD and Hasan Ali Habib, MD

**Editors of English Section**  
Syed Mansoor Hussain, MD and Tariq Alam, MD

CME Committee

**Chair**  
Shamim Salman, MD

**Members**  
Naghmana Haque, M.D  
Faiz Bhora, M.D  
Mohammad Aslam, M.D  
Faiq Hameedi, M.D  
Sarwar Ghumman, M.D
# APPNA Spring Meeting Program

## Friday April 12, 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Function Name</th>
<th>Room</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Registration</td>
<td>2nd Flr East Promenade</td>
</tr>
<tr>
<td>8:00 AM - 6:00 PM</td>
<td>Exhibition/Bazaar</td>
<td>Regent/Sutton So &amp; Ctr</td>
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<tr>
<td>7:30 AM - 8:30 AM</td>
<td>CME Breakfast</td>
<td>Beekman</td>
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<tr>
<td>7:45 AM - 1:45 PM</td>
<td>CME</td>
<td>Beekman</td>
</tr>
<tr>
<td>10:15 AM</td>
<td>CME Coffee Break</td>
<td>Beekman Foyer</td>
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<tr>
<td>12:30PM</td>
<td>CME Lunch</td>
<td>Sutton North</td>
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<tr>
<td>1:30 PM - 2:30 PM</td>
<td>Jumaa Prayer</td>
<td>Nassau</td>
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<tr>
<td>6:00 AM - 10:00 PM</td>
<td>Prayer room</td>
<td>Gibson</td>
</tr>
<tr>
<td>5:45 PM</td>
<td>Buses depart for Cruise</td>
<td>Lobby</td>
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## Saturday April 13, 2013

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<td>Regent/Sutton So &amp; Ctr</td>
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<tr>
<td>8:00 AM - 2:00 PM</td>
<td>Council Meeting</td>
<td>Beekman/Sutton North</td>
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<td>9:30 AM</td>
<td>Coffee Break</td>
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<tr>
<td>12:30PM</td>
<td>Council Lunch</td>
<td>Nassau</td>
</tr>
<tr>
<td>3:00 PM - 5:00 PM</td>
<td>Social Forum</td>
<td>Beekman / Sutton No.</td>
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<tr>
<td>6:00 AM - 10:00 PM</td>
<td>Prayer room</td>
<td>Gibson</td>
</tr>
<tr>
<td>1:00 PM - 5:00 PM</td>
<td>Young Professionals Network (YPN)</td>
<td>Gramercy West</td>
</tr>
<tr>
<td>6:00 PM - 11:00 PM</td>
<td>YPN Dinner and Program</td>
<td>Nassau</td>
</tr>
<tr>
<td>6:00 PM - 6:45PM</td>
<td>Banquet (Social hour &amp; Appetizers)</td>
<td>3rd Floor Promenade (outside Grand Ballroom Foyer)</td>
</tr>
<tr>
<td>6:45 PM - 2:00 AM</td>
<td>Dinner &amp; Music/Entertainment</td>
<td>Grand ballroom (3rd Floor)</td>
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<tr>
<td>4:00PM - 12:00AM</td>
<td>Child Care Room</td>
<td>NY Suite - 4th Floor</td>
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## Sunday April 14, 2013

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<td>Exhibition/Bazaar</td>
<td>Regent/Sutton So &amp; Ctr</td>
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<tr>
<td>9:00 AM - 12:00 PM</td>
<td>Youth Program</td>
<td>Beekman / Sutton No</td>
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<tr>
<td>9:00 AM - 11:00 AM</td>
<td>Breakfast</td>
<td>Nassau</td>
</tr>
<tr>
<td>6:00 AM - 12:00 PM</td>
<td>Prayer room</td>
<td>Gibson</td>
</tr>
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APPNA Annual Spring Meeting CME Program
The Hilton Hotel, New York, NY, Friday, April 12th, 2013

07:00 AM - 07:45 AM
Registration and Breakfast

07:45 AM - 08:00 AM
Program Introduction
Shamim Salman, MD CME Program Chair and Moderator

08:00 AM - 08:03 AM
Welcome Remarks
Javed Suleman, MD President, APPNA

08:03 AM - 08:06 AM
Opening Remarks
Pervaiz Iqbal, MD Chair, Host Committee

08:06 AM - 08:10 AM
Program Objectives
Rizwan Naeem, MD Chair, RESA Committee

08:10 AM - 08:40 AM
5 Years Outcome Study From The Rawalian Burn Center, Pakistan
Babar Rao, MD Acting Chair and Associate Clinical Professor, UMDNJ - Robert Wood Johnson Medical School, Dermatology

08:40 AM - 09:10 AM
Obama Care How To Survive
Khalid Laeq, Ur Rehman, MD Assistant Professor, New York Medical College, Valhalla, NY

09:10 AM - 09:40 AM
Autism: Navigating The Maze - Current Trend In Research 2013
Asma J. Sadiq, MD Assistant Professor of Pediatrics, Albert Einstein College of Medicine, Director, Division of Developmental & Behavioral Pediatrics Beth Israel

09:40 AM - 09:45 AM
Question/Answer Session

09:45 AM - 10:00 AM
Tea/Coffee Break

10:00 AM - 10:30 AM
Peripheral Vascular Disease State of the Art Treatment Modalities
Alex Gart, MD Assistant Professor of Surgery Columbia University of Physicians, Surgeons, New York, NY Chief of Vascular Surgery, Lincoln Hospital, New York, NY

10:30 AM - 11:00 AM
Hypertensive Emergencies
Jay Nfonoyim, MD, MPA, FCCP, FACP Director, Internal Medicine Residency Program Chief, Division of Critical Care Richmond University Medical Center Assistant Professor of Medicine New York Medical College

11:00 AM - 11:30 AM
Recent Updates in Cardiology
Samin Sharma, MD Professor of Medicine, Mount Sinai School of Medicine, Cardiology President of Mount Sinai Heart Network

11:30 AM - 11:55 AM
Acute Coronary Syndromes: New Pharmacological Agents and Access Choice
Ramzan Zakir, MD, FACC, FSCAI Interventional Cardiologist Clinical Assistant Professor of Medicine Robert Wood Johnson University Hospital

11:55 AM - 12:05 PM
Questions/Answers for Heart Disease with Speakers Panel
Moderators Dr. Javed Suleman and Dr. Mahmood Alam

12:05 PM - 12:30 PM
Lymphoma Overview for Non Oncologist
Tauseef Ahmad, MD, FACP Professor of Medicine, New York Medical College Medical Director Arlene Cancer Institute Director: Blood Cell Transplant, Westchester Medical Center

12:30 PM - 12:45 PM
Effective Management of Hepatitis C Virus (HCV)
Mark S. Sulkowski, MD John Hopkins

12:45 PM - 1:45 PM
Question/Answers Session

01:45 PM - 02:00 PM
Conclusion

Accreditation Statement:
The Association of Physicians of Pakistani Descent of North America (APPNA) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
APPNA designates this live activity for a maximum of [5.0] AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Policy:
It is the policy of APPNA that the faculty, planners, staff and presenters disclose all relevant financial relationships, and also disclose discussions of unlabeled/unapproved use of drugs and devices during their presentation(s). APPNA and the Conference Committee have established policies and procedures in accordance with the ACCME Essentials and Standards to identify and resolve any and all conflicts of interest prior to this educational activity. Detailed disclosures will be provided in the course handout materials as well as prior to each presentation.
"OMAR NASIB FOR APPNA TREASURER 2014"

My Association with APPNA started when I was 4th year medical student, after learning about APPNA SEHAT Project @ a summer meeting in Washington DC, I worked for this project in Mullo, a small village near Mardan, Pakistan.

I have served APPNA, in various capacities & most if not all Committees, including the FINANCE committee crucial to understand the financial structure & financial managements of Appna.

I am current CO-CHAIRMAN of the COMMITTEE FOR LEADERSHIP DEVELOPMENT, as CHAIRMAN OFFICE MANAGEMENT COMMITTEE bought the BUILDING that became APPNA’S FIRST FREE CLINIC the next year.

Last year served the CONSTITUTION & BY LAWS committee, my role in getting the long awaited amendments passed is known to all.

I CHAIRED Various committees of 2 APPNA SUMMER meetings held in Chicago. As PRESIDENT OF ILLINOIS Chapter organized a JOINT FALL MEETING in Chicago.

I was appointed CHAIR HOSPITALITY DOGANA retreat 2009 held in Chicago although I’m a KEMCOLIAN & NISHTARIAN.

I Believe in Building bridges, after 9-11, I was involved in writing a Proposal to Mayor Daley to declare Chicago & Lahore sister cities, this proposal was accepted & I was appointed first CHAIR of it's HEALTH & WELFARE committee, currently working on several projects including starting a trilateral co-operation between UIC, KE & DOW, in research & academics.

I am running for APPNA TREASURER 2014. I have served APPNA’S OLDEST CHAPTER as TREASURER for 2 YEARS causing not only a REAL BALANCE IN THE BUDGET but a major SWELL in it’s MEMBERSHIP & FUNDS.

I will work for UNITY, TRANSPARENCY, ACCOUNTABILITY & ACROSS THE GLOBE HUMANITARIAN SERVICE, with your support & guidance, my dear brothers & sisters of APPNA, I humbly ask for your vote. May God bless you all & your families. APPNA ZINDABAD.

Omar Nasib.
Lifetime member & Lifetime worker of APPNA.
Dr. Asaf Riyaz Qadeer for Appna Secretary 2014

A veteran Foot-Soldier in quest for an endless changing horizon for APPNA

Chairman Host Committee 2005 Houston summer meeting under my leadership

A memorable event with a record profit of 220 thousand dollars. Not many can claim in 35 years history of APPNA
President & CEO of Doctor’s Hospital Tidwell- a 100 bed acute care facility in Houston, Texas

Director of Zindagi Trust USA-Shahzay Roy Charity for the education of underprivileged children of Pakistan
Lifetime Member of APPNA, IMNA, APPNA- STC, & King Edward Medical College
President of APPNA South Texas Chapter & Islamic Medical Association in Houston
Governing Board Member of APPNA South Texas Chapter & IMA-Houston
President of The American Association of Physicians Specialist of Family Medicine
Physician of the year for AAPS 2012
Volunteered during hurricane Katrina disaster relief with the City of Houston
Compiled and published five books on poetry and literature
Served as Doctor Pakistan Test Cricket Team in Lahore Pakistan
Leadership Role in College-Sports Secretary- Recipient of eight college colors
 Produced and directed college annual play as secretary of Dramatics club KEMC

You deserve a Secretary with credentials as mine

I truly believe that with my proven record of leadership, financial management skills, result oriented approaches, coalition building, transparency and accountability we can bring together the values, principles of APPNA that we all seek. You and I together can produce the required synergy to make APPNA truly an organization of our dreams.

May Allah help us make it happen.
Thank you greatly for your support!
The Patient Protection and Affordable Care Act (ACA) popularly referred to as ObamaCare was signed into law in 23 March 2010. It has been hailed by some as the most important healthcare legislation since the enactment of Medicare and Medicaid in 1965. The law will go into effect in January 2014 but the full implementation will be incremental and will be completed in 2022. Over the course of the years to come, the ACA will probably be modified and altered as any other new and complex legislation. All of it or parts of it may even be repealed by the United States Congress. The department of Health & Human Services continues to write the rules and regulations based on the law. Some rules have already been modified and it will take some years before the dust has settled and final shape of the ACA becomes clearly apparent to all of us.

The goal of the ACA is to provide affordable health insurance for all US citizens and to reduce the growth in health care spending. It does not replace fee for service model, private insurance, Medicare, or Medicaid. It will add millions of people to the insured population, increasing the revenue of hospitals, the health insurers and the health care providers. Hospitals will no longer have to provide free care since almost everyone will have health insurance. When fully implemented, it will give seniors access to cheaper drugs, free preventive care, reform Medicare Advantage plans and close the Medicare Part D donut hole. The law will make it illegal for the insurers to charge women different rates than men. The ObamaCare will chip away at the pre-existing condition exclusion so that by the year 2017 there will be no exclusion even for the high-risk customers.

The currently un-insured will have to purchase at least the basic package of healthcare insurance. Those, whose incomes are below a certain threshold, will receive subsidies from the federal government to help purchase the insurance. Every state in the union will have to set up electronic health care exchange where people will be able to compare the cost and coverage and shop for the best policy for themselves. The Federal government will create such healthcare exchanges for those states which do not or cannot establish such exchanges. The states will be asked to expand medicaid so as to enroll the currently un-insured. As an incentive, the federal government will pick up 100% of the cost of the newly insured on the first year and then gradually transition it back to the states.

The ACA plans to cut $716 billion of waste from Medicare and reimbursements to private Medicare Advantage plans and reinvests it into health care reform. The fees for primary care and Medicaid services will be increased at the expense of some reductions in other specialties and hospital services. A new code for payment for a non-face-to-face service is being created to facilitate care at home and reduce re-hospitalization for Medicare beneficiaries. This new code is over and above the current last hospital day discharge planning visit, which is reimbursable. Medical Home model of care will be promoted where a team lead by the primary care physician will care for folks in the community with emphasis on preventive care and management of chronic diseases in the outpatient setting. There will be increased reimbursement for providing better quality of care, as measured on a set of pre-defined.

The use of national and regional management guidelines will be encouraged in order to streamline diagnoses and offer treatments that have been shown to work based on the comparative effectiveness research data.
The physician community will need to adjust its practices to the new regulations, the new patterns of care and reimbursement. Medical organizations such as the AMA and ACP are already engaged as the rules and regulations are being written. The organized medicine is also lobbying to repeal or modify some pieces of the healthcare law. So what is it that physicians can do now to deal with the change being introduced by the new healthcare law? They can adopt it. They can work towards repealing it or modifying it. They can also wait and see and adapt as the law is gradually implemented over the next 5-10 years.

It is clear that the new law is moving in the direction away from private solo practice to Accountable Care Organizations (ACO’s). Some of the large group practices of physicians and physician extenders will work with hospitals, other healthcare facilities, community based organizations such as home care and social service to create such entities. Such ACO’s will be responsible for the health of the people in their care. It is hoped that this will reduce hospitalization and hence reduce the overall cost of healthcare. The focus in such model of care will be to keep people healthy rather than interacting with them only when they get sick. The ACO’s will get paid for such a care on a global and bundled methodology. Such methodology will serve as incentive for the providers to reduce waste, duplication, un-necessary tests and consultations and to encourage healthy living, taking preventive measures and increase screening and early detection of diseases.

The law establishes an Independent Payment Advisory Board (IPAB). The members of the IPAB will be appointed by the president and will represent various stakeholders. However organized medicine and certain sympathetic legislators are not happy and would like the IPAB to be abolished. They feel that rate setting should not be relegated to a group of unelected persons who are appointed and do not have to report to the congress. Unfortunately, the new ACA law does little to improve the medical liability system in the country. It has authorized some demonstration projects but AMA is pushing to include meaningful changes in the law to address the liability issues. An increase in the insured population will require an increase in the number of healthcare providers particularly in the field of primary care. AMA has proposals to increase the medical residency slots by 15,000 to meet the increase in need over the coming years.

CONGRATULATIONS TO APPNA FOR A SUCCESSFUL SPRING 2013 MEETING!!

Our pathology services are specialized to all areas medicine, including dermapathology, gastrointestinal, general surgery, ob/gyn, podiatry and urology.

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Best Wishes,

InterScience Diagnostic Labs, Inc.
http://www.intersciencelabs.net/interscience/index.html
APPNA and HDF Partners in Progress
Atiya Khan MD
Chairperson of HDF Board of Directors, USA

APPNA and HDF Partners in Progress partnered with HDF to provide necessary relief and rehabilitate the flood affected communities. APPNA National Office along with APPNA local chapters have contributed over half a million dollars to HDF for flood relief and re-development, and the results are both immediate and long-lasting. We have received donations from all across USA including Michigan, Illinois, California, North Carolina, New York, New Jersey, and others and we are extremely thankful for your generosity and commitment.

In 2010, the Human Development Foundation (HDF) and the national office of APPNA collaborated to create a “Misali Basti,” or model village, over the span of three years in Samar Bagh, a flood-affected village in Mardan. The goal is to create a self-sustaining village that will include:

- Better housing and physical infrastructure
- Sanitation facilities and solid waste disposal
- Schools and Recreational and Health Facilities
- Communication hubs and locally generated renewable energy such as solar panels

Three year later we made significant strides, and as a result I have milestones and inspiring statistics to share.

HDF has learned through its years of development experience that community participation is a key to development success. Therefore, local situational analysis was done with residents in order to assess their needs, concerns, and ideas for development. Additionally, a local support group, in the form of a village development organization, was created to run and manage the community affairs and overall development of the village. HDF is implementing all components of the project in true spirit of partnership with the “Samar Development Organization.”

The first component of the village redevelopment was housing for affected families. A typical one room/one bathroom unit was completed in February 2011 to serve as a model for future construction. When constructing the homes, HDF implemented a system where the beneficiary provides the labor, and materials and skilled labor are provided by the HDF/APPNA. A total of 193 housing units have been constructed. Out of 9 total streets in Samar Bagh the work has been completed 100% in 2 and work is in progress (completed 70%) in 3 streets. Out of total 9 streets installation of street lights has been completed in 4 streets.

A donated solar pump has been installed and has started supplying water to an overhead water tank, from which the water will be filtered for village consumption. APPNA’s grant has also helped HDF enhance the Community Health Center in Samar Bagh. Achievements of the health center:

- Close to 3,500 patients visited the CHC and received health care services in 2012
- 63 safe deliveries were conducted by skilled medical providers in 2012
- 95% vaccination rate for children under one year

By partnering with HDF, APPNA members can be certain their collective donations are put to good use, both in the short and long-run. With over 16 years of aid and development expertise and a highly-trained staff of over 700 in all 4 provinces, HDF can move quickly to meet emergency needs. The HDF is also well-equipped to provide long-term recovery, aid and support. HDF has certification from Pakistan Center for Philanthropy, 4/4 star rating on Charity Navigator and is accredited by the Better Business Bureau (BBB): all of which adds significant value to the credibility of HDF amongst the leading non-profit organizations of Pakistan.

Cont ...
The model village is truly a work in progress and we have a number of exciting initiatives underway. All aspects of the project continue to grow due to the wonderful support received from APPNA. We invite you to come and see first-hand the progress being made in Samar Bagh and we can arrange for a project site visit.

A Success Story: From Disaster to Development: Mukhtiara Bibi’s House in Model Village Samar Bagh

Mukhtiara Bibi was one of those affected by the 2010 floods which left thousands of people homeless. The foundations of Mukhtiara Bibi’s mud house became extremely weak after the floods as a result her two-room house was deemed unsafe to live in. Speaking of her despair, she said “we didn’t know what to do. The rains were a curse for us. My husband earns Rs. 6500 per month which is barely enough to feed the family. How would we afford to rebuild our house?” Mukhtiara Bibi has 6 children, including 2 girls and 4 boys. Her eldest son is a laborer and even with his additional income, the family barely gets by. HDF’s decision to reconstruct the village of Samar Bagh was a blessing for Mukhtiara Bibi and other residents in the village. With the help of APPNA, HDF has rebuilt the village of Samar Bagh into a model village complete with housing units and latrines. Speaking from her newly constructed home, she said “I never thought I would ever live in a solid brick house, especially after the floods. We no longer have to worry about floods or whenever it rains.”

I am also excited to share the following images with you. You will see how far along we’ve come.

About HDF: Formed in 1997 by a group of visionary Pakistani Diaspora, The Human Development Foundation (HDF) concept was formalized as a collaborative model between APPNA, Noor Foundation, SIH and Tameer Millat. At HDF we believe everyone, including women and girls, deserve to be treated with respect and dignity, and receive the opportunity to succeed. HDF realizes that charity is not a solution for poverty and the focus must be on creating self-sufficiency. For the past 16 years HDF has been fighting extreme poverty in Pakistan through a unique, holistic model of development focused on lasting...
change. The cornerstone of HDF’s efforts is our commitment to working directly with communities through our social mobilization program. In this, HDF facilitates the formation of democratic community organizations which empower individuals to have a say in the decisions that affect them. The HDF Holistic Model includes programs in 5 key areas: Social Mobilization, Education & Literacy, Primary Health Care, Economic Development, and Sustainable Environment.

Currently HDF is serving over 550,000 people through the holistic model. In addition, HDF has extensive local disaster management experience due to its work during the 2000 Drought, 2005 Earthquake, 2009 Internally Displaced People (IDP) crisis, and the 2010 and 2011 Floods. Post flooding, HDF has an extensive rehabilitation plan focusing on creating sustainability within the villages destroyed by the floods. Over a three year period, HDF built self-sustained “model villages” that will allow the inhabitants to return to a form of normality.

A FINAL THANK YOU
We are very thankful for all your support and generosity especially during floods in Pakistan. But our work in Pakistan is far from done. We hope we can rely on your continued support and partnership as we work to rebuild and develop our country.
The Association of Physicians of Pakistani Descent of North America (APPNA) organized an invitational conference to devise a Hepatitis Prevention and Control Strategy on March 16, 2013 at the Avari Hotel, Lahore. The two day event consisted of a working session of the experts panel, followed by a presentation on the recommendations devised, the next day.

Physicians, educationists, government officials and public health officials attended the conference where presentations were made by an experts panel from Pakistani institutions including, Pakistan Research Council, National Transfusion Authority, Aga Khan University and major Pakistani medical institutions. The panel was headed by Professor Saeed Hamid of Aga Khan University. They deliberated and defined the extent of the serious challenge that Hepatitis C poses to the health of the nation and recommended measures on how to stop the spread of the disease. The experts alerted the viral disease may get out of control in the country if immediate and concrete measures were not taken by sensitizing all stakeholders and the general public.

The event started with Dr. Maqbool Arshad, Chair of the APPNA Hepatitis C Committee giving a brief introduction of the work that APPNA is doing and stressing the importance of physicians taking up the fight against Hepatitis C and to become advocates for their patients and bring necessary changes in the health care so that spread of Hepatitis C is eliminated.

Prof. Saeed Hamid chaired the session, starting the presentations with a detailed background of the spread of the disease in Pakistan as compared to other nations and explaining the risk factors associated with Hepatitis C. He talked about how the problem can escalate out of control if strong measures are not taken immediately to counter the spread of Hepatitis C.

Dr. Huma Qureshi of the National Research Council removed misconceptions commonly associated with the spread of Hepatitis C. She stressed that one cannot be infected with Hepatitis through the exchange of food and drink but only through blood and body secretions. Therefore the government needs to take measures to prevent spread through unscreened blood transfusions, unsafe injections.

Cont ...
nd improperly disinfected invasive devices. Currently, only 23% of blood banks in Pakistan screen donors for HCV. This number needs to increase drastically if any improvement is to be made.

Dr. Hassan Abbas Zaheer and Maj. Gen. (Retd.) Suhaib Ahmed spoke about blood banks, universal blood screening, centralized data base establishment and introduction of quality control of all available testing kits. They explained how the right kind of investment of money and resources can lead to innovative techniques to effectively screen for Hepatitis B,C and HIV so that it they are not transmitted through blood transfusions.

Prof. Arif Siddiqui of Allama Iqbal Medical College and Prof. Masood Siddiq of Foundation Medical College spoke about the role of the government in combating Hepatitis C and placing adequate measures in place to regulate hospitals and their waste management. The consensus was that even though legislation has been defined, implementation is the biggest hurdle with hospital staff and practitioners not being trained to enforce said legislation.

The experts concluded with two major points that need to be implemented immediately.

A. All syringes sold in all of Pakistan’s provinces have to be auto destructive.

B. All blood screening kits should be registered and monitored by Drug Enforcement Agency. All faulty kits with unacceptable false negative results should be removed immediately.

The presentations were followed by a Q&A session where audience asked presenters to provide explanations and made suggestions of their own. The meeting was adjourned on the hopeful note that more awareness would lead to steps being taken to combat the spread of Hepatitis and protect the nation from this very preventable disease.

The event was covered by leading newspapers and television channel. A special session arranged by Radio Pakistan the next day in which with Dr. Maqbool Arshad gave interviews on various communicable infections.

**Experts Panel:**
Prof. Saeed Hamid, Aga Khan University.
Prof. Huma Qureshi, National Research Council, Dr. Hasan Abbas Zaheer, National Transfusion Authority, Maj. Gen. Suhaib Ahmed, Army Medical Corps. Prof. Abdul Rauf Memon, DOW Medical University, Prof. Syed Muhammad Munir, Jinnah Postgraduate Medical Center, Prof. Arif Siddiqui, Allama Iqbal Medical College, Prof. Inayatullah, Nishtar Medical College, Multan, Prof. Masood Siddiq, Foundation Medical College, Rawalpindi Dr. Rana Jawad Asghar, Resident Advisor Center for Disease Control and Prevention, USA, Dr. Quaid Saeed, WHO National Professional Officer for Blood Borne Infections Maqbool Arshad, MD, Chairman APPNA Hepatitis C initiative USA.
Dear Colleagues and Friends,

It is my pleasure to introduce you to the APPNA Scholarship Fund, established to provide scholarships to deserving medical students receiving their medical education in Pakistan.

Recently, a fellow Physician who wishes to remain anonymous, has pledged to match up to $1,000,000 of funds donated to the APPNA Scholarship Fund. Contributing to this fund allows each of us an excellent opportunity to attempt to repay our debt to our Alma Maters.

The terms and conditions of this generous endowment are being finalized. The salient features are briefly listed:

- The Scholarship Committee will maintain sub-accounts for each component Alumni Association, i.e. an account for each Pakistani Medical College represented at APPNA.
- The number of scholarships for each medical college is dependent on the contributions of that institution’s alumni.
- All monies collected will be deposited and subsequently invested in a newly established and specific APPNA Scholarship Account. The Scholarship will be paid out of the income and appreciation of the fund, allowing it to remain perpetual.
- A minimum of $10,000.00 is required in the sub-account to receive one scholarship.

The pledge from our colleague is generous and selfless. But its success hinges entirely on the generosity of the entire Alumni body. Let us accept the challenge to raise $1,000,000 to support the bright young men and women studying Medicine in Pakistan.

Please donate generously to this worthy cause by visiting the website at www.appna.org or print the pledge form to make your payment by check or credit card.

Sincerely,

M. Masood Akbar, M.D.
Chair - APPNA Scholarship Committee
APPNA Annual Summer Convention 2013 - Orlando, Florida

Welcome to the APPNA Annual Summer Convention 2013

Dear APPNA Members,

It is my pleasure to inform you that the Host Committee for the 36th APPNA Annual Convention has been working very hard to bring you an exciting, educational and entertaining event during our Summer Convention to be held in Orlando, Florida at The Rosen Shingle Creek from July 3rd - 7th, 2013. Our predecessors have worked very hard to bring the summer meeting to a convention level and we will leave no stones unturned to bring you the most memorable event. We have planned events and activities that will be enjoyable for you and your family. We are trying to learn from the mistakes of our past and at the same time, ready to set the trend for our future events.

Apart from the usual activities - 12 hours of CME lectures on Thursday, Friday and Saturday, Chapter Night festivities on Wednesday night, Alliance Dinner on Thursday night, Alumni Dinner on Friday night, Annual Banquet on Saturday night, Social Forum, Young Physician Network, Young Professional network, SAYA and CAPPNA events, the meeting will have some new features as well as adoption of some past successes.

For the first time, we are introducing;

1. Clinical Workshops
   - Regional Anesthesia Workshop
   - Dermatology Workshop, General & Advanced
   - MOC module (Maintenance of Certification by American Board of Internal Medicine)
2. Healthcare Screening
3. APPNA Baithak
4. Game room
5. Table Tennis, Cricket and Golf Tournament
6. Concession stands with great food, good service, clean environment and reasonable price.
7. Fashion Show by SAYA
8. Friday night Seated Dinner
9. Excellent Volunteer service

Warm Regards,

I. Zafar Hamid, MD
Chair - Host Committee, Summer Meeting - 2013

Javed Suleman, MD
President - APPNA 2013
Some thoughts about the problems in Pakistan.

Dr Syed Mansoor Hussain

Most Pakistani American physicians have an abiding interest in what goes on in the land of our origin. Some of us just read about what is happening there, while others still have close family that lives there. And some like me even spend extended periods of time in Pakistan. In whichever category we belong, we still worry about what is going on in Pakistan.

As I write this Pakistan is getting ready for its first elections after a ‘peaceful’ transfer of power to a transitional government that has one primary purpose and that is to conduct a free and fair election. Indeed much is written and said in the US press as well in Pakistan about how bad things are. Yet incredibly Pakistan for the first time in its history is going to have an election after a constitutionally mandated transfer of power. That is good.

Does that mean all is well? Of course not. Pakistan like any developing country faces major challenges. Poverty is the major bane of our society. However, even though many Pakistanis live in poverty yet, there is no mass scale hunger and rampant inflation is finally being tamed. Pakistan is expected to have a bumper wheat crop this year and the frequent winter rains were extremely helpful and besides being good for the crops also helped to restore surface and ground water levels.

The two relatively new problems that confront Pakistan are the rising tide of terrorism that is now spreading to include increased sectarian and anti-minority violence and the persistent power shortage. Both of these are of a serious detriment to industrial capacity in the country, terrorism by decreasing foreign and local investment and power shortage by depressing the capacity of the existing industrial base to function at a productive level. This has a significant negative impact on economic growth and poverty alleviation. The major problem facing Pakistan that gets the most exposure in international media and as such ‘excites’ the expat community in the US the most is that of increasing religious extremism and its consequential increase in religion based violence. The majority of Pakistanis are ‘believing’ and practicing Muslims. Yet most of them are not extremists by any definition. But at the same time at the fringes of society there are those that are indeed beholden to extreme interpretation of religion and as such are prone to violence against presumed ‘non-believers’ and ‘apostates’. This is not a new phenomenon.

Sixty years ago, many of the ‘religious’ parties that originally opposed the creation of Pakistan, in an attempt to re-establish political relevance in the newly created country initiated the first ant-Ahmedi agitation that led to a complete collapse of law and order in the Punjab and forced the dissolution of the first elected provincial government in all of Pakistan and the first martial law (Azam Khan's martial law). Since then religious parties have become established as ‘players’ even though they rarely garner enough votes to form a government except of course the late and much lamented religious alliance called the MMA in the former NWFP under army patronage during General Musharraf’s period of supposedly ‘enlightened moderation’.

The question many in the Pakistani American community often ask is whether the recent increase in religious extremism and the resultant violence ever going to subside? Answer is a qualified yes. Five things have to happen before such violence will dissipate though not entirely disappear. First, the Pakistani military...
establishment has to withdraw its support for militant religious organizations that it has in the past nurtured as ‘proxies’ in Afghanistan and Kashmir. Second there has to be a central government that is willing to take on the militants holed up in the frontier regions and even in Karachi and rural Punjab. Third, main stream political parties must come out openly against fringe religious groups and avoid making political deals with them. Fourth, the madrassah culture has to be brought under control and the education in these institutions ‘normalized’ and financial support for them from ‘Salafist’ foreign governments and institutions curtailed. Fifth and most importantly, basic curricula in regular institutions have be modified to exclude jihadi ideation.

Of the few things that can make all this happen include the upcoming general elections in Pakistan. What sort of a government emerges after that will determine whether any or all of the requirements I have presented above can be addressed. Besides that the other major ‘external’ factor will be the exit of US/NATO forces from Afghanistan and what happens in that country. If the US really withdraws then one major issue used by the extremists to garner support especially in the western border regions of Pakistan will disappear.

Until now I have essentially written about relatively ‘abstract’ situations. The most important players that can make things better in Pakistan are the people of this country. Corruption is pervasive. As a friend and a colleague once told me after I returned to Pakistan almost a decade ago, “fifty percent of the people in Pakistan are corrupt, and another forty percent are just waiting for the time when they can indulge in corruption without being caught, and only ten percent are not corrupt”. As has been estimated by many reliable organizations, if all the people that should pay taxes did, the need for external ‘aid’ would disappear overnight! The other major problem is that successful Pakistani businessmen transfer much if not all of their profits abroad. The reason for that is the unstable political environment in the country. The first thing every new government does is to go after all those that did well under the previous government. An absence of a need to victimize successful businessmen would prevent the ‘flight of capital’ and improve local investment. Here the pernicious attitude of our ‘Islamist’ Supreme Court must be considered. The prevailing idea is that all those that make money must be corrupt. The concept that wealth can be generated is entirely foreign to the morality that pervades in our highest courts. Somewhere along the line people of Pakistan have to make a commitment to their country. That is the only way out of the current predicaments. As expats we can only look on and hope for the best.
Every year the leadership of APPNA changes. For the record it is important to state that APPNA is one of the only truly ‘democratic’ institutions of Pakistani Americans of any sort that has elections to select a new executive every year. The same is true of the constituent bodies of APPNA that include the alumni and the local chapters. With every change of leadership the role of all these organizations both within the US as well as relating to Pakistan are re-examined.

APPNA as the umbrella organization in my opinion has three major functions. First, to serve as an advocacy group for physicians of Pakistani origin within the US. This should include the ability help new residents with visas and placement. Second, to act as a liaison between the expatriate medical community and the Pakistani medical establishments. Perhaps APPNA should try and find representation in the Pakistan Medical and Dental Council that is the governing body for medical education in Pakistan. Third, to act as a ‘parent’ fundraising organization to provide professional, financial and material support during any major public health crisis in Pakistan.

The socio-cultural purpose that APPNA serves including that of ‘networking’ has always been there and remains an important reason why it has survived and even thrived over the years. Based upon its charter, APPNA cannot have any direct relationship with any foreign government and as such it has no place to make any political contribution to what is happening in Pakistan. However it does have a right to take a stand on issues that relate to public health and physician welfare even in Pakistan. Interestingly most people will accept the idea that violence resulting in multiple deaths is indeed a public health issue.

The alumni associations as far as I am concerned have one primary purpose. That is to support and help the ‘parent’ institution. Such help can be of many types. Over the last few years the alumni of the Punjab Medical College in Faisalabad have done a brilliant job in helping to develop and equip a neo-natal ICU in the affiliated Allied Hospital. Other alumni have also done admirable work and that needs to be built upon. In my own case, when I started a ‘free open heart surgery’ program in KEMC/ Mayo Hospital, the initial help provided by KE alumni and other APPNA members was invaluable. Different alumni associations should therefore collaborate with the medical staff of the parent institutions and identify areas where they can be of help.

Here I strongly believe based on my experience in KEMC/KEMU as a departmental chair and a member of the academic council for seven years that besides curriculum development and ‘visiting’ lecture ships, every alumni association should also identify a particular area that needs improvement and work with the local faculty to make it possible. Perhaps what is needed is a grouping of different specialties within an alumni association that can visit the parent institutions periodically and determine where and what sort of help is needed and what sort of help is possible. Here two important considerations are in order. First, there are a lot of funds available in Pakistan as is much of the latest technology, so it is not money or technology that is needed but rather the transfer of expertise needed to take advantage of the latest technology. Second, the local faculty is often very sensitive to outsiders telling them what to do, so a certain amount of ‘politesse’ is in order.

Now to the role of the local chapters. Frankly it is the local chapters that are going to keep APPNA alive. These chapters can play an important role in many different ways. They can act as a source of information about practice opportunities available in their area, provide information about things like best areas for residence, available schools, mosques, places for religious instruction for children, halal grocery and meat shops, and other seemingly mundane but vitally important information for new residents of a particular area. Perhaps every local chapter should prepare a small ‘brochure’ with some of the information that I have mentioned above so that any Pakistani origin physician planning to relocate to that area can get this information by contacting the local chapter. And one more thing. Membership in a local chapter should automatically count as membership of APPNA.

Finally one last observation. A majority of APPNA members are Muslims but APPNA is not a Muslim organization. It is perfectly acceptable in my opinion to avoid scheduling any activity that clashes with the Friday congregational prayers or other prayer timings but it is in bad taste to interrupt a particular session and ask participants to go out and pray.
Dental APPNA was established in 2008. Since its inception, it has been growing rapidly. The Executive Committee for 2013 consists of: Dr. Mohammad Arshad, President, Dr. Faisal A. Quereshy, Secretary, Dr. Aliya Khan, Treasurer, Dr. Afshan Haque, Immediate Past President and Dr. Lubna Alam, Advisor.

For the year 2013 we plan to focus on the following areas:

Networking among Pakistani Dentists
Last year at the APPNA Summer Convention, we offered 2 hours of DENTAL CE credit hours and about forty dentists attended our CE session. This year, under the leadership of Dr. Mohammad Arshad, for the first time, we have arranged a Dental Alumni Dinner on Friday July 5th. This will be an excellent opportunity for us to meet each other. In addition, we have arranged a 4 credit hours CE course on Saturday July 6th. Dr. Faisal A. Quereshy will also give one hour of CME to the APPNA general body on Saturday July 6th titled “Management of Dental and Maxillofacial Injuries”. This is the first time a dentist is presenting a continuing education lecture to the general membership of APPNA. We are very excited for this opportunity. The CE courses have been approved by the Florida Board of Dentistry, sponsored by Dr. Faisal A. Quereshy. We are hoping to attract a large number of dentists this year to Orlando. We also plan to create a database with information about our members for our members.

Making Dental APPNA a permanent chapter of APPNA
We need at least 25 dentists to become Lifetime members of APPNA in order for us to become a permanent chapter in the organization. Currently we have 5 Lifetime members and are hoping to increase this number to at least 10 by the end of this year.

Guidance for Dentists coming from Pakistan
For graduates of Pakistani dental schools planning to come to the US, we would like to offer guidance and help preparing for the application process and the US dental boards. With a directory of our membership and the permission of our members, we can match graduates from Pakistan with those dentists who can best assist them. For example dentists who have graduated from a particular college in the US, can advise and recommend young dentists who might be interviewing there. I have found this a very effective way of helping new dentists in the US.

Volunteer work
Last year, Dental APPNA sent a group of its members to do volunteer dentistry in Tennessee. This was both an extremely rewarding and eye opening experience for us. Dr. Afshan Haque also volunteered at the SOS village in Lahore, Pakistan, where she provided routine dental care to those in need. This year we are planning volunteer opportunities in Philadelphia with Temple University and Tennessee with Remote Area Medical. We are looking forward to our summer meeting and hoping to see all of you there.
April 13, 2013

To the Members of the Association of Physicians of Pakistani Descent of North America:

Congratulations on your 2013 Spring Meeting in New York City. I am honored to join you for such a momentous occasion. Your work and commitment to bettering the lives of the underprivileged and homeless across the globe is deeply appreciated. From the food banks you created in the wake of Hurricane Katrina, to mobilizing 15,000 Pakistani-American and Pakistani-Canadian physicians for the APPNA Merit initiative, you continue to give to make a difference. I’m proud of the work you have done and I know that you will continue to inspire me and many others by your humanitarian efforts to make this world a better place.

Sincerely,

Bruce Braley
United States Congressman
IMG Performance in the 2013 Match

For the eleventh consecutive year, the number of first-year (PGY-1) residency positions offered through the National Resident Matching Program® (NRMP®) Main Residency Match® increased. A total of 26,392 first-year positions were offered in the 2013 Match. This represents an increase of 2,358 positions compared to last year and an increase of nearly 5,800 positions since 2002.

The number of IMGs who matched to first-year positions increased by 1,425 compared to 2012. Of the 12,683 IMGs who participated in the 2013 Match, 6,311 (49.8%) matched. In the 2012 Match, 4,886 (43.9%) IMGs were matched to first-year positions. (These data include a small number of Fifth Pathway applicants who participated in the 2013 and 2012 Matches.)

Of the 7,568 IMG participants who were not U.S. citizens, 3,601 (47.6%) obtained first-year positions. The number of non-U.S. citizen IMGs who obtained positions in 2013 increased for the second year in a row, this year by 826.

Of the 5,095 U.S. citizen IMG participants, 2,706 (53.1%) were matched to first-year positions, an increase of 604 over last year. This is the tenth consecutive year that there has been an increase in the number of U.S. citizen IMGs matching to first-year positions.

The total number of IMGs who will fill PGY-1 positions for the 2013-2014 academic year may be higher than the number obtaining positions through the 2013 Match. Although the majority of PGY-1 positions in the United States are filled through the Match, in past years a significant number of IMG applicants obtained positions outside of the Match. For example, while 4,626 IMGs obtained PGY-1 positions through the 2011 Match, 6,754 IMGs entered PGY-1 for the 2011-2012 academic year.

For the 2013 Match, the NRMP introduced an “All-In” policy. This policy requires that, to participate in the Match, programs must register and attempt to fill all of their residency positions through the Main Residency Match, or through another national matching plan. Programs must place all positions in the Match or no positions in the Match. This policy is a factor in the higher numbers, compared to last year, of both positions offered through the 2013 Match (up 2,358 or 9.8%) and the number of IMGs participating in the 2013 Match (up 1,549 or 13.9%). It also, presumably, reduced the number of positions available outside of the 2013 Match. For more on the NRMP’s new All-In policy, visit the NRMP website and Ask the Experts: The NRMP’s New “All-In” Policy, a resource of the ECFMG Certificate Holders Office (ECHO).

About the Match

The annual NRMP Match is the system by which applicants are matched with available residency positions in U.S. graduate medical education (GME) programs. Participants submit to the NRMP a list of residency programs, in order of preference. Ranked lists of preferred residency candidates are likewise submitted by U.S. GME programs with available positions. The matching of applicants to available positions is performed by computer algorithm. The Match results announced in March of each year are for GME programs that typically begin the following July.

Additional Resources on the Match and Match Results

The preceding data are taken from the Advance Data Tables for the 2013 Main Residency Match compiled by the NRMP. These tables provide detailed information on the positions offered and filled by the Match in 2013 and prior years. To access these tables, or to obtain further information on the NRMP, visit www.nrmp.org.

The June issue of Academic Medicine, the journal of the Association of American Medical Colleges, usually offers an analysis of Match results from the preceding March. For more information, visit your medical school’s library or www.academicmedicine.org.

Late each year, JAMA: The Journal of the American Medical Association traditionally publishes an in-depth analysis of graduate medical education in the United States. This analysis includes the number of IMGs entering and continuing in U.S. GME programs and a breakdown of IMG resident physicians by specialty and subspecialty. Visit your medical school’s library or http://jama.ama-assn.org/.
APPNA SWDR Projects and plans for 2013

We need your help and support to make them a reality

We all wish we could stop all this senseless violence and trauma in Pakistan. Till politicians, religious leaders and security agencies change things, violence will continue. Either we can sit and talk and curse or being physicians help Pakistan improve its emergency and trauma care services so that we can avoid unnecessary loss of life and decrease morbidity by improving care at site (by first responders) and in emergency departments throughout the country from Peshawar to Karachi. Currently >90% of first responders and emergency department physicians/nurses are not certified in trauma care and < 30% trauma victims reach hospitals within one hour of trauma. APPNA social welfare disaster relief committee has come up with this plan to improve trauma related care and we need your help and support. These services can be provided to your city and through your alumni.

Dear Colleagues and Friends: In past Social Welfare Disaster relief Committee have focused on relief efforts especially in Pakistan but this year we have planned to expand our horizon and have decided to focus on health care issues and are getting involved in
1. Education/Training/Certification of Emergency/Trauma Care
2. Health care initiatives with long term health benefits by improving awareness and education on Heart diseases, mental health, Hepatitis C, Diabetes/Obesity.

SWDR need your help and support for these initiatives. Please donate generously for these initiatives and make a real change in health care in Pakistan.

APPNA Trauma Care Initiative: Objectives and Goal

1. To raise $100,000 to train/certify (BCLS/PTC) at least 10,000 first responders (ambulance teams, police, volunteers, taxi drivers, teachers, paramedics etc.) and (emergency department physicians/nurses) every year for 3-5 years to improve Trauma care in Pakistan.
2. Our funds will be matched by a NGO working for USAID/WHO
3. Society of Emergency Physicians of Pakistan (SEPP) will provide training and education at discounted rates (BCLS $10/person for 1 day course and PTC $25/person for 2 day course)
4. NGO (including Aman and Emed) to provide personals and facilities
5. Alumni and hospitals to provide local resources and be equal partners

Please donate for any of the following SWDR ongoing projects:
1. Trauma Care education/Interventional Initiative
2. Healthy Heart Awareness Initiative
3. Hepatitis C Awareness Initiative
4. Mental health awareness and Suicide prevention Initiative
5. Diabetes and Obesity Awareness Initiative

To learn more about Trauma Initiative, please follow following link:
http://www.appna.org/index.php?option=com_content&view=article&id=264&Itemid=91

2. To learn more about APPNA SWDR projects, please follow the following link:
http://www.appna.org/index.php?option=com_content&view=article&id=210&Itemid=92#trauma

3. To donate for APPNA SWDR projects, please follow the following link:
https://www.instantreg.com/appnatemplate2/public-donations

To donate by check: APPNA 6414 S. Cass Avenue, Westmont, IL 60559-3209

Thank you for our help and support:
Social Welfare Disaster Relief Committee 2013

Chair: Shahid Sheikh, Co-Chair: Naeem Khan.
Advisors: Aisha Zafar and Jamil Farooqi.
Members: Arshad Saeed, Maqbool Arshad, Mansoor Alam, Zahid Imran, Irfan Rizvi, Khalid Aziz, Asma Sadiq, Iqbal Jangda, Wajid Baig and Abdul Qadir Shaikh
Photo Gallery
Photo Gallery
Spring Meeting
April 12-14, 2013

Photo Gallery
Photo Gallery
Spring Meeting
April 12-14, 2013

Photo Gallery

[Series of images showing group photos from the Spring Meeting.]
Photo Gallery

[Images of group photos taken at the Spring Meeting of APPNA on April 12-14, 2013.]
WE MUST ALL HANG TOGETHER, OR, ASSUREDLY, WE SHALL ALL HANG SEPARATELY

Benjamin Franklin
July 4, 1776

A Message for all Pakistanis

Courtesy of

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SERVICES TO APPNA

- Treasurer, APPNA 2013
- Co-Chair Office Management Committee, DOGANA 2012
- Chair, Communication & Publication, APPNA Annual Summer Meeting 2012
- Member Host Committee, APPNA Summer Meeting 2012
- Co-Chair, APPNA Resources And Development Committee, 2009
- Member, Communication Committee, 2009
- Member APPNA Advocacy Committee 2009-2010
- Chairman APPNA Publication Committee 2009
- Member Editorial Board, Dewlink Special Edition 2008
- Chairman, APPNA Summer Publication 2008
- Co-Chair Earthquake Relief 2005: Set Up The First Camp In “GhariDupatta”, Azad Kashmir
- Founder And Chairman Of Appalachiaian Health Educational Campaign

ACADEMIC ACHIEVEMENTS – AUTHOR OF SEVERAL PAPERS & ABSTRACTS NOTABLY:

FIRST PAPER ON CAROTID ARTERY STENTING JACC. JUNE 2005; FIRST TO DESCRIBE THE PHENOMENON OF “PSEUDOHYPTERTENSION” (TO AUTHOR THE EDITORIAL ON “PSEUDOHYPTERTENSION” IN J OF HYPTERTENSION; FIRST REPORT ON TRANSMYOCARDIAL LASER REVASULARIZATION (PTMRL). AHC. FEB 1999. CLINICAL ASSISTANT PROFESSOR, GEORGETOWN UNIVERSITY, WASHINGTON, D.C.

Tel: 703-532-1700; email: stshahab@gmail.com

Syed Tariq Shahab MD, for APPNA Secretary 2014
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Mayor of the Lexington Fayette Urban County Government,
de hereby proclaim March 28, 2013,
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[Signature]
Leadership, Transparency, Integrity

Farid U. Qazi, MD, FACP
Candidate For President-Elect, APPNA 2014

“It is my honor and privilege to present myself as a candidate for the post of treasurer of APPNA for 2012. I am confident that the following goals are within our reach.

- Make APPNA a financially healthy and independent organization
- Closely monitor the support from the pharmaceutical industry to ensure compliance with federal guidelines
- Ensure meticulous accounting and bookkeeping
- Ensure compliance with the current legal guidelines for funding of various charitable projects funded by APPNA
- Harness the immense collective potential of APPNA membership for productive and meaningful activities rather than just social gatherings
- Shifting power and responsibilities to chapters to make them stronger and making it easy for everyone to be represented regardless of their Alumni association
- Open the doors of APPNA to all by reducing life time membership dues to $1000 so that more people can join to make APPNA stronger
- Will work for election reforms such as 2 years membership requirement as eligibility to vote
- APPNA committee appointments would be made based on ability
- Last but not least, strive to bring back civility and professionalism in APPNA

I sincerely hope you find my dedication and commitment to APPNA worthy of your support.

Farid Qazi, MD, FACP

“\nI believe that the next big challenge for APPNA is not only to continue its growth and attract new members from the Pakistani American community of physicians, but also to concentrate on effective and participatory membership of the existing members.”

Services to APPNA
2010: Co-Chair Advocacy committee
2010: Co-Chair Advocacy committee
2009: Co-Chair Advocacy committee
2007: Chair APPNA Winter meeting
2007: Co-Chair Resource Development committee
2006: Member Resource Development committee

Services to DOGANA
2008: Chair Election and Nomination committee DOGNAN
2007: President DOGANA
2006: Secretary DOGANA
2006: Chair Social forum DOGANA
Served as Councilor and as regular member since 1993

Services to Georgia Chapter of APPNA
Help revive Georgia Chapter with help in setting up processes for electing office bearers, implementing bylaws and arranging CME program.

Community Services
Involved in many social charitable projects including wedding of many poor girls in Pakistan and buying many Rickshaws for poor unemployed people.

Has been among Board of Directors in the local Mosque and active in resolving issues in the community.
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دوہٹاہے جہد میں ہی خوب تو ہی کریں

ہان کر میں ہل اوہہ نان تو ہی کریں
جادے کروہن انہیں کوہ شہی تو کریں کریں

آ سکان نازش تھی ہے تھیمے پیمانے ہے
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اے جہان میرکوہ ہے جس کو کچیں دیا ہے پنڈ
چھوہ مرمٹہ نہ پیا یہ کی میری تو کریں کریں

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غلول

بئس خان کوئر

دنیا میں آنا جا کام دو با
اس کے سو ہوانے کہا کام دو با
تمہاں جلدی میں، کیا کام دو با

"باج یادیزدی نہیں نہ کی بجاوتی میں"

اس طرح سے حالات کے
کہ کسی کی نثار وہ ہے جسے تمہارے

کہ کسی نہیں ہے جسے ایسے ہونے کی جلدی جلدی

آپ کا کام تھا کہ ہیں کیوں

کہ کسی نہیں ہے جسے ایسے ہونے کی جلدی جلدی

آپ کا کام تھا کہ ہیں کیوں
گزل

حمزہ آدی (دیپ سی.footer کانفرنس)

درخت گیا کہ خاک پر دکھا جانے
دو روز اور سے آپ نے خاک پر تیار

سسی کا نچھلی پھول میں نچھلی میں

اب کے دو ذرائع کے ذرائع سے دو آتے

اب تو میں میں چھا چھا چھا چھا چھا

چونہ گزیدی میں چکر ہے میں نسیکا سخت

چونے رکھے نے ہیں خور کو مانتا میں تراش

کوئی نباح منہ میں ہے ہیں ہیں کوئی نباح

دیوار سو نیلے کو چھا چھا چھا چھا چھا

سسی کا نچھلی پھول میں نچھلی میں

میں صرف کامیابی کرنا ہے میں اپنی بات میں کرنا

آرہا لیکن میں رہنے دیا جا ہے میں بخاطر بھی ہیں

میں رکھتی ہوں ہے میں رکھتی ہوں کہا

بڑھتا ہے کہ ہمارہ ہمیشہ میں ہے میں ہے ہیں ہیں

گزر ہو گزر گزر کہ کہا ہے ہیں ہیں ہیں ہیں ہیں

کر نے آنے سے اپنے سے اپنے

کھڑے ہیں ہیں ہیں ہیں ہیں ہیں ہیں ہیں ہیں

پر جلد بھی ہوں ہوں ہوں ہوں ہوں ہوں ہوں ہوں ہوں

کوئی نباح منہ میں ہے ہیں کوئی نباح

دیوار سو نیلے کو چھا چھا چھا چھا

سکھا ہے میں ہے میں نچھلی پھول میں

میں چھا چھا چھا چھا چھا چھا چھا

اس دن کو چھا چھا چھا چھا چھا چھا چھا
دوائر شاہد رشید، کا اثناء،
کیمسکی، نیوا سائنس سمند امریکا، 18 نوامبر 2009

ہو نہیں ہے جرمنی

ہم نے اس کی فرق کی سمت میں اپنا پیچھا کیا تھا
ہو گا قصد جب نہیں پایاں جبًا ذالک
چند دوسرے نے دوستے سے پیسے لیے دتا نہیں
ہدیہ دی جاتی جو اور نہیں دی جاتی برجیلی
زندگی کی سیاہ کا بھی جو اور نہیں دی جاتی
ہماری کہاں؟ پر چھاپانے کی کئی بڑی
بر فضائی مطلوبہ حس کی طرف بھرے
ترک کی شکل اور جو میں نہیں

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Spring Meeting
April 12-14, 2013

APPNA

Healthy Hearts for Healthy Communities

APPNA
Spring Meeting
April 12-14, 2013

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Healthy Hearts for Healthy Communities

APPNA
Spring Meeting
April 12-14, 2013

Healthy Hearts for Healthy Communities

Gastroenterologist

Hippa

Section 5

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NPR

Margaret K. G. Mitchell, MD, FACP, FASE

Healthy Hearts for Healthy Communities

APPNA

Section 5

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NPR

Margaret K. G. Mitchell, MD, FACP, FASE

Healthy Hearts for Healthy Communities

APPNA
“I firmly believe that collectively we can all uphold ethical values, support educational & intellectual pursuits, & thus glorify our Association.”

Shahid Rashid MD

I will as Treasurer of APPNA:
- Promote APPNA as a financially strong organization
- Ensure compliance with legal guidelines for funding projects & receiving donor contributions
- Ensure arrangements for appropriate funding for charitable works under the auspices of APPNA
- Acquire opportunities to boost & maintain membership of APPNA by innovative methods & solicitation
- Rejuvenate vigor & enthusiasm in the Pakistani Physicians community to stand steadfast to APPNA’s mission

SHAHID RASHID MD
for APPNA Treasurer 2014

I strongly believe my entrepreneurial and leadership skills, as well as my experience, qualify me to earn your trust and confidence. To achieve these goals with indomitable will and dauntless courage, I ask for your support for the office of Treasurer in 2014.

www.SHAHIDRASHIDMD.COM
SHAHIDRASHIDMD@YAHOO.COM
956.687.8120
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- Subspeciality Trained Pathologists
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Mount Sinai Medical Center, New York, New York.