MESSAGE FROM THE PRESIDENT

Omar Atiq, M.D.

In these changing times, APPNA started the year 2004 with a Strategic Planning Conference on January 24-25 in Dallas, Texas to determine its future. It had been widely felt that our modus operandi of going from meeting to meeting with little thought or planning had led to four major areas, which were thought to be of prime importance for APPNA:

Advocacy and Community Development. It was widely accepted that APPNA should be the proponent of freedom, liberty, and justice for all, that it should strive for preservation of our civil rights and that it should promote peace and good will across religious, ethnic and national barriers. Special emphasis is to be placed on the strengthening of PK-PAC, APPNA’s political arm and on establishing and nurturing strategic alliances with various advocacy, civil rights, ethnic and professional organizations.

Financial Strength and Sustainability. It was clear to everyone that APPNA has to be financially strong for it to be an effective organization. APPNA Endowment Fund is to be augmented by specific endowments for its crown jewel, APPNA SEHAT, and its other charitable projects, including the Women’s Project and the Disaster Relief Services, both here and in Pakistan.

Membership Services. As is apparent, enhancement of APPNA membership and membership services is crucial for the organization’s continued growth. The conference participants emphasized good communication as a pivot for achieving this goal. We need an improved, informative, member friendly and interactive website. A reliable database and value added services, especially for our younger colleagues, are to be actively pursued.

Association Development. All the participants agreed that professional management of APPNA with appropriate staff and resources, including an Executive Director is imperative for the organization to advance to the next level. Once in place, these resources will facilitate improved governance, regulatory compliance and long-term strategic planning. Strengthening of local chapters to enhance grass-root participation will also be pursued.

The APPNA leadership has been given the marching orders by the membership. They are working hard to prove equal to the task. Hopefully, you will have a clear and effective plan of action to achieve these goals by the APPNA Spring Meeting in New York, N.Y. Dr. Hussain Malik, our President Elect, is working diligently to establish strategic alliances and he is pursuing avenues for promoting peace and goodwill. Dr. Zeelaf Munir, our Secretary, has taken the onerous charge of association development and the young physician issues. Dr. Nadeem Kazil, our Treasurer, is spearheading the efforts to bring financial discipline and strength to the organization. Various committees and numerous members without any official designation are volunteering to be an integral part of this process that, if allowed to proceed, will eventually transform APPNA into a relevant, effective and progressive organization.

Many seasoned members commented on the cordial, supportive and productive atmosphere of the meeting in Dallas, which led to its remarkable success. My heartfelt gratitude to all those who arranged, showed up and participated for without them APPNA would be much less of an organization. Those who missed the APPNA camaraderie in Dallas will be well advised to ensure their presence in New York and Washington, D.C.
EDITORIAL LINES
Rizwan Naeem, M.D.

War and pieces
We live in dangerous times. Immigrant communities face the daily dilemma of passion for their adopted homeland and nostalgia of their birth nations. The Pakistani American community is not unique.

We are an amalgam of historic roots, flourishing presence and an ambitious progeny. Our interest in the well being of this country takes precedence over all other interests. However the turmoil of our birth nation with potential catastrophe of a nuclear disaster leaves us with sleepless nights and unrelieved anguish.

What can we do? Moments of despair not only involves our communities across the USA but our counterpart in the Indian families share our fears. Two peaceful people torn in the tussle of past and present. What can we do together? Let's begin with Supporting the peace initiative started between the two countries. There is a lot common among us than differences. We need to highlight the common roots and social customs and develop a dialogue to discuss issues and ideas. Promote a healthy attitude to discuss our concerns and issues and try to resolve them.

As physicians we care about human life and the state of well being. Violence is the very antithesis of our oaths. We denounce such heinous crime not only as civilized humans but as part of our religious tenants. Peace in South Asia will bring prosperity to our people and that in turn will improve health and social standing of our country folks. Maybe one more meal a day and perhaps a kid could have a chance to go to school. We open heartedly support participatory democracy and tolerance as these are the important ingredients for peace and prosperity. Our common culture is rich and is the birth place of several great civilizations and religions. Sad enough the South Asia of today is the poster child for charity donation. Economic stability will continue to elude both societies in the absence of prosperity and security. Neither is possible without peace.

The following facts should stop us in our tracks to ponder and think of our place in the New World order.

- 5% of South Asians live below the international poverty line of $1/day.
- Half of the world's malnourished children < 5 years live in our mother lands
- Thirty percent of all maternity deaths and the largest number of adult illiterates are from South Asia.

Threats of nuclear conflict have slowed down the foreign investors both in India and Pakistan. We have seen in China that peace can bring foreign investment which transforms into prosperity of the region and health to the communities. Cutting defense spending by a mere 5% per year over five years, an estimated $22 billion of "peace dividend" could release four times the resources needed for universal primary education.

What to do. We need to develop regular and permanent contact between our leadership both at local and central organizational level to have dialogue about common issues. Physicians are at a unique place in this country to initiate such rapprochement if not for today but for tomorrow. The gathering momentum then should involve all other social and political organizations to come under one umbrella and seek political solutions to endemic problems facing our nation. Civil society can push politicians to do what is right. Cooperation offers the almost certain prospect of more prosperity for business, a richer culture, poverty reduction, and popular empowerment.

As both APPNA and APPI are planning to have their 2005 annual meeting in Houston, let's begin with open arms and a message of peace and prosperity from the City of Houston and its Pakistani residents.

In the distance I can hear the bells of peace ringing.
MESSAGE FROM THE PRESIDENT ELECT

Hussain Malik, M.D.

I would like to thank all of you for giving me the opportunity to serve you as President-Elect 2004.

APPNA has been the premier organization of Pakistani Americans for the last 27 years. APPNA has developed and supported several charitable and humanitarian projects.

Recently Pakistani Americans have been going through challenging and turbulent times. We have great potential if we work together for the common cause of helping Pakistan, Pakistani Americans and our local communities. As members of the largest Pakistani American organization, it is our obligation to promote our values and beliefs. We may be one of the smaller minorities but our success will depend upon our unity of purpose and our dedication and commitment to our cause. We want APPNA to be a proactive and progressive organization.

For APPNA to lead, we must overcome the evil forces of divisiveness. We must have vision for a bright and ambitious future.

SECRETARY'S REPORT

Zeelaq Munir, M.D.

I would like to thank the membership for the opportunity to serve APPNA as secretary this year. Although it is just six weeks into the year we have been very busy. As per the mandate provided to us by our membership, we are trying to set the direction of the organization for this year and beyond.

A very well-attended and productive strategic planning conference was held on January 24-25 in Dallas, TX to identify and prioritize our goals and take stock of the resources and means available to us to achieve them.

Areas of focus as per the consensus developed were 1) advocacy and community development; 2) financial strength and sustainability; 3) membership services including resources for young physicians; and most importantly, to be able to achieve the above; 4) an investment in the infrastructure of the organization. This would entail professional management, improved governance, enhanced internal and external organizational communication, coordination and grass-roots involvement through strengthening of local chapters.

Work on the above has already begun and concrete steps are being taken, including active recruiting of the executive director, improving central office functions, planning of day on the hill and laying the groundwork for the APPNA foundation to sustain the projects undertaken and activism by APPNA.

In continuation of the vision and goals I had highlighted and worked on last year as Treasurer, I will continue to focus on identifying mechanisms to improve our functioning, ensure compliance with the constitution and regulatory bodies and enhance organizational efficiency and stature. What is imperative is that we maintain cohesiveness, continuity in policies and unity of purpose.

TREASURER'S REPORT

Nadeem A Kazi, M.D.

Once again thank you for allowing me to serve you as a treasurer of this organization. As of December 31st 2003, general funds balance is $10,832. Last year total receipts were $268,496 and total expenses were $311,995. There was a deficit of $43,499 and to overcome this deficit $50,000 was transferred from the meeting and CME funds. In 2002 the deficit was $92,133 which was again balanced by the meeting fund.

These general fund expenses do not reflect the money spent on APPNA SEHAT. Last year we were able to collect $88,980 as a donation from the membership and total expenses for APPNA SEHAT were $190,776. The rest of the deficit was balanced by the meeting fund.

We are running APPNA on a cash basis. With this nature of deficit we have to have a budget to run the organization, to prevent crisis leading to bankruptcy. At the first executive council meeting I will present the budget for the year 2004. Usually around $150,000 is collected as membership dues per year. To meet the expenses, either we have to find other sources for funds or curtail some of the expenses.

The chairperson of APPNA SEHAT has already started working on reducing the expenses by 25%, therefore needing around $160,000. Another option is to use a specific amount, such as 50% of the income from the lifetime dues investment in a given year. We could then use meeting funds for new programs and sustaining ongoing programs. We also need help from the membership to arrange advertisement for the APPNA Journal and Website. Please contact the editor of this journal.

The main source of income for this organization is the membership dues. Please join APPNA and keep your membership current and ask your Pakistani descent colleagues to join APPNA.

Inshallah, by the end of March we will streamline all alumni and chapters who use the APPNA tax ID with our accountant so he can have all the information required by Illinois State and Federal agencies for filing an audited report.

APPNA Newsletter, Vol. 14, No. 1, Spring 2004
ALUMNI REPORTS

Allama Iqbal Medical College (AIMC) Alumni Association

Iqbal Nasir, M.D.

The officers of AIMCAANA for the year 2004 are: Iqbal A. Nasir, President; Muhammad Tariq, President-elect; Sajjid R. Chaudhary, Immediate Past President; Asad Qamar, Secretary; and Rizwan Qureshi, Treasurer.

Dr. Sajjid Chaudhary started the Iqbalians E-list group last year under “iqbaliansalumni@yahooogroups.com” and our newly constructed website address is www.aimcalumni.org. Both of these forums should enhance the communication amongst Iqbalians. It is estimated that there are more than 350 AIMC graduates in this country.

We are planning to meet on March 19, 2004 during the Spring Meeting of APPNA in New York. We plan to do our strategic planning for the next three years and goals are:

1. Publish our first issue of Newsletter
2. Establish effective communication with our Alma Mater
3. Organize a retreat of Iqbalians at the Annual Summer Meeting
4. Obtain the ratification of our Charter & by-laws by the General Body
5. Start the election process of our Executive Council in order to organize our Alumni throughout North America
6. Register AIMCAANA as 501 (3) organization in order to obtain a tax exempt I.D. from IRS. This will facilitate obtaining funds for the endowment of our young Alumni
7. Improve our database of Iqbalians in North America and to reach out to them for active membership of the Alumni as well as of APPNA.

Fatima Jinnah Alumni Report

Sherry Gilani, M.D.

It is a great honor and humbling experience to represent the FJMC Alumni Association. Our team is focused on strengthening the following ongoing programs.

1. MENTORSHIP guiding students via internet
2. SCHOLARSHIP program (need based)
3. LECTURE SERIES that are set up through FJOG at a short notice
4. MODEL WARD at the new 400 bed hospital

We believe that a lot of work needs to be done towards modernizing the way medicine is being taught in Pakistan and our college. This year we will concentrate on encouraging students to research the internet for cutting edge medical advances. We are also suggesting the start of a merit based scholarship for our students to continue to achieve higher goals.

If possible, we would like to open a center with FJOG. It is our sister organization in Pakistan, which has been very successfully providing not only free treatment to our less fortunate Pakistani brothers and sisters but also teaching children of Kachi Abadi under the guidance of Dr. Tasneem Raza.

believe that projects like these will not only make us better doctors, but will also make us better human beings.

Our strength will come from our members. We have made a lot of progress. We anticipate expanding the membership further by the summer meeting. We must remain committed to the noble idea of “making a difference” both here and in Pakistan.

King Edward Medical College (KEMC) Alumni Association

Mohammad Jahanzeb, M.D.

I am very excited about the enthusiasm many of you have already shown this early in the year to double our membership and aggressively raise funds for KEMCAANA projects, as well as its endowment fund. Dr. Shahzad Sadiq was instrumental in establishing this fund and initiating the process of long term strategic planning under the guidance of our Board of Trustees. Our Post Graduate Education is thriving. We selected four residents out of 37 applicants in Lahore in December. One (from KE) will go to New Jersey and three will come to University of Tennessee Memphis (one from Aga Khan, one from Dow and one from KE). Our brainstorming session in Dallas last month was very well attended (although we were up until 3 AM after the entertainment program, 14 out of 17 Kemcolians attending the Dallas meeting showed up for the 8 AM session!). We are now looking forward to the Spring Executive Committee meeting at the Park Central Hotel in New York (March 18-21), where a lot of planning will take place. Please make an effort to attend. I am really indebted to all the trustees, executives, committee members and colleagues who are working diligently to take KEMCAANA to the next level.

We are planning to have a great musical evening and other entertainment on Friday evening in the summer meeting in Washington. We also plan to revive our Friday afternoon General body session. There may be a raffle and a whole lot more.

If you have never attended a meeting before, this maybe the one to attend!

Liaquat Medical College Alumni Association

Izhar ul Haque, M.D.

I feel very proud to share my report with you all. This year Liaquat was Host College for the 25th APPNA Winter Medical Conference. Due to personal reasons I was unable to go to Pakistan but our college hosted the meeting beyond our expectations. Dr. Afzal Arain (Chairman of Host Committee), Dr. Kimat Gull Khattak (Co Chair), Dr. Ayaz Samadani (Chairman of CME), Dr. Murtaza Arain (Chairman of Homeland Security, Transportation and Accommodations) left for Pakistan one week early to make necessary arrangements for the reception of APPNA Delegates.

Four medical schools of Sindh took active participation and 1,400 doctors attended and benefited from the CME program. Practical workshops were arranged and free interaction took
place. This was the third and best APPNA conference at LMC. Dominance of a few bigger colleges and APPNA politics has been discouraging to most of the members who are reluctant to join APPNA. I have worked hard to personally contact and persuade non member physicians of LMC to join APPNA.

I am an optimist and will continue to work for a better APPNA.

**Nishtar Medical College Alumni Association**

Najeeb Rehman, M.D., F.A.C.C.

This is going to be a land mark era in our Nishtar Alumni’s history. Dr. Abdul Piracha’s perseverance has achieved a daunting task of consolidating funds into APPNA’s central office. Now we all will have a transparent accounting and accountability. In addition, Nishtar is being gifted a monumental Trauma Center, by the implacable fund raising efforts of Dr. Abdul Khaliq, immediate past president of our alumni.

They have both raised the bar for me.

By the grace of Allah, our alumni have generously contributed for this project. We will see the completion of this “PROJECT TRAUMA” very soon, Inshallah. We aim at raising another $200,000 this year. Now that we are offering this landmark gift to our alma mater, some other pragmatic issues also need our attention. I believe that basic tenet of emergency care involves emergent transportation to the facility and critical resuscitation. We would encourage local authorities to provide and maintain emergency transportation, and ask for their commitment to it. Building structure alone will be futile. I have therefore proposed that, in parallel, we should also plan to setup proper resuscitation training for students, interns, residents and registrars. I would like all of you to also participate in this “PROJECT CODE” as well. Identify the resources that can benefit us to set up BLS, ACLS, ATLS, & PALS training and credentialing courses. I appeal to all APPNA members for help. Please look out for any resuscitation equipment being commissioned out of service, e.g. defibrillators, expired endotracheal tubes, intubation equipment, etc. We will need funds for this as well, but more so your willingness and cooperation. I would like to start such training courses by this year’s end.

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**Sindh Medical College Alumni Association**

Javed Suleman, M.D., F.A.C.C.

To establish SMCAANA Endowment Fund, a committee consisting of distinguished senior SMCians has been constituted. The mission of the SMCAANA Endowment Fund is to support the activities and endeavors of SMC and SMCAANA. All receipts for this fund will be invested and will remain inviolate (not to be spent) and only the earnings shall be used for association purpose. The target is to collect $150,000 for this fund during this year.

Giving to the endowment is an investment in the future of SMC and its generations of students to come. It is an attempt to give back to our Alma mater to whom we owe all our professional successes. The Endowment Fund will accept gift of all sizes and will publish contributor’s name in its yearly report. It is a way of giving back to the Alma Mater and it allows a measure of personal involvement with assurance that the contributions will be addressing the future needs.

We are also organizing our Social Welfare Committee, through which we will be able to send medicines and supplies to our affiliated hospital JPMC and Interventional Cardiac accessories and supplies to NICVD. We will continue our support of BLS/ACLS project in Pakistan through this committee. The Young Physicians Committee has been established to help and support physicians seeking Residency, Fellowships and J-1 waiver jobs. We are also working on enhancing the performance of our web site www.smcana.org.

In April and May 2004, SMCAANA, with the support of the local leaderships, will be organizing regional meetings in New York, Houston, Chicago, Chattanooga and Orlando. We are anticipating a large membership participation in our Summer Meeting in Washington, DC. Please try to attend and also make sure to renew your 2004 membership. The membership form can be downloaded from the web site. We are looking forward to your continued support.

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**LETTER TO THE EDITOR**

Dear Sir,

While reading the recent issue of the Journal (Vol 5, Number 2, Winter 2003), I have made an observation, which I will like to share with the readers.

Dr. Syed Nadeem Ahsan, in his editorial refers to APPNA as "...the Association of Pakistani-American Physicians of North America...." (page 3, para 3) and Ms. Afridi-Qazi refers to APPNA as "...The American Pakistani Physicians National Association" (page 13, para 1, line 6).

I welcome the fact that the Journal Editors are allowing the acronym "APPNA" to be translated or interpreted as an organization of the Pakistani-American physicians rather than as Pakistani Physicians. I hope that this is a deliberate and a conscious decision.

Whereas the organization was created as the association of Pakistani Physicians of North America and that name is embedded in its charter and the legal documents, APPNA now includes Pakistani physicians who have become US citizens as well as many young physicians who are American by birth but are of Pakistani heritage. I believe that the majority of the APPNA members at present are Pakistani-Americans.

I raised this issue over 10 years ago and suggested that for the future strength of APPNA, it is imperative that the American born physicians of the Pakistani heritage be invited to join and that we should consider changing the name to the "Association of Pakistani-American Physicians of North America. The acronym "APPNA" does not have to be changed. I welcome the fact that the Journal has recognized this and should open a dialogue to officially change the name of the organization to truly represent its constituents.

Dr. Khalid Laseequr Rehman
Life Member, APPNA
Membership Committee Report

Sadeem Mahmood, M.D.

Aslam-o-Alaikum. One of the goals set at the conclusion of the APPNA 2004 strategic session is to increase the total membership to 2,500. Current membership is approximately 2,000. The integral aspect to achieve that goal is to work directly with Alumni Presidents, Chapter Presidents and Regional Counselors, Residents and Fellows in Training and Graduates of American Medical Schools of Pakistani Origin.

The plan is to inform the current membership and possible future members what APPNA stands for and what its Membership services are. For this purpose the current leadership along with the help of the membership committee is making a brochure which will be available to all Alumni and Chapter presidents, all meeting venues and mailed to all members and various Pakistan origin organizations. This brochure will incorporate all current and proposed future Membership Services (highlights of which are also mentioned hereunder) and projects both for Welfare (for members and community and Civil Rights (in US and in Pakistan).

The Message and Means Membership Services of APPNA are in the process of being arranged and would hopefully be available to all current and future members include:

Document Verification Service: This is with direct cooperation of Alumni Presidents to establish Alumni/APPNA cells in each respective Medical College in Pakistan. These cells will be interlinked with internet so a member can access them easily.

Comprehensive Database: This will be available to list all members with their locations, contact numbers, skills and talents. This will not only provide a complete and easily accessible directory but will assist our members in obtaining expertise and assistance from within our organization.

Legal Assistance: Currently we are negotiating for two kinds of assistance for our members. First, Immigration Law Firms, who will provide their services (J-1 waiver, H-1, Permanent Residence and Citizenship) on fixed negotiated rates to our members. Second, General Legal Services, which will assist in negotiating contracts for jobs and insurance companies etc.

Interactive Web Page: Utilities of this are innumerable. Few examples include Community page for posting messages, discussing issues and proposing ideas. Posting job (Regular and J-1) and partnership opportunities and resumes.

Combining the dues form: Proposal made by my co-chair Dr. Mahmood Alam and almost unanimously accepted to combine the APPNA/Alumnus/Chapter dues into one form.

Members Relief Fund: A fund is being established for members and their families who meet a sudden and catastrophic tragedy.

Financial Services: We currently are negotiating with Banks and Institutions to provide extremely competitive group rates to our members.

Committee Activities The membership committee plans to update the committee members about the progress of various projects. Meetings and/or phone conferences will be held with all alumni and chapter presidents so that membership committee and APPNA officers have a chance to participate and promote membership. All component presidents would be urged to invite all members and especially potential members of their respective area. I personally respect and realize that every one’s time is important and valuable in today’s world, this is a voluntary job and time restraints do limit us. I have utmost confidence in my present team they all are experienced, dedicated and sincere but we have been assigned the most uphill task of all committees this year and I intend to complete it. I will be presenting a report for upcoming March. Spring meeting in New York as to targets achieved of the few mentioned above, but Inshallah the activities of the committee itself would be so evident that every one will know of all happening long before any official report is presented. I have full confidence in this year’s leadership as we have on the most dynamic team APPNA has ever seen.

Join the APPNA eList

Amin H. Karim M.D.

APPNA eList is an email forum consisting of APPNA members and elected officials communicating with each other. Presently there are more than 180 members on this forum and more are joining. If you wish to stay in contact with live news and views of your colleagues across North America, you can join in too. All you need is a valid email address. You will be asked to register the first time you visit. Registration is free and the information is kept confidential. Joining is easy. Log on to http://www.appna.org Click on “Forums”. Clicking on it will drop a menu with two choices. “Message Board” and “eList Manager”. If you join the Message Board, you can see other messages and post your own replies on the web page. You may elect to receive all the posted messages by email. If you join the eList, you will first receive an email to confirm that you are who you claim to be (for security and privacy purposes). You will then be listed on the forum and start receiving emails from other colleagues. The messages may or may not interest you, in which case you can simply delete it.

Most APPNA members on the eList feel it helps them understand the views and feelings of the American Pakistan community in general and American Pakistani physicians in particular.

Please note that there is only ONE official APPNA email list.
Washington D.C. – A Truly American Experience
APPNA 27th Annual Summer Meeting in the #1 City of America

June 9-13, 2004
The Wardman Park Marriott Hotel

A Top Quality CME Program
Exquisite Food, Dazzling Fashions and Great Entertainment
A Redesigned and Improved APPNA Bazaar
A Prestigious Visit to Capitol Hill
Exciting Tours of our Nations Important Monuments
Stimulating Visits to the Celebrated Smithsonian Museums
And Much More!!!

For Further Details Contact:
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Ph: 630-968-8585, 630-968-8606 • Fax: 630-968-8677
E-Mail Address: appna@appna.org

Or Visit the APPNA Web Site at www.appna.org

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First liver transplantation in the history of Pakistan was carried out at this institute in November 2003.

In 2002: 270,000 patients were treated; 129 renal transplants performed; 68,000 patients were dialysed; 3,464 lithotripsies performed; 83,000 patients seen as out-patients and 9,000 patients were admitted.

All of this is possible only because of philanthropy from conscientious Pakistanis like you.

Please support this noble cause; donate generously, donate regularly. Be a friend of SIUT.

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E-mail: asayeed@houston.rr.com
Telephone: (281) 855-2820 or (713) 446-0379
Visit our website: www.siutna.org

"Poverty should not limit one's right to live."
A message from Prof. Syed Adibul Hasan Rizvi, Chairman, SIUT
ASSOCIATION OF PAKISTANI PHYSICIANS OF NORTH AMERICA
27TH Annual Summer Meeting
June 9, 10, 11, 12, and 13, 2004
Marriott Wardman Park Hotel
2660 Woodley Road, N.W.
Washington, DC 20008
Phone: (202) 328-2000, Fax: (202) 234-0015
International Toll Free: 800-228-9290

PRELIMINARY REGISTRATION FORM (Deadline May 21, 2004)

Name (Last) ___________________ (First) ___________________ (M.I.) ________
Address: ____________________________ ____________________________
Home Phone: __________________ Med. College: __________________ Yr. of Grad. ________
Office Phone: __________________ Office Fax: __________________ E-mail:____________________
ALLIANCE: (Spouse Name) __________________________

SAYA – Ages 18 – 26
Name __________________________
DOB __________________________
E-Mail __________________________

CAPPNA – Ages 13 -17
Name __________________________
DOB __________________________
E-Mail __________________________

Please list all family members that are attending the meeting for nametags. Nametags will be required for entrance into the APPNA Bazaar / Expo and other APPNA events. Your cooperation is appreciated.

Discount tickets at special APPNA convention rates will be available for attractions in Washington, DC.
Make this a family vacation of a lifetime

Refund policy:
A refund of 75 % of the amount will be made for requests received by May 21, 2004. Absolutely no refunds will be made after 5/25/04.
APPNA Banquet tickets may not be purchased without proof of membership and registration to attend this meeting

REGISTER NOW!
By Fax
(Credit Card Only)
(630) 968 8677
24 Hours a Day
By Mail
APPNA
6414 South Cass Avenue
Westmont, IL 60559 (630) 968 8585
On Line
Coming soon on www.APPNA.org
### Registration Categories

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(Must attach a letter from the Program Director if not on file with the APPNA office)

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### APPNA BANQUET

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<td>Membership Dues</td>
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### SAYA (Ages 18 +)

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### SAYA Dinner

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<td>50.00 55.00 60.00</td>
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### CAPPNA (Ages 13 – 17)

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### CAPPNA Dinner

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APPNA Newsletter, Vol. 13, No. 2, Summer 2003
Name: ____________________________________________

Babysitting services for children 14 Years of age and younger.

Registration Categories

<table>
<thead>
<tr>
<th>Date</th>
<th>Before April 21st</th>
<th>April 21st to May 21st</th>
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<td>Friday, June 11th</td>
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Dinner will NOT be provided for the evening sessions. Please make sure children are fed before being dropped off for babysitting for the evening sessions. Parents please also provide feeding bottle, diapers, wipes and change of clothes, etc.

Name of Child: ______________________ DOB ______________
Name of Child: ______________________ DOB ______________
Name of Child: ______________________ DOB ______________
Name of Child: ______________________ DOB ______________

Absolutely no on site registration is available for babysitting.

GRAND TOTAL (ALL PAGES):

$ __________

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THIS COULD BE THE MOST MEMORABLE MEETING EVER!

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Payment Options: No registration accepted without payment in full. Enclose check payable to APPNA or Charge to: ______ Visa ______ MasterCard ______ American Express ______ Discover ______
Card Number: ________________________________ Exp. Date: ______
Card Holder's signature: ____________________________

Please mail this form with your check/credit card information to the following address:
APPNA, 6414 S. Cass Avenue, Westmont, IL 60559. Tel: (630) 968-8585, Fax: (630) 968-8677
Registration
Please include copy of form. They can also be downloaded from the APPNA Web site and Online Registration will soon be available.

Hotel Information
Please reserve your hotel room as early as possible by calling Hotel at (202) 328-2900. Mention APPNA to get reduced rate.

Rooms at discounted rates for APPNA members are available till May 10, 2004.

APPNA Discounted rates:  
$121.00 per room per night  Single/Double
$139.00 per room per night  Triple/Quad
(Room rates do not include taxes)

Link to hotel web site www.wardmanpark.com

Travel Information
APPNA has negotiated special rates with many airlines and car rentals. Please call our Travel agent; Discount Travels at 1-800-293-2937 to make your travel arrangements. Please mention APPNA.

We have also arranged for Limousine Service through Nationwide Limousine Service. Mention APPNA when you book your service and they will charge you only regular cab fare. Please book this service in advance by calling toll free 1 866 576 4227

Exhibitors
Exhibitor packet can be downloaded from the APPNA web site soon. For any exhibit related questions exhibitors should use following contact information:

Phone: 317-679-7032
Fax: 317-839-6329

Please note this contact is for exhibits information only. All other questions should be directed to APPNA Central Office

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APPNA Sehat

Hassan Bukhari, M.D.

The APPNA SEHAT model is designed to improve health indicators of marginalized rural communities through primary health care and community development interventions. The model has repeatedly proved its value as effective and efficient by improving community indicators of health and development to a level not foreseen even by planners. The crux has been to congregate locally available resources so that motivated and skilled communities with problems would be solving these problems themselves. After improvement of health indicators and community development, these communities were to be graduated out of APPNA SEHAT financial inputs, and replaced by new communities. The graduation out process is the premise of the APPNA SEHAT model.

A Day on the Hill

Mahmood Alam, M.D.

Last year in September many Pakistani American physicians and professionals visited the Capital Hill. The purpose of our visit was three-folds: 1) to educate legislators about the issue of Visa denial and security clearance of Pakistani physicians, 2) to emphasize the impact of this policy on the US urban healthcare and on the US-Pakistan relations, and 3) to ask for their support in terms of helping physicians of their constituency and to have them write/endorse a letter/petition in support of this issue. Our day at the hill was very productive and busy. As separate groups we met almost 40 congressmen or their senior staff. They were very supportive of our concerns and laid out some administrative issues at the Pakistan consulate level as well as interagency communications issues. Many of the senior staff supported our petitions to the Department of Homeland Security as well as to the local visa offices.

As part of the political activism there is a lot to learn from senior colleagues as well as from the procedures of participatory democracy. All the members felt positive about the experience and pledged to spend another day in summer 2004 on the capital hill. For more information and participation in the coming events please contact me at ALAMMD@aol.com

full cost of implementing primary health care interventions in common units with APPNA. APPNA SEHAT continued to implement PHC interventions in these common units up to June 2003 and incurred almost Rs. 2.3 million. This was the deficit, which APPNA SEHAT had to suffer.

2. APPNA SEHAT has its board in the US. This is not only an objection from many donors within Pakistan, but sometimes resulted in delay in decision-making that demanded prompt attention. During the last year, APPNA SEHAT was dependent on foreign remittances, which is often delayed resulting in erratic salary payment as well as other liabilities. Project activities also suffered a lot and the profile of activities had to be reduced.

How to improve. The proposed strategy to cope the situation is: Graduation out (withdrawal of financial input only and technical inputs and training would remain there) of those units, which have been with the APPNA SEHAT program for five years or more. In the future, once the financial situation gets better, new communities will be added. The process of graduation out must be the regular feature of the APPNA SEHAT program and no one unit would stay with the APPNA SEHAT program for more than three years. The formulation of an APPNA SEHAT board within Pakistan, consisting of expatriate Pakistanis, will help in prompt decision making and removing the objections put up by donors, especially local ones. There should be a policy decision on the graduation out process to be included in project planning as a regular feature. All project staff will be discharged as the funding ceases. APPNA SEHAT will leave only its technical program staff. APPNA SEHAT will thrive as a resource organization and will offer short trainings on the health and development sector to other organizations.

The previous status of expenditures was Rs. 1,272,623 (US$21,941) per month. This is based on the monthly average of Jan-Jun 2003. The estimated reduction in expenses is Rs. 617, 245 (US$10,698) after graduation of all those units, which have been with APPNA SEHAT financial inputs for five years or more.

List Of Non Profit Organizations

A list of humanitarian, non-profit organizations with support/involvement, directly or indirectly of APPNA members is being compiled to be published in future issues of the APPNA Journal. Please send any information you have in the following format:

Name of the organization, primary purpose/mission, field of work (human development, primary healthcare, special healthcare, education, human rights, other) affiliated organization (e.g. Civil Hospital Karachi for Safe Motherhood Project), headquarters address and phone, website and email address, primary contact person. Your help will be greatly appreciated.

Amin H. Karim MD
kardio@swbell.net
6445 Belmont Street, Houston, Texas 77005
APPNA and SMC Alumni Annual winter meeting
December 22nd to 24th, 2003 Highlights

Rizwan Naem, M. D.

1. Hotel rate of 3000.00 Pakistani Rupees per night included executive rooms, free breakfast, access to club room and transportation to and from the airport.

2. Activities started with a press conference and reception on December 18th in the presence of local host committee and Principal Sind Medical College, Karachi. Dr. Rizwan Naem addressed this conference and highlighted the goals for this year and answered questions from press. This press conference was well covered next day by local media including PTV, Jung and Dawn.

ACLS and PALS workshop was organized by SMC Alumni coordinated by Dr. Saeed Akhter from December 22nd to 24th. This was well attended by local physicians and was highly appreciated. SMC Alumni this year started PALS workshop conducted by an SMCian from first batch Dr. Kaukab Saeed.

3. December 22nd was dedicated as “social awareness day” and a symposium was organized with lunch at Pearl Continental Hotel. In this symposium number of success stories from local charity and philanthropic organization including SIUT, Child Aid Society and many others were presented. PMA Karachi showed a documentary on health care status. Dr. Rizwan Naem highlighted the Physician peace Initiative started by US physician. Dr. Farooq Sattar chairperson for the local host committee gave a very enlightening speech and discussed the issues with clinical teaching at SMC and mentioned that SMC needs an additional teaching hospital or JPMC be part of local government.

4. Another highlight of this day was a remarkable picnic at Sandspit beach where APPNA delegates enjoyed horse riding, camel riding, turtle sighting and a delecious dinner at the beach.

5. On 23rd and 24th regular CME activities took place where number of visiting and local faculty presented wide spectrum of topics of interest to the local and visiting attendees. Both sessions were very well attended followed by lunch at PC.

6. At the end of the CME session an open Forum and discussion was held between, SMC students, Parents, SMC and JPMC faculty, PMA, APPNA and SMC Alumni for status of education, career planning and future for young graduates. This was the most attended meeting where many issues were discussed and was again reiterated that SMC needs a additional teaching hospital to train there graduates. Highlight of this discussion was Dr. Omar Atiq address emphasizing individual efforts and commitment to education.

7. At the same meeting Principal of SMC announced a new scholarship for the first position holder of the first professional. President of SMC Alumni announced that from now onward Alumni will come every year to help SMC and have a contentious dialogue with authorities. He also announced that there will be a new annual lecture series planned named after our beloved professor Dr. Rehman Ali Hashmi memorial lecuture once a year in december. Formation of local Alumni and SAFER foundation to support health and education in Pakistan.

8. On 23rd night a fabulous dinner gala was arrainged and Governor of Sind Dr. Ishaat-ul-Ibad was the chief guest. He announced matching grant for SMC foundation and thanked APPNA and SMCAANA for bringing such a prestigous meeting to Karachi. President elect of APPNA Dr. Omar Atiq emphasized the significance of free media, civil rights and participative democracy. After dinner musical program was conducted by Omar Shareef and among many singers were, band name CRAZE, Alam Shah and many others.

9. Another dinner and musical evening was held on 24th by APPNA and was a departing celebration for the APPNA delegates and words of thank to to the Alumni and local host committee by president elect Dr. Omar Atiq.

10. In addition to these activities delegates of APPNA and SMC Alumni visited National Institute of Child Health, Child Aid Society, Kutiana Memen Hospital, NICVD, JPMC and HDF site to review the philanthropic activities and plan for future activities.

Overall this was a meeting highlighting The CITY OF LIGHTS AND CITY REVIVED. After many many years APPNA came back to karachi and had one of the most memorable meeting of our times.
SAYA Newsletter: SAYA plans to publish four pages in the APPNA Journal from now on. SAYA is especially trying to increase mentoring efforts with the younger students and will be running a year-long series featuring professions, graduate schools, and admissions information. If you would like to submit to the newsletter, email SAYA Newsletter Editor, Sahar Dar (newsletter@appnayouth.com).

Summer Conference Plans: There will be a welcome reception on Thursday. On Friday afternoon, there will be an open forum discussion and academic panels on resume building and writing admissions essays. The annual SAYA Dinner will be held at the Pakistani Embassy on Friday night with entertainment to follow. To get involved, contact Sahar Dar (sdar@law.upenn.edu). There will also be an after party with DJ entertainment and possible live performances later that evening. Contact Basima Latif (Basima_Latif@hotmail.com) and Raafeh Waseem (Rwaseem1@hotmail.com) to help. The annual SAYA Fashion Show will be held on Saturday, and SAYA needs back-stage volunteers, choreographers, and models. Contact Iram Qureshi (Iram_99_2000@yahoo.com) if interested.

SAYA Meeting and Elections: If you are interested in running for a position, you need at least two nominations from SAYA members in good standing. Send nominations to nominations@appnayouth.com. Elections will take place at the SAYA Meeting, on Saturday, June 12, 2004.

Summer T-Shirts Logo: If you are talented with graphic design, submit your T-shirt logo designs (minimum of 300x600 dpi resolution) to Zeeshan Qureshi (zeeshan_q14@yahoo.com). Fundraising Efforts in 2003: SAYA collected approximately $8000 in total for the Karachi Relief Fund in August and for the Edhi Foundation through the Ramadan Fundraiser in November. Interested in hearing more? Check out our new Web site at www.appnayouth.com. Also, join the SAYA email list by emailing Basima Latif (Basima_Latif@hotmail.com) your name, phone number, email address, permanent address, educational institution, and major.

AMA Report
Waheed Akbar, M.D.

There has been no formal AMA meeting since my last report. AMA is working on a number of issues ranging from malpractice to physician reimbursement. Please join AMA so our voice can be heard. Numbers definitely matter. All of us should join our county medical societies and State Medical Societies because we are under represented in organized medicine. I would highly recommend that everyone of us who is a member of AMA should become a member of the IMG section. This makes the IMG section stronger and our voice clearly heard. All it takes is a brief letter to the AMA indicating your preference to join the IMG section. Please let me and Dr. Busharat Ahmad know if we can be of help in any way.

Practice For Sale

Well established General Internal Medicine Solo Practice for sale in Falls Church Northern Virginia metropolitan area. Practice near all hospitals in area. Owner retiring but willing to stay and work part-time to help with transition.

Please call (703) 606-9839 after 5 p.m.
A Gem in the Murkiness

Mahjabeen Islam, M.D.

Winter Pakistanis can end up having very blasé trips back to the sohni dharti. This last stint promised to be no different than the usual visiting, shopping, weddings, restaurants and qawwals. And then one morning spurred by the offer of Dow Medical College to give a guided tour to its alumni, I decided to return to that lovely place where I spent what was undoubtedly the happiest segment of my life. Took my bevy of beauties a.k.a. my three daughters with me so that they may see where their parents became what they are today.

Memories remain preserved as though in formalin. Not necessarily gilded, but untouched by the ravages of time. The storm that came to my mind and how I had to quickly harmonize what was, with what is now, gave my cerebral cortex quite the workout.

Dow Medical College has been separated from Civil Hospital by a high wall, the office has moved to another building, the library is snazzy in its upgrade and the dissection hall does not keel you over. I remember very distinctly that the dissection hall and the gynecology department were sensed by the olfactory epithelium well before one’s feet got us there.

In my time cadavers lay on the dissection tables in various stages and areas of dissection, but in this visit the tabletops were clean and there were only three bodies in a dry tub at the corners of the hall. Between many exclamations of disgust and outrage, my daughters took pictures. The Pathology museum was fascinating even to me, especially the conjoined twins that were preserved in large formalin containers.

Pakistan’s burgeoning population was really manifest that day at Civil Hospital. A large area in the compound of the hospital was particularly disconcerting for it appeared that this shed-like area was a waiting room of sorts for patients. I had done my house-job in Medical Unit II and took the girls for a tour of the place. Had my long-term memory faded so much that I did not remember that Medical Unit II looked like something out of Africa? The girls photographed the unit but the camera could have been better used on their facial expressions. Not remotely could one have imagined that this was a hospital ward, except for the fact that the beds were in lines against the walls and different manners of tubes emanated from various parts of the inhabitants of those beds.

On the way to and fro Civil Hospital the girls photographed and laughed at the multitude of signs and graffiti especially the “Homeo” stores for the resemblance to the word “gay” in America. The lens also captured the multicolored painted buses and the Rickshaws and donkey carts on Bunder Road. By this time the girls were almost comfortable with the very many near misses that are a constant occurrence on the chaotic roads of Karachi. They had learned to not look or to look away in case they happened to be.

It was a great experience for them but there was this tacit sort of question that hung in the air: you came out of that? Civil Hospital was truly in a shambles and I began to wonder myself how we did graduate from a system such as that, even though that many moons ago the place was not that crowded.

When I complained later to my nephew, a third year DMC student, that the poverty visible in Civil was very sobering he suggested I visit SIUT, The Sindh Institute of Urology and Transplantation. They were having a dinner for Dow alumni and I agreed only because he promised to accompany me. That evening the car wound around Civil Hospital and in the smog of the Karachi night was a building about a block away. We entered from the rear ramp and the first token of technology was the newer model elevator, in which doctors discussed patients and operations in the Urdu-English colloquy so typical of Karachi.

It is only when one gets off at the fifth floor and is faced with the high-fangled auditorium that one is instantly transported to an American hospital. And you can rationalize the many desis ambling around with the valid argument that a significant number of Pakistanis inhabit America. I was very honored to have transplant surgeon Dr. Haider Mehdi take me for a tour of S.I.U.T.

In a previous article I had bemoaned the lack of philanthropy at a public level and I stood corrected looking at the awesome Rs. 80 million facility that was donated by the Deewan Mushfaq family. The entire area is called the Deewan Farooq Medical Complex.

It was 8 pm and the electron microscope was still working. I was delighted to see that they did not just have this amazing instrument that can look at slides at ultra high magnification and make difficult diagnoses, it was in use and that gentle soul was totally conversant with it. Here was an electron microscope and I could not help but recall that as one of 450 students in Dow many years ago, getting up close and personal with even a regular microscope gushed gratitude from us.

I am forever indebted to my beloved Pakistan and Dow Medical College for making me a doctor for what was then the equivalent of $100 per year. Dow is recognized the world over for graduating quality physicians, and the credit is quadrupled for the resources that this is done with is mundane.

The lithotripters were as much state of the art as the extensive laboratory and radiology departments, the last complete with a helical CT scanner as well as a Digital Subtraction Angiography suite. The sign “operation theatre” broke my reverie that I was at an American hospital for we use the word “operating room” in the United States. Also the gown, mask and cap were of cloth as opposed to the disposable paper stuff that America uses.

SIUT’s statistics compare just as well as the 21st century technology that it has. Not only have over 1200 kidney transplants been done here the success rate at 92% compares very favorably with international data. Thousands have had their stones pulverized and even more have received dialysis. Training is provided to postdoctoral students as well as para medical personnel, and the outpatient and emergency departments channel patients toward the requisite treatment. There is emphasis on research and SIUT has its own medical journal.
The philanthropy of a multitude of donors, as well as government grants show in the facility and the equipment. I about tripped and fell though, when Dr. Mehdil told me that not only is the treatment of all patients free of charge, transplant patients that need to be on immunosuppressive medications all their lives, receive lifelong follow-up and medication free as well. A kidney transplant can cost Rs. 1,200,000 but at SIUT it is free.

I was anxious to meet my professor and the architect of all this wonder. And there he was the recipient of the Hilal-e-Imtiaz, two Sitara-e-Imtiaz and the Asian counterpart of the Nobel the Ramon Magsaysay award: Dr. Adibul Hasan Rizvi. Must be some elixir that he’s on for he looked as though he had skipped the almost 20 years that had intervened. The same ready smile and the twinkly eyes. From a Urology ward at Civil Hospital this man has accomplished what is indeed a gem in the murkiness of inner city Karachi.

Familiar with the perpetual fund-raising that goes on even in wealthy Catholic institutions in America and how difficult it is, my mind whirred and I had a brief spell of anxiety just thinking about this venture and the money needed to run it, in a third-world poverty stricken land. Is there a way that we can donate from America I asked, just past my brief panic? There is SIUT North America for this purpose I was told by the house officer that brought me the printed material about SIUT, pointing towards the pamphlet that detailed this. Prof Adib Rizvi stood close by. Deftly he pulled at and rounded the bottom of his jacket and with the makeshift begging bowl said, “We accept donations in cash and kind!”

Mahjabeen Islam is a family practice and addiction medicine physician practicing in Toledo Ohio. She is also medical director of the Palliative Care Unit at St. Vincent Mercy Medical Center in Toledo, Ohio. Her email address is mahjabeenislam@hotmail.com The SIUT website is www.siut.org

### APPNA Time

### Wieners and Losers

**Furrukh, Sayyar Malik, M.D.**

Lunch menus. To keep 4-8 year olds interested in eating, a daily assortment of meats and fruits is an important issue for Mady’s (My daughter) elementary school. One fine evening my wife of several years took exception to the monthly cafeteria planner. I don’t know what inspired the boil. She addressed her concern about the almost exclusive and frequent listing of wiener and franks on lunch selections. What does a 5 year old care about that? My wife seemed unhappy as she persisted with her query. Monthly parent cafeteria committee meeting would be a good forum, she was told.

The first Monday of the next month she succeeded in sending me to the frenzy of a cafeteria meeting. I was underwhelmed. I met Jasjot’s mother there and we were the only two color sibling in a crowd of concerned parents. They had Pizza for lunch with pepperoni. I ate chips. Starting a conversation I raised my concerns for wiener and being a Muslim our dietary restrictions and Jasjot’s mother raise her Hindu restrictions on beef. We looked at each other, measuring our convictions and capacities and suddenly realized how insignificant wiener tie us to significant canons of our lives.

To be polite I got interested in the couple behind me. Their fourth grader had diabetes. They seemed concerned about the snacks at school. The family next to them had peanut allergy. They ignored me. Lately the impressions of our likes are no more than equal opportunity contenders in the great American diversity.

At my turn I raised my concerns and the need for some adjustments in the food selection. The crowd seemed a little interested but few of them recognized me as Mady’s dad. My conclusion was followed by a brief silence. Jasjot’s mother and the parent next to her seemed enthused. I realized then that I would not be able to muster 10 votes to get alternate days of fish and pasta. Indeed I got only four. Somehow I was able to convey my feelings and concern to two other families.

May be a five year old does not care about the wiener but a forty year old should. I was not disappointed however; three out of thirty is not bad for a starter.

Dr. Furrukh Sayyar Malik is Heart failure and Cardiac transplant cardiologist in North East Tennessee. He can be reached at Furrukhmalik@aol.com

### The Muslim Physician

The lung is composed of first the bronchi, second the branches of the arteriosa a venosa (Pulmonary vein) and third the branches of the vena arteriosa (Pulmonary artery) all of these are connected by loose porous flesh. The need of the lung for the vena arteriosa is to transport to it the blood that has been thinned and warmed in the heart so that what seeps through the branches of this vessel into alveoli of the lung mix with what air there is and combine with it...and the mixture is carried to the left cavity of the heart by the arteria venosa.

Ibn-el-Nafis 1208-1288 A.D.

Chief Al-Mansuri Hospital Cairo

Dean of School of Medicine 1284 A.D.

(Haddad 1936)

Annals of Surgery 104:1-8 1936
Man Of the Year A Pakistani Scientist

Pakistan’s Dr. Hafi ‘Man of the Year’ – Inter-Disciplinary Sciences

Ashraf Mumtaz, M.D.

Prof Dr Aurangzeb Hafi, 32, has been declared as “Man of the Year 2003 in Interdisciplinary Sciences” by the International Scientific Council on the basis of the factual rationality and the widest strong impacts of his contribution.

He has won the position leaving five other top scientists from Britain, Denmark, Japan and India behind. In all, 1376 scientists from 900 universities of 60 countries were in race. Six of them were short-listed for a final consideration.

"...Scientific Honors Scrutiny Committee has reached the conclusion that after a careful assessment and review with the best possible competency and intellectual honesty it was found that, out of the major unusual works in interdisciplinary sciences, Aurangzeb Hafi Magnetic Sectorial Model was found to be of the widest multidisciplinary R&D implementation capacity and having multifaceted impact on in disciplinary scientific research", the principal assessor, Dr Walter Bodmer said in a statement.

The short-listed contestants in addition to Prof Dr Hafi were: Prof Dr J.A. Walker, Dr I.J. Richards (UK), Prof Dr Okada (Japan), Dr J.F. Larson (Denmark) and Dr S. Nevelli (India). Talking to Dawn after winning the title, Dr Hafi, a resident of People’s Colony, Gujranwala, said that because of his research work now Pakistan would be in a position to export agro-forestry technology even to the developed countries. The value of these exports, he said, could not be quantified at present. He said he had rejected the Rs210 million offer along with the British citizenship to take part in the contest from a non-Pakistan platform, but now he was happy that “my country” would be able to earn billions because of exports based on his technology.

Dr Hafi said his victory had brought an end to the discrimination between Commonwealth member states and others. In response to a question, Dr Hafi said his multi-dimensional research would also help pre-birth child retardation. Also, he said, the post-birth mental and physical disabilities would also become easy to treat. He said his achievement had given the country an edge in this field and now other countries wanting to join the field would have to follow. Dr Hafi said he would not use the benefits coming from the title to make his living luxurious. Instead, he said he would like to use the money for the treatment of retarded children.

He urged the young scientists to pay more attention on biomagnetics, assuring them that he would be happy to offer any cooperation and guidance to the governmental and non-governmental academic fora. Meanwhile, the Pakistan Scientific Research Council has congratulated Dr Hafi on his great achievement.

Academic Research Council

Adeel Butt M.D.

Pakistan is a country of over 150 million people and over two dozen medical colleges. Yet there is very little original medical research being conducted and published from Pakistan. There are only three Pakistani medical journals that are indexed with Index Medicus and Medline. Most medical colleges in Pakistan have no formal research curriculum or training, and students and potential young investigators have no guidance or access to or formal association with mentors who may guide them into the world of academic medicine. In addition, there are over 10,000 Pakistani medical graduates in the US with an additional unknown number of physicians who graduated from medical schools in the US but have links to Pakistan through their parents or families. Most of these graduates are young and in training programs, or have recently completed a residency or fellowship. Very few medical graduates of Pakistani origin venture into academic medicine, or make it a career goal.

It is also known that obtaining a residency position in the US by International Medical Graduates has become increasingly difficult. Many senior Pakistani physicians and academics have helped place numerous young graduates in good training programs, but this has largely gone unnoticed by younger graduates, who feel that the senior physicians do not help their younger colleagues.

Objectives: The objectives of the Academic Research Council (ARC) are to foster and mentor research in younger medical graduates in Pakistan and in the US. Specifically, it is envisioned that the ARC will serve the following functions:

1. Identify, encourage and mentor young investigators of Pakistani origin, whether in Pakistan or the US.
2. Serve as a liaison or co-investigators for such investigators with collaborators in the US.
3. Conduct regular seminars and meetings to enhance medical research.
4. Conduct regular career counseling sessions or meetings for potential young investigators who would like to know more about, or embark upon an academic career.

5. Serve as a resource center for speakers which may be utilized for meetings of Pakistani physicians worldwide, and other medical and/or research meetings.

6. Serve as a resource center for help in devising, designing, and implementing research policies for Government of Pakistan, or other nations that may benefit from it.

7. Serve as a resource center for young Pakistani medical graduates who intend to come to the US for training and research purposes.

The organization of the ARC is two-tiered. The first tier consists of a core group of constituent members and the second is a larger group of supporting members.

Criteria for Constituent Membership of ARC:

To be considered for membership in the ARC, a record of excellence in academic medicine and subscription to the aims of ARC is a pre-requisite. Filling any three of the following criteria shall be sufficient to demonstrate excellence in academic medicine:

1. Academic rank at a medical, dental, nursing or public health school at the Assistant Professor level or higher.

2. Five or more first authored publications in peer reviewed journals.

3. Fifteen or more total publications in peer reviewed journals.

4. Active teaching of students, residents or fellows at an accredited medical, dental, nursing or public health institution.

5. A full time, active administrative or managerial post at a medical, dental, nursing or public health school or research institution.

The above criteria may be waived in certain special circumstances as follows:

1. Full time academic rank at the level of a Professor or higher at a recognized medical, dental, nursing or public health school.

2. Recommendation by two-third of the constituent members

Duties of Members:

While members are not obligated to perform any specific duties, it is expected that only those persons who subscribe to these ideas and the mission will eventually become members. Hence, they would voluntarily serve to promote the values and the mission laid out by the ARC. Specific functions that the members may perform include, but are not limited to:

1. Serve as mentors for young investigators.

2. Serve as teachers and faculty for seminars at various meetings.

3. Serve as career counselors for young investigators, or those who intend to embark on an academic career.

4. Identify and help design, implement and conduct research studies in collaboration with young investigators.

5. Either provide themselves, or help to provide training as electives, observerships, externships, or research fellows.

6. Help place young graduates in appropriate training programs.

While it is understood that the individual members may not in a position to provide paid training positions, or approve residency training, they will be asked to provide the help that they feel they would be able to. This would include providing any specific number or combination of above positions on a periodic or regular basis.

What has ARC done so far?

Members of ARC have been actively involved in research and teaching in the US and in Pakistan. To date, they have presented over 30 workshops/seminars/lectures in Pakistan. They are engaged with various governmental and non-governmental institutes in Pakistan to build research infrastructure and set up research studies. Some of the current members of ARC have a track record of funding from NIH in the United States and have been invited speakers at various national and international scientific meetings. They have helped secure dozens of residency interviews for young graduates from Pakistani medical colleges at prestigious US institutions and helped secure spots for several of them.

Nominations may be sent to:
Adeel A. Butt
Chair, Academic Research Council
University of Pittsburgh School of Medicine
butta@msx.dept-med.pitt.edu

Resource Development Committee
Syed Samad, M.D.

The task for financially strengthening APPNA for this year has been given to "Resource Development Committee." As you know APPNA is a non-profit professional, educational and charitable organization representing 10,000+ Pakistani-American physicians in the United States and Canada. There are several of us who are actively raising funds under the umbrella of APPNA or one of its committees like CME, APPNA SEHAT and Disaster Relief.

So let all of us work together, locally and at the national level. We can arrange local and state educational and entertainment meetings, fund raisers, humanitarian projects and pharmaceutical talks. We can simply start out with donating our speakers bureau "honorary" to APPNA. You can also arrange your local CME talks through APPNA CME committee at a nominal fee.

Our memberships dedication, sincerity and commitment to APPNA reassures me that we will accept this challenge and make this a financially landmark year. A sample letter that is sent to pharmaceutical companies for donation can be obtained from Denise Burt at APPNA main office (630) 968-8585.
The Kingmakers

The "D" Table

Members at the Dallas meeting.

Look Who Is Not Attentive

The New Cabinet at Dallas

Dance Baby, Dance!

APPNA Newsletter, Vol. 14, No. 1, Spring 2004
Please Help Us Save a Life in Somalia!

- Mercy-USA treats 1,500 tuberculosis (TB) patients annually at 3 specialized centers.
- Mercy-USA also operates a mother/child health clinic, trains local health workers and immunizes women and children.
- In addition, Mercy-USA provides safe drinking water to thousands by digging, repairing and chlorinating wells.

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