Fall Meeting 2012
October 19-21
Chicago, Illinois
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Message From The President

Dear APPNA Family,

Welcome to the Windy City of Chicago! This is an amazing city that attracts so many from around the globe. The weekend of October 19th, the APPNA family will gather for yet another thought provoking meeting session among APPNA Council members. An enlightening, Young Physicians session on October 20th will help them learn on how to present themselves for interviews for residency.

So far, we have accomplished a significant number of goals for the year. Most importantly, fiscally 2012 has been a record-breaking year. As we diligently controlled our expenses and focused on improving our income sources, we were able to strengthen APPNA's financial stature.

A few projects have progressed with a good pace. Our “Burn Unit” project for Lahore, Pakistan, has been successful in raising a majority of the funds through generous donors and sponsorships. We look forward to raising funds during the Fall Meeting, in order to reach our goal.

Our APPNA Office is fast approaching its aim for becoming “paperless”. By December 31st, this process should be complete, thanks to the tireless efforts of our Office Management Committee.

APPNA Clinic CARES Day on the weekend of September 15th, hit a record this year. We had 34 locations in different states across USA participating in providing free health screening, and administering approximately 2,500 flu vaccines free of cost. The wave of community service through most of the states was an amazing accomplishment by APPNA members. Congratulations to all of you for this achievement.

We continue to work on our goal in providing 100,000 meals to the “food insecure” in the USA though “Food Banks” and Soup Kitchens. We hope to reach this goal by Thanksgiving.

Over the last 35 years, each APPNA President has served with passion to build upon the solid foundation laid by the founding leaders. I am proud to say that this has achieved recognition by our communities in the USA, our villages and communities in Pakistan, the US Government and the State Department. APPNA is deeply respected in these circles. I commend the work done by these leaders and their teams.

My thanks to all the Committee Chairs and the Committee members, for trusting me and for serving this wonderful organization. The achievements of this year are due to their hard work.

APPNA Zindabad

Saima Zafar
President APPNA 2012
Greetings!

As Governor of the State of Illinois, I am pleased to welcome everyone gathered for the Association of Physicians of Pakistani Descent of North America’s 2012 Fall Meeting.

I commend the Association of Physicians of Pakistani Descent of North America (APPNA) for your dedication to representing the professional, political, and social interests of physicians, dentists and osteopathic health professionals of Pakistani heritage practicing in the North America. Your support of your membership serves not only to advance Pakistani physicians through continuing education, but also improves the quality of healthcare services overall, and provides a forum to address the unique issues and challenges faced by your members.

APPNA’s commitment to supporting a variety of research projects in Chicago and across the country, as well as providing free clinics and embarking on humanitarian missions throughout the United States and Pakistan is particularly admirable. I am certain that the variety of speakers and presentations planned for this meeting will greatly benefit each individual attendee and your organization collectively as you continue to pursue your worthy goals.

On behalf of the people of Illinois, I offer my best wishes for an enjoyable and productive convention.

Sincerely,

Pat Quinn
Governor
Welcome from the Local Host Committee

On behalf of the Local Host Committee, I welcome you to the great city of Chicago, the home of APPNA. I hope you will find this venue at the confluence of the serene Chicago River and the breathtaking Lake Michigan to be an exciting and mesmerizing experience.

Whereas the APPNA Fall Council meeting serves as the foundation of this weekend, there are many activities that will enrich member’s and their families’ experience of Chicago. I am certain that you will love the organized trip to Devon Ave whether you are a Chicagoan or not. The all-day Water Taxi pass for sightseeing will be a unique experience for the youth attending. Also, from Navy Pier to Millennium Park, there is no dearth of activities for you to enjoy on your own.

Beyond its many attractions, Chicago is also known for hospitality. The Local Host Committee has worked tirelessly to bring forward the best tastes of Chicago through the cuisine and culinary at the banquets. The weekend also highlights variety in entertainment and leisure. From Bhangra to Mushaira and from Ghazals to Sufyiana rock music, the range of talents featured will make for a show to remember. In addition, Young Physician’s Workshop featuring the ECFMG vice-president, immigration attorney and residency directors as panelists has created a lot of interest.

I want to thank each chair and every member of the Local Host Committee for their dedication, commitment and hard work. The credit truly belongs to them. I would also like to thank the President and the Executive Committee of APPNA for entrusting us with this honor. Finally, the LHC wishes to thank the APPNA membership for selecting Chicago as the host for the APPNA 2012 Fall Council meeting.

Arif Agha, MD
Chair, APPNA Fall Meeting 2012

Chicago Local Host Committee

Front Row (L to R) – Arif Agha, MD, Aftab Khan, MD, Javed Imam, MD, Mrs. Uzma Imam
Middle Row (L to R) – Waseem Kagzi, MD, Farzha Agha, MD, Rubina Hussain, MD, Mrs. Sajida Arain, Amore Rehman, MD
Back Row (L to R) – Sameer Shafi, MD, Abrar Arshad, MD, Musarrat Arshad, MD, Mr. Baber Khan, Saima Sabah, MD, Ameera Agha, Imtiaz Arain, MD, Mansoor Alam, MD, Irfan Ali, MD, Muhshabbar A. Syed, MD
Not shown in photo – Farrukh Aijaz, MD, Saiarah Ali, PhD, Irfan Ali, MD, Martaza Arain, MD, Riaz Baber, MD, Tariq Butt, MD, Hasena Javed, MD, Mrs. Rabia Khan, Fauzia Lohdi, MD, Arshad Mirza, MD, Nair Bani, MD, Tahir Rehaid, MD, Reem Shafi, DDS, Aisha Zafar, MD
APPNA is a fraternal society of men and women associated together with an explicit desire of mutual support and interaction among its membership for a mutually beneficial purpose, rather than ethnicity or religious bonds. The ability to organize freely was a fundamental part of the establishment of the modern world. Since its inception, the growth of APPNA to a premier national organization representing Pakistani Descent members here in the United States and in Pakistan is highly commendable. Today’s APPNA has metamorphosed over the years into a vibrant and self-driven successful organization charting new and more expansive course. Its ongoing projects in Pakistan, earth quakes, disaster stricken tsunami areas in Indonesia, flood relief, building housing, and free clinics in United States are living testimony to its global reach and evolving vision. All of these are self-motivated and self-supported by its members and their friends and families. APPNA has raised millions of dollars for these projects. Even more precious is hundreds of hours of free time and medical care provided by APPNA members who continue to make a tremendous difference in countless lives. Following is the highlight of some of APPNA’s projects over the years:

Health Care Related Projects

2012 APPNA Burn Center
The Oscar winning movie “Saving Face” brought to the forefront the issue of acid and fire burn victims and the dire need for adequate Burn treatment centers in Pakistan. APPNA is building a 5 bed state of the art model burn unit at Mayo Hospital, Lahore, Pakistan

APPNA Eye Camps
In collaboration with LRBT, APPNA is conducting 11 eye camps in all provinces of Pakistan

2011 APPNA Hepatitis C Initiative
APPNA has embarked on a robust awareness campaign among the masses in Pakistan to help innocent and unsuspecting citizens protect themselves from Hepatitis C. It is working with Health facilities, medical institutions and schools. It has initiated a comprehensive educational program where medical providers, nurses and paramedics are re-educated about safe usage of needles and sharp instruments. The educational campaign also targets barbers to help stop reusing infected blades and appropriate disposal of these blades.

APPNA Free Clinics established in St. Louis, MO

2010 National Healthcare Clinic Day
On this day APPNA Chapters and Physicians in over 30 locations in United States provide free health screening to the uninsured and indigent population. This day now called “APPNA Care and Clinic Day” is organized every year in the fall and free flu vaccinations are also provided

2008 First APPNA Community Health Clinic in Westmont, IL inaugurated
APPNA Physicians and other volunteers provide free health care to the indigent every week. (Please see article in this magazine).

APPNA sponsored Cytogenetic lab project in Karachi, Pakistan
This is a joint effort of APPNA, Child Aid Association (NGO) and the NICH. APPNA members donated time, expertise and money for a genetic diagnostic laboratory at the national Institute of Child Health (NICH).

Tele-health Pilot Project launched in District Mardan

2007 APPNA Inaugurated and put to operation 7 health care and educational facilities across NWFP and Kashmir.
APPNA organized its first national Bone Marrow Registry Drive. The drive was reorganized in 2011

1989 APPNA SEHAT, a primary health care project to serve rural area in Pakistan launched. The project received worldwide acknowledgement for its innovative approach and successful management. It won many awards including the Richard and Hinda Rosenthal Foundation Award for Primary Health Care presented by American College of Physicians.

1982 APPNA members appointed to Pakistan’s Health Policy Panel developing Pakistan’s next five-year Health Plan Establishment of first audiology lab in Pakistan.

Educational Projects

1994 APPNA establishes a formalized Continuing Medical Education program for its members: This very successful program continues to be offered at every Annual and Council meeting of APPNA.

2007 APPNA MERIT Project was launched.
APPNA MERIT is the Medical Education & Research International Training & Transfer of Technology initiative of APPNA. APPNA organizes quality lectures on various topics by Doctors abroad to the medical institutions in Pakistan. These lectures are delivered online and several institutions from Pakistan participate with full enthusiasm.

2012 APPNA School: APPNA is operating a 1 through 5th grade school near Munirabad in Muzaffargarh District near Multan

2008 First Young Physician Research Assembly was held in Lahore
1997  APPNA, (SIH) SOCIETY OF INTERNATIONAL HELP, and NOOR FOUNDATION cosponsored the formation of Human Development Foundation of North America (HDFNA).

1989  Youth Forum formed to coordinate the activities of various components developing youth programs.

1986  APPNA as part of The Alliance of International Medical Graduates attends AMA meeting and section of Foreign Medical Graduates is created.

1980  First Winter CME meeting in Pakistan: The program is offered every year in Pakistan.

Humanitarian/Disaster Relief Projects

2012 APPNA Village, Sadiqwa – Building 41 Homes
APPNA is building 41 homes in Village Sadiqwa. This village was destroyed during the Floods of 2010.

APPNA National Food Drive
APPNA has reached out to the less fortunate in our communities. A National Food Drive was organized at 15 locations across the United States and 50,000 meals were served to the less fortunate in our communities. We hope to continue this program year.

Clean Water Project
In collaboration with Hassan Foundation, APPNA is building 12 clean water wells in Pakistan.

Sind Flood Affected Receive Free Rickshaws
Seventeen motorized rickshaws have been distributed free to eligible 2011 Sind flood affected persons. APPNA plans to distribute similar number of rickshaws in near future.

2011 APPNA Munirabad Village Completed & Inaugurated
Munirabad village was completely destroyed in the 2010 Pakistan floods. APPNA built 131 homes and handed over free to the villagers. A free dispensary has been established and provides free health screening including Diabetes screening, basic medical care and free medicines.

APPNA Sindh Village Adopted
APPNA is building 100 homes in as Flood reconstruction project in Village Rahib Amro in Sujawal Sind.

2010 Haiti Earthquake
APPNA Physicians provided medical services and distributed water and supplies.

Pakistan Floods
When massive Floods hit Pakistan in 2010, APPNA immediately sprang into action. Almost 1 million dollars were raised. APPNA partnered with its Alumni Societies to supply immediate relief with Food, clothing, medical supplies and free clinics. Long term rehabilitation projects were undertaken. APPNA and HDF are building 240 homes in Samar Bagh Village, KPK. The village will also have paved street and lighting. A Dispensary and informal school are already operating.

2008 APPNA Responds To Baluchistan Earthquake
APPNA supplied tents, food packages, blankets, galvanized steel sheets for construction of shelters and medicines. Medical services were provided especially for acute medical needs of women and children in APPNA's area of operations.

2007 APPNA Provided Relief to the Victims of Sind Floods.

2005 APPNA Donation & Relief Work for Earthquake
This was one of the most comprehensive relief efforts APPNA has undertaken. Over $1.7 million were collected and disbursed for earthquake relief work. Medical and surgical supplies valued at several million dollars were collected and distributed. Over 200 APPNA doctors traveled on their own expense and worked pro bono rendering medical and surgical services in the make shift clinics, the MASH unit and other established hospitals. APPNA set up two rehab centers in the cities of Rawalpindi and Mansehra, fully equipped to offer physical therapy and artificial limbs. APPNA adopted a remote village (Kathai) near the LOC, severely hit by the earthquake.

APPNA Helped Katrina Victims in New Orleans, USA
APPNA provided immediate financial, material and logistic help to the Katrina victims.

2004 APPNA Helped Tsunami Victims in Indonesia
Above, we have reviewed some of APPNA's accomplishments. In addition to these, APPNA's 18 Alumni associations and 32 chapters have undertaken many of their own projects which are too numerous to describe here. Dr. Khalid Riaz described it well in APPNA Qissa: "I see APPNA's potential as one of 'the infinite universe' where new galaxies continue to come into existence, governed by certain basic laws and allowed to grow and thrive in harmony with each other". We are very optimistic of APPNA's future. It is well protected as we see an ongoing infusion of young motivated and well qualified Pakistani Descent physicians. They will undoubtedly uphold APPNA's democratic values and the proud tradition of "Giving" for years to come.

Acknowledgement: We want to thank Dr. Nasir Rana for his valuable contribution to this article.

Sources: APPNA Journals, APPNA and SWDRC website, APPNA Qissa
Meet The APPNA Team

**Jennifer E. Wozniak, J.D.** began as APPNA Administrator in July of 2011. Prior to working at APPNA, she has worked in other non-profit management roles including Northwestern Memorial Hospital Foundation and the American Association of Endodontists. She has also worked in the legal arena for the Cook County State's Attorney’s Office and the Personal Protection Order Office of Lansing, Michigan. Jennifer is responsible for the daily operation of the APPNA office including supervision of the staff at central office, telecommuting staff and APPNA Pakistan. Jennifer completes projects for the Executive Committee, Board of Trustees and Office Management Committees as well as individual projects and requests for the other committees and component societies of APPNA. Jennifer works on requests for each area of the office: membership, financial, donations, meetings, legal, and customer service.

**Sidra Tul-Muntaha** is the APPNA Continuing Medical Education (CME) & Meetings Coordinator. She has a degree in B. Pharmacy from Karachi University. Sidra has been associated with APPNA through employment since 2007. Her past work experience with APPNA has included CME, meeting registrations, memberships, donations, publication, Alliance and working at the APPNA Healthcare Center in Chicago.

**Joanne Walthius** has been an administrative assistant at the APPNA office since March of 2012. She assists with many office projects but her main work focus is with Membership. Joanne has worked extensively to keep current membership records as well as updating information for e-APPNA. Joanne has a degree from Clarion University of Pennsylvania and has worked with many not-for-profit organizations. She is a Past President of Downers Grove Junior Women's Club and Cofounder of 100 Women Who Care Downers Grove.

**Gina Latarewicz** has been with APPNA since May 2012 as a Bookkeeper. Her responsibilities include accounts payable, accounts receivable, recording daily transactions into the general ledger, reconciling credit card payments to the internal Portal, and miscellaneous other accounting functions. She graduated in 2006 from Robert Morris College with a bachelor’s degree in accounting. From November 2006 to May 2012 she was a Staff Accountant for Ryan Enterprises Group, LLC where she was responsible for all accounting functions, tax returns and audits for three not-for-profit companies.

**Nicholas Suh** manages the Information Technology requirements of APPNA by aligning technology with the goals and mission of the organization. Nicholas has over 15 years of experience working in the IT sector with various companies from Fortune 500 to the small to mid-sized business. He is the owner and founder of SyncCom Data Management Group, a Technology Services company. He received his BA from University of Illinois at Chicago and MBA from Northeastern Illinois University.
APPNA Goes Green: The e-APPNA

In the past decade, environmental consciousness has transcended to organizations as more individuals are beginning to understand the positive impact of going green. “APPNA Goes Green”, otherwise known as e-APPNA, is an initiative that aims to improve efficiency, decrease redundancy, and enhance services for all members.

In a world that is becoming smaller and better connected through the power of technology, APPNA has embraced advances that have transformed the way we interact with our members and the way we work in the office. These new technologies allow replacing a cumbersome, manual, hard-copy process that required storage space to house data. The realization of these new efficiencies moves APPNA closer to the goal of becoming a paperless, virtual office. The main technological implementation of 2012 has been the online portal, a user-friendly interface utilizing a secure database stored in the cloud that allows members to personally update their own membership profiles instantaneously. In addition, members have the ability to register for meetings, claim their CME credits, download their CME certificates, evaluate programs, and vote on matters like amendments.

Below are summaries of technologies and processes that have been implemented as part of e-APPNA to further our goal of becoming a paperless office as well as improve our services to our members.

Membership

The strength of APPNA lies with its membership. A clean membership database is the backbone of member services. After the implementation of the online portal, various projects have been completed.

The Lifetime Membership (LTM) Project is complete whereby all LTMs have had demographics added to the portal information. A valid license, if available was uploaded for each LTM. Invoices were added to record for all who became LTMs after 2010.

The Annual Member (AM) Project is complete. All AMs and new members moving forward have had their license expiration date added to the portal information. The portal notifies members to send APPNA a copy of their new license thus making annual renewals quicker and easier.

The Duplicate Email Project is complete. Members with duplicate emails were asked to create unique emails. The portal will not accept a shared email by two members (generally spouses). There are 66 LTM with no email addresses.

The Alumni Project - All life members of recognized Alumni will have this designation added to their profile. The new annual alumni members will be identified for membership at the annual alumni banquet during the APPNA summer meetings.

Continuing Medical Education (CME)

A state of the art customized program for APPNA CME is the hallmark of e-APPNA. This multifaceted module serves the needs of presenters, attendees and managers.

Speakers can sign in to submit abstracts, learning objectives, disclosure and conflicts of interests. Attendees can claim CME credits, print certificates. Paper attendance and evaluations have been eliminated.

For the office staff, the CME management has become efficient in many ways. Effective tools for documentation have helped improve ACCME compliance. Self-service certificate printing by members has eliminated labor intensive processing by the office. For example, during the 2012 summer meeting, approximately 635 members registered for the CME program. Certificates were made available minutes after the conclusion of program. In the last 3 months, nearly 400 of those members have printed certificates. All 2012 program CME certificates are available online.

Event Management

Nearly 50% of APPNA activities revolve around domestic or international meetings. Database driven management is the key to online event registration by members.

Putting “Members-first” concept has eliminated the waiting list for members over nonmembers.

The management of non-members that wish to attend APPNA events has been made more efficient and better controlled. The use of interactive web technology allows APPNA to gauge interest in particular events by non-members and be better suited to respond to this interest with appropriate resources.

Ancillary Technologies

The use of PayPal has been implemented in order to accommodate non-members that wish to attend meeting events. Another new revenue earning feature is the implementation of an eBay style auction site that allows APPNA to auction items to members and non-members. A help desk ticketing system has also been implemented in order to better manage technology issues through tech support. In an effort to better serve our members, a new cost efficient office phone system is in the works which will allow for features not currently available in our existing system. Callers can easily connect to the proper staff member through the use of an automated receptionist. The team is also developing a message on hold system describing APPNA and its projects while callers wait. Members are also able to vote on Constitutional amendments and other matters using the online portal.

Improvements in efficiency and long-term sustainability are key goals that will be met with the growth of e-APPNA. APPNA Going Green is a campaign that has been spearheaded by the Office Management Committee but will only be successful with the support of the APPNA membership. Please join us in utilizing the innovative tools aforementioned and providing your valuable feedback to enhance the experiences of all APPNA members now and in the years to come.

Acknowledgements: Special thanks to APPNA office staff Nick Suh, Jennifer Wozniak, Sidra Tul-Muntaha and Joanne Wallthuis for their contributions to this article and to Ms. Mavara Agha for editing and suggestions.
Fall Meeting Schedule

October 19 – October 21, 2012
Sheraton Chicago Hotel & Towers • Chicago, Illinois

Friday, October 19

8:00 am - 12:00 pm  Golf Outing
11:00 am - 2:00 pm  Lake Cruise Lunch
12:30 pm  Juma Prayer
1:00 pm - 5:30 pm  CME

DINNER & ENTERTAINMENT
7:00 pm - 8:00 pm  PPS/IL Chapter Program
7:30 pm  Dinner
8:30 pm  Entertainment
11:00 pm  Mushaira

Saturday, October 20

8:00 am - 2:00 pm  Council Meeting
3:00 pm - 5:00 pm  Young Physicians’ Workshop
                     Participation by ECFMG leadership

BANQUET
6:00 pm  Social Hour
7:00 pm  APPNA Program
8:00 pm  Dinner
9:00 pm  Entertainment

Sunday, October 21

8:00 am - 10:30 am  Halva Puri Breakfast
8:30 am - 10:30 am  Council Meeting (if needed)
12:00 pm  Meeting Adjourns
The Local Host Committee is pleased to offer the following complimentary services to make your Chicago trip a more pleasant experience.

- **Water Taxi** for sightseeing Friday, October 19, 2012
- **Devon Tour** on Saturday, October 20, 2012
- **Airport** drop-off Limo/Shuttle from hotel on Sunday, October 21, 2012

### Water Taxi All Day Pass
**Chicago River, Friday, October 19**
- Good for unlimited trips on day of purchase
- Perfect for touring sites along the Chicago River
- Includes trips to Chinatown

### Trip to Devon
**Saturday, October 20**
- Have a real taste of Anarkali, Pakistani food and culture right here in Chicago.
  - Bus Departure from hotel at 11:00 am
  - Bus Departure from Devon at 2:45 pm
- Enjoy lunch and shopping on your own!

### $1 Ride from Hotel to Airport
**Sunday, October 21**
- Two trips from Sheraton Downtown to O’Hare
  - 10:00 am and 12:00 pm
- One trip to Midway
  - 11:00 am
- No courtesy ride for unregistered guests
- No on site registration
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PROFESSOR MASOOD HAMEED KHAN,
Vice Chancellor Dow University of Health Sciences

"It is with immense pleasure that I announce the inauguration of the School of Public Health under the aegis of Dow University of Health Sciences on July 15th, 2012.

Over the past few years Dow University of Health Sciences has expanded exponentially through the establishment of various institutions, which are all playing a positive role towards fulfilling the health oriented needs of not only your society but that of abroad as well, through its varying well trained graduates.

Pakistan faces a double burden where the prevalence of infectious diseases is now supplemented by non - infectious diseases, thus forcing the country to face a dual challenge. It is thus required that health care providers be trained with state of art techniques for providing health care to the common person. Thus ensuring quality education, the School of Public Health at the Dow University of Health Sciences, is looking forwards to promoting global collaborations and partnerships. I wish the team of School of Public Health all the very best."

Our CORE Values
 Ethical Approach  |  Critical Thinkers  |  Innovative Strategies  
 |  Leadership Qualities  |  Problem Solvers  |  Evidence Based Decision Making  
 |  Promoter of Research Culture

Our Degree Programs
 Masters of Science in Biostatistics and Epidemiology  |  Masters in Public Health  
 |  Masters in Science in Public Health (Nutritional Sciences)  |  M.Phil in Health Education and Promotion  
 |  Masters in Health Policy and Management  |  Masters of Science in Public Health (Social and Behavioral Sciences)

DR. SABEENA JALAL
M.B.B.S., MS, PhD School of Public Health

I remember returning to Pakistan in 2011 after finishing my Masters in Health Policy and Management from Harvard University. It is with immense excitement that I joined my Alma Mater Dow University of Health Sciences. My privilege was that I joined DUHS under the auspices of the Vice Chancellor Prof. Masood Hameed Khan, who had also taught me Medicine in my medical school days. It is indeed a very exciting time with the inauguration of the School of Public Health.

For more information please contact
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1. 16 year education with a four years bachelor's degree.
2. Minimum of 60% in the last degree program
3. Selection based on marks of entry test, merit and interview

ANNOUNCEMENTS:
Call for papers in our new Journal of Public Health
We appreciate your support and commitment to Dow University School of Public Health
We encourage your collaboration in establishing a World Class School of Public Health
The origins of the APPNA clinic are humble, to say the least, but its evolution speaks to the perseverance of the health professionals who brought it to life. What started as an infrequent clinic run out of a mosque has grown into a full-fledged non-profit that seeks to serve the total health care needs of its patients.

Pakistan descent Physicians Society (PPS), one of the original local chapters of APPNA established a Community Health Awareness Programs (CHAPS). Initially, a handful but dedicated cadre of volunteer medical professionals participated in the CHAPS program, offering services such as blood pressure screenings, eye evaluations, health awareness seminars and health fairs. All located at the Islamic Foundation School and mosque in Villa Park, Ill. Later on Services were expanded to include vaccinations for pilgrims before Hajj each year. This program served hundreds of community members and their families who were in need. For more than 10 years CHAPS continued expanding its commitment and services. Eventually, the needs of the community that CHAPS through its volunteer staff had so effectively and passionately served, outstripped what CHAPS was able to provide. Through this evolving necessity, an idea to build a Free Clinic was conceived and brought to fruition.

In fall of 2007, the then PPS President, Dr. Arif Agha, presented to the Board of Islamic Foundation (IF) the concept of a Free Clinic at the IF and provided the ground work and funds for its establishment. Later on, he placed the seed funds from PPS to establish the current clinic at the APPNA office in Westmont, IL when the newly purchased space became available.

Since 2008, the APPNA Clinic, located at the APPNA central office, has been serving residents of Westmont and surrounding communities through its facilities every Saturday morning to noon. The APPNA clinic services are provided across gender, racial, religious, ethnic and socioeconomic lines. The clinic clientele seek individualized but comprehensive health care, which the Clinic is able to provide free of charge. For a variety of reasons, APPNA Clinic patients find comfort in seeking treatment there; perhaps simply put they find their needs are met at a free clinic with care, passion, dignity and with full measure of respect.

When the Clinic first opened its doors, the number of patients each week was unpredictable. Now, however, volunteers process 20-25 patients each Saturday, making it impossible to accommodate all interested patients on one day alone. Talks of offering office hours on a weekday night are in process, and will likely result in another evening of service if the demand is deemed adequate.

The Clinic staff includes physicians, students and a phlebotomist, all of whom donate their time on a volunteer basis. According to Clinic Chair Dr. Imtiaz Arain, the goal is to offer health care beyond screenings and occasional vaccines, taking the APPNA Clinic’s offerings from simply helpful to fully comprehensive. Patients who visit the Clinic can receive a variety of services, covering needs such as physical evaluation and treatment, prescription medication and on-site blood draws. More specialized care, including social services, patient counseling, and ophthalmology services, are also available.

In addition to on-site services, the APPNA Clinic maintains a broad network of specialists who see referrals from the Clinic at no cost. Also, relationships with area hospitals give Clinic patients access to low-cost laboratory and imaging services.

So far, the APPNA Clinic has served over 2000 patients and only continues to grow. According to Dr. Arain, the Clinic’s physical capacity will soon need to be increased in order to accommodate the patients’ increasing needs. Along with physical expansion, the Clinic needs to offer a broader range of services. Future plans include ENT and dental services, as well as special clinics dedicated to specific concerns. Taking on an experienced Nurse Practitioner will help improve patient flow, while volunteers’ time and effort continues to be critical to the center’s success.

The APPNA Clinic is a non-profit organization registered in Illinois and run entirely on individual donations as well as organizational donations from APPNA and PPS. The support of volunteers and donors has brought the Clinic this far, and will be paramount to its future success.

A testament to the vision of the local APPNA chapter, empowered by APPNA hierarchy and brought to reality by the commitment, hard work and dedication of our volunteers, the APPNA Clinic is proof that when community resources are pulled together with a unified objective, wonderful outcomes are achieved that truly contribute to the greater goodness for all.
Thanks for electing me unanimously as your Treasurer for 2013. I am humbled by your continued support and trust.

And I accept the nomination for Secretary APPNA 2014.
The Dow School of Public Health asks you to HELP US BUILD PAKISTAN

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Every sponsor will receive an item of gratitude and will be considered a stakeholder in the project. Please designate your donation to a project. We thank you in advance for your continued support of DOW SCHOOL OF PUBLIC HEALTH. Please contact Dr. Sabeena Jalal for further information.
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Good opportunity for sponsoring a friend or relative to the United States.

Looking for Owner/Part Owner to invest in one commercial space in a five shop auto plaza in Gilbert, Arizona. Good location for a detailing, radio, or tinting business, as well as for an expert Tandoori Nan cook to complement existing stores. Also an ideal location for Taxi Drivers, Mechanics and Handymen.

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mariaz126@gmail
(913) 969-0918
Darul Hikmah Institute International, Inc. is a non-profit relief organization that is currently operating with a focus on improving the lives of the people living in Village287. Locally known as Meher Ali Fatima Hospital, near Burewala, a city located in the southern portion of the Punjab Province of Pakistan.

The organization provides access to quality medical services to all in need, but especially caters to local women and children in an effort to reduce maternal, infant, and child mortality.

- Darul Hikmah’s dedicated staff of physicians, medical technicians, and administrators provide the local community with much needed medical services. On average, 40-50 patients are served on a daily basis.

- We encourage you to visit our clinic and our honor us with your contributions financially and professionally for the betterment of humanity in Pakistan. May Allah bless you and your Family.

Please visit our website at www.dhiii.org to learn more and to make your generous contribution.

Darul Hikmah Institute International, Inc
212 E. Rowland Avenue #212
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PLEASE HELP THE UNFORTUNATE BURN VICTIMS IN PAKISTAN

The Oscar winning movie Saving Face has highlighted the suffering of acid and fire burn victims in Pakistan. It has also brought to forefront the lack of adequate treatment facilities for burn victims.

Association of Physicians of Pakistani Descent of North America (APPNA) is supporting building of a State of the Art Burn Center at Mayo Hospital Lahore in the newly built Surgical Tower.

• The Burn Center will be able to treat Burn Victims with the latest equipment and technology.
• The unit will be run by a team of well-trained Plastic Surgeons in Pakistan.
• It will provide an opportunity for surgeons from United States and UK to go and operate there.
• The total cost of the equipment for a 10 Bed Burn Center is $1.2 million.

We need your help in accomplishing this very worthy cause.

You can easily Donate at www.appna.org

OR

write a check to APPNA and mail to:

APPNA

Attn.: Jennifer Wozniak

6414 S. Cass Avenue Westmont, IL 60559-3209

(Please put “Burn Center” in the memo section of the check)

Any amount will be Welcome

You may also DEDICATE A BRICK in your or loved one’s name in support of the Burn Unit. Each brick is equivalent to a $1000 gift, and your personal dedication will be displayed permanently at the Burn Center.

Quote from the Director of Saving Face

"I am thrilled that APPNA has decided to support the burns center at Mayo Hospital Lahore. I am very grateful for the support; and I would love to help in any way I can. Until we can eradicate acid violence from Pakistan, the burns center will go a very long way in improving the lives of survivors, and for this we are grateful to APPNA.”

Phone: 630-968-8585
Fax: 630-968-8677

APPNA
6414 S. Cass Avenue
Westmont, IL 60559-3209.

E-mail: appna@appna.org
Website: www.appna.org
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Registration Deadline
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For details visit
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