“APPNA FIRST”

APPNA 38th Annual Convention
August 12-16, 2015 Orlando, Florida
Dear APPNA Family:

Assalaam-Alaikum. Welcome to APPNA’s 38th annual summer meeting. It is incredible how many people have been working so hard for so long to make this meeting a success and make your stay in Florida enjoyable and productive. I sincerely want to thank Dr. Shahid Usmani, Chair Host committee who has worked tirelessly for many months and paid attention to every detail. I also want to thank the co-chairs Dr. Aamir Javed and Dr. Sajid Chaudhry for their efforts in their respective areas of responsibility and also thank all the subcommittee chairs who are too numerous to name but are most important contributors to the success of the meeting. The meeting would not be possible without Tipu, APPNA’s event coordinator and we cannot thank him enough. However, most of all I want to thank you, the attendees as the meeting would not be possible or a success without your enthusiastic participation.

APPNA is an incredible organization composed of many parts including Alumni, Chapters, Networks and Committees. Every one of these parts has an important function and contributes to the success of APPNA every day. However, adapting from the words of Aristotle, I can say with confidence: APPNA as a whole is greater than the sum of its parts. I estimate that every day over 200 physicians are volunteering their time in one way or the other to the success of APPNA. They do so not for glory or recognition but because they truly believe in this organization and sincerely want to contribute to the success of its projects. These are the unsung heroes of APPNA and that is what makes this organization great. It is for these same reasons I have served APPNA for so many years and will continue to serve as long as I can. It is not about positions or accolades. It is all about service and putting APPNA First before personal interests. APPNA provides a wonderful opportunity to give back to our communities, younger physicians and people in need all over the world. Indeed APPNA is our legacy. It is our gift to our future generations and it is what brings us all together for a common cause.

We are APPNA and APPNA is us. APPNA is and will be what we want it to be. Over the last 38 years, our predecessors have laid a very strong foundation. Now it is up to us how we take it forward. The success of APPNA depends on passion and motivation of its members. All successful projects in APPNA have been based on a few people’s ideas and a strong pursuit to make it happen.

People say that APPNA has not realized its full potential and I agree. There is so much more that can be done; however, we need to put the right processes in place. APPNA has grown big enough that we need professionals to run the organization. Therefore, we are presently working on a marketing deal. We have also formed a search committee to find a Project and Development Director for APPNA. We have reenergized the Long Range Planning Committee which will be analyzing the present officers and committee structure of APPNA and make recommendations to make it more effective and accountable.

The different committees’ work reports are in the meeting folders, so I will not go into detail. However, I must say there is incredible work going on in committees every day and we should be extremely proud of it. So, Let us Stand up for APPNA. Let us be strong and resolute and Let us work together to Make Lives Better.

God Bless APPNA, Pakistan and United States of America.

Mubasher Rana, MD, FACP
President APPNA 2015
Welcome to Orlando!

Dear APPNA family and friends,

It is my pleasure to welcome you all to Orlando on behalf of the Host committee. We have been working hard so that you can have the most enjoyable time in Orlando. No detail has been overlooked to make this meeting special for you.

We have arranged a great entertainment program, comprising of top entertainers from Pakistan. The performances will include concerts by Aatif Adam and his band, comedy show by Umar Sharif and a variety of other performers like Fuzion, Raga Boyz and Imran Ali. A world class Mushaira is planned with visiting poets from India, Pakistan and from all over the United States and Canada.

We are planning a Pakistan Independence Day Celebration on 14th of August, which will include Pakistani songs and dances performed by children and other artists. It will be a heart warming event for you.

For your enjoyment we have planned a number of food options, including a food court in the Exhibition area, a food court in the evening till late night and Pakistani menu offered at all the restaurants throughout the resort area. The food is being prepared by Sabit Nihari from Chicago for the banquets as well as the food courts. In addition to this Halal Kentucky Fried Chicken will also be available in the exhibition area.

We are offering 12 hours of CME for the physicians, which will include original research by physicians of the Pakistani Descent. It is an excellent opportunity for all physicians to learn and earn the required CME credits.

Our exhibition will feature more than 200 vendors displaying clothing and jewelry in addition to organizations representing pharmaceutical, financial and not-for-profit. Entertainment and fashion show is being arranged in the Exhibition area for your enjoyment while shopping.

Don’t forget to enjoy the world class facilities of the Gaylord Palms resort. You are minutes away from the Walt Disney World, Universal Studios, Sea World and multiple other attractions.

We hope you will have a wonderful time here at the convention and in Orlando.

Thank You

Shahid Usmani, MD
Chair, APPNA 38th Annual Convention 2015

Publication Editor Message

It gives me immense pleasure to welcome all APPNA members and their families to the 38th annual summer convention in Orlando. Once again Orlando was selected to host the APPNA convention and like always this year also you will find the same energy and enthusiasm in the host committee members in order to bring you the best of entertainments, food and CME programs.

Under the leadership of Chairman Dr. Shahid Usmani, the host committee has put in countless hours of strategic planning to make this convention better than ever. Dr. Aamir Javed Chair CME committee has put together 12 hours of CME program that covers a variety of interesting topics and will be enjoyed by physicians of all specialties.

This year's entertainment program is filled with world renowned stars like Aatif Ahmad, Umer Shareef, Raga Boyz and Fuzion who will fulfill your desire for professional entertainment. The Entertainment committee has worked very hard under the leadership of Dr. Sajid Chaudhry who is also the Co-chair of the Host Committee.

This year's Mushaira will be a delight for "Ahl-e-zauq" in collaboration with Mr. Ahmed Tanhaa from Awan-e Urdu. Dr. Abrar Saleem has invited poets from India and Pakistan.

You will notice that this year's summer convention journal does not have any Chapter, Alumni or different APPNA projects reports. These reports will be included in the APPNA summer journal which will be published soon and distributed to all APPNA members.

I am sure you will find this convention informative, entertaining and well organized. This could not have been possible without the support of APPNA President Dr. Mubasher Rana and unstinting efforts of Tipu Ahmad, Luq Siddiqui and Jennifer from the central office.

I also like to thank Dr. Naveen Darakhshan, Dr. Tahir Latif and Dr. Shahnaz Siddiqui from publication committee for all their guidance and support.

I appreciate all the Physicians and other businesses who have supported the program with their advertisements. I hope you and your families will have a great time here in Orlando.

Sincerely,

Ahid Rasool, MD
Chair, Host Publication Committee

President Elect Message

Dear Friends,

It is amazing how time flies, the most significant half of an APPNA year is over! A lot has been achieved; and, a lot initiated with the hope these projects will reach their logical completion by the end of the year. Yet, we are continuously asked, “What does APPNA do?” I hope you have kept abreast of all that members like yourself have done in 2015, to make APPNA proud.

As we enter the second half of the year, I am committed to ensure that on January 1, 2016 we are not initiating planning. I am committed, with your support to have a solid plan by this year’s fall meeting, and begin execution on January 1, 2016, InshAllah. To this end it is important to identify the needs of the organization which have to be addressed on an active basis. Having discussed the State of APPNA with a lot of you over the last two years, it is apparent that:

- APPNA needs immediate attention to its financial stability and long term resources, to afford the monies needed for organization’s administration. We need a dependable, recurring and continuous source of monies for some of our ongoing community service and philanthropic projects.

- It seems, APPNA as the umbrella organization, sometimes functions as one of its component society. We initiate and conduct projects under the umbrella of APPNA and its’ committees, without involvement of the component societies. This allows each President to tout a list of achievements, which no one remembers on January 1 of next year. I strongly believe, that we, the five elected officers of APPNA, should not conduct projects, and run committees, which function in isolation of our component societies. We should spend our energies and efforts in designing projects which are executed at the component society level. These projects should mainly feed into the Chapters for our efforts in USA, and, Alumni for our efforts in Pakistan. In my humble opinion if we do not change our thinking and focus on building this organization from component society up, we will continue to be asked, “What does APPNA do?” and continue to struggle in having projects which have meaningful and tangible long term effect.

A need to review and change the organizational structure has been stressed in recent years. Questions like, the term of the officers (1 vs 2 years), the need for so many officers, and effectiveness of the Council, have been raised repeatedly. It is apparent that we have to initiate a review of the current structure, and develop a consensus plan. If we hope to achieve meaningful changes in the organizations structure, and set APPNA for success and growth over the next decade, we will have to initiate necessary constitution and Bylaws changes early, and execute within 2016.

While focusing on the issues above, we have to ensure assimilation of North American medical Graduates into the organization, and strengthen what we do for our young physicians coming from Pakistan, amongst other things.

I humbly submit, I will not be able to achieve any of the above without your support and our combined effort. I hope to continue to receive the trust and encouragement from all of you, which I have been blessed with over the years. I have complete faith; together we can achieve the goals we set ourselves.

Thank you again, for your faith in me, and your love and trust.

M. Nasar Qureshi, MD, PhD
President-Elect, 2015
Secretary Message

Dear APPNA family,

Again, pleasure is all mine, to have this great privilege to serve this elite group of professionals at the leading edge of philanthropy and education to make a difference in society, worldwide. We have to realize and appreciate the enormous capability and dedication of APPNA to its membership; we were able to move the entire spring meeting from Baltimore, in the face of ethnic riots, to Crystal City venue in a matter of a few days and hosted one of the most successful meetings. We spearheaded the effort and feel proud of our achievement. We are working hard to give you the best and fulfilling fall meeting in San Francisco and winter meeting in Lahore. APPNA offers the best packages for Hajj and Umra, I encourage you to sign up and become part of the ultimate spiritual experience for the believers. At home in the United States, tornado stricken Rochelle, Illinois, was in need of immediate help not too long ago. We immediately organized first help and rescue team on the ground to provide medical treatment and triage. We are not only proud of our readiness to help in any disaster but, it earned great admiration for the organization, which will go a long way for Pakistani community's image and political clout. The tragedy of heatwave fatalities in Karachi has shaken everyone; we have put our efforts on the fast track for getting the money from donations there for rehabilitation of families and providing education to prevent heat stroke. We are working with local hospitals to have quick access to the most affected areas in Karachi.

APPNA sent a team of physicians to Nepal organized by APPNA Medical Corps committee, which set up camps in 3 villages and helped over 1,000 patients...

APPNA Women and Children's Committee Chair, Dr. Lubna Naeem continues her tireless grass-root work, here at home in the United States. Among other initiatives, Breast Cancer Awareness Project was launched in 2015. It has reached thousands of women across all strata of life and has successfully empowered them by providing access to awareness, detection and early treatment with joint community initiatives, such as Susan G. Komen Race for Cure...

APPNA 38th Annual Convention 2015, Orlando, Florida

Treasurer Message

Dear APPNA friends and members:

I will take this opportunity to congratulate the host committee and the leadership for organizing such a wonderful annual convention. Organizing an event of this magnitude with the likes and dislikes of everyone in mind along with cost containment is not an easy job. I know this through personal experience when I chaired the 2013 annual convention in Orlando.

Keeping my membership informed of our financial status through web posting of financial reports was the top most priority of my tenure. This not only kept finances transparent but also involved our membership to take more interest in the inner workings of APPNA.

I know that our finances are not as strong as I previously believed and giving a clear and accurate picture of where we are has been a priority for me. We worked hard to negotiate reduced legal fees for the Advocacy Committee and our rent expense on the APPNA Houses. We have also renegotiated with our investment advisor for lower fees and expect to see them go down even more as the balances in our investment accounts rise. All of these measures will help offset the decline in revenue we expect for this year. Our annual membership numbers are down from prior years and the Summer Meeting registration is not as high as expected. These are the items that normally offset our general expenses the most. However, the Australia trip and Spring Meeting were both profitable and we have high hopes for the rest of the 2015 meetings and trips planned.

We are also making sure that the events organized for the component societies/class reunions are paid for in advance so that we do not have to wait for payment for months after the meeting is over as we have done in the past. We will be sending a meeting expense report to all of them within a month of the meeting so we can clear up the balances before the Fall meeting.

Although we are facing some financial challenges this year, I believe that the improvements we have made will help keep APPNA financially strong and allow it to flourish in the future. I am very grateful to the members of the Advocacy Committee and the Young Physicians Committee for helping to reach our cost-cutting goals. I am also grateful to the Spring and Summer Meeting Chairs, who have fully supported our vision of reducing expenses while still providing fun and enjoyable events. Most of all, I am thankful to our membership for giving me the opportunity to help improve APPNA and keep it secure and stable for years to come.

Iqbal Zafar Hamid, MD
Treasurer
Dear Friends:

As Governor of the Sunshine State, it is my pleasure to welcome the Association of Physicians of Pakistani Descent of North America to Orlando.

The people of Florida are proud to be your host, and we look forward to showcasing the hospitality that makes the Sunshine State the world’s travel destination of choice. Last year, Florida welcomed more than 98 million visitors, making it the fourth consecutive record year for tourism. We started this year with the highest amount of visitors of any quarter in the state’s history, which puts us on pace to exceed our goal of 100 million visitors to Florida this year.

You have my best wishes for a memorable and successful conference, and I hope each of you will visit Florida often.

Sincerely,

Rick Scott
Governor
Attendees of the Association of Physicians of Pakistani Decent of North America (APPNA):

On behalf of the City of Orlando, it is my pleasure to welcome you to Central Florida and to the 38th annual APPNA Conference at the Gaylord Palms Resort.

I realize that much of your time in Central Florida will be spent at the Conference but while you are here, I hope you have an opportunity to experience a few of the things that make our community unique.

Last year, Orlando was the nation’s most visited city with more than 62 million visitors. A large number of those visitors travel to Orlando to visit our first-rate attractions and theme parks. Of the nation’s ten largest theme parks, seven call Orlando home.

Orlando is also a destination for dining with cuisines offered from just about any place in the world. Whether you’re hoping for fast casual or would like to treat yourself to fine dining, within a short distance from your hotel you’ll find some of the area’s best restaurants.

In addition to dining, Orlando is a shopper’s paradise. When you combine our outlet malls with world-class shopping venues and one-of-a-kind local boutiques, it’s no wonder Orlando consistently ranks as one of the nation’s best locations for shopping.

I also encourage you to visit Downtown Orlando which is just a short drive from your hotel. A vibrant and diverse community where business and culture thrives, Downtown Orlando is home to many awe-inspiring museums and galleries, theaters, special events and festivals. Downtown Orlando is also home to the newly constructed Amway Center, a state-of-the-art sports and entertainment complex, a new world-class performing arts center and reconstructed Orlando Citrus Bowl football stadium located in the heart of our City.

Orlando offers a winning combination of economic, cultural, educational opportunities and an incredibly high quality of life for residents and visitors. Again, welcome to Orlando and best wishes for a very successful APPNA Conference.

Sincerely,

Mayor Buddy Dyer
Honest Leadership
DEDICATED SERVICE

Vote For A Brighter APPNA

With wholehearted humility, I declare my candidacy for President Elect APPNA, 2016. APPNA is the leading representative organization of physicians of Pakistani descent with an unmatched depth of its intellectual pool and an unrealized potential for excellence. Our strength lies in unification to identify clear objectives and putting the full force of the organization in endeavors to achieve successful outcomes. No longer can we stay divided to serve the interests of individual alumni or regions. Let us work together for the betterment of APPNA.

As ambassadors of Pakistan, we need to enhance the image of Pakistan with forward looking ideas and reject those that tarnish Pakistan’s image. If elected, my approach will be to listen to the membership and build consensus with a unified goal of improving the professional and personal lives of Pakistani-American community.

I hope my record of services and commitment to APPNA and Pakistan will earn me your trust and you will help me get elected to fulfill our common goals and aspirations.

Respectfully,
Naseem Aseez Shekhani, MD
Candidate for APPNA President Elect 2016

NASEEM A. SHEKHANI - A LEGACY OF DEDICATED LEADERSHIP

• Founder Chairman and Executive Director, APPNA Foundation
• Recipient of APPNA Presidential Award for Political and Social Activism - 2014
• President and Founding Member APPNA St. Louis Chapter
• Chairman Communication Committee, APPNA Summer Meeting - 2011
• Recipient of Lifetime Achievement Award, DOGANA - 2013
• President and Founding Member National Health Forum, (NHF) ~$200,000/year
• President DMC Student Union 1979 - 1980

Vision & Goals

• Strengthen APPNA Governance and Management
• Increase Young Physician participation, especially U.S. Graduates
• Building Institution within APPNA like APPNA Foundation
• Quality Continued Medical Education
• Increase Membership and Membership Values

And Above All - Advocate Civil Rights and Peace in Pakistan

Leading with Sincerity, Integrity and Vision for “APPNA United”

M. Rizwan Khalid
Candidate for APPNA Secretary 2016

AKU ALUMNU, CLASS OF 1999
CARDIOLOGY FACULTY, UNIVERSITY OF ROCHELLE NY
Over ten years of service to APPNA and its component societies.

As Secretary, my aims will be:

• Reports Automation of all council meetings
• Online Meeting Portals (e.g. WebEx, etc.) for council and committee meetings
• Digital Archiving of all such web based meetings
• Engage APPNA in discussion over maintenance of certification
• Develop Telemedicine portal for providing free medical treatment to patients across Pakistan by APPNA members
• Become Advocate To become a strong voice in the Executive committee for Young Physicians, Social Welfare and Disaster Relief in the US and Pakistan. Research and Education and Advocacy for Pakistani Americans and Pakistani Physicians
• Early Career Attending: To develop programs and guidance for early career attendings less than 35 years in practice, who now constitute a significant part of Pakistani Physicians in the United States.

Please Vote & Support

www.rizwankhalid.com

APPNA 38th Annual Convention 2015, Orlando, Florida www.appna.org

Naseem A. Shekhani, MD
for APPNA
President Elect
2016

Iqbal Zafar Hamid
Experience Counts Your Treasurer contesting for Secretary APPNA election...

“I This is always right to do what is right.”
Martin Luther King

APPNA FIRST”
Dear APPNA friends,

I am humbled to be nominated for APPNA President Elect. 2016. APPNA has established its credentials to lead Pakistani American diaspora in securing our civil liberties and supporting charitable endeavors. Our Association represents over 12,000 Pakistani-American physicians, with only 3000 paid members. I pledge to increase APPNA’s strength by increasing its membership and to increase our potential to promote our good work for the society. APPNA has played an exemplary role in helping young physicians of Pakistani origin over the years. The GRAD legislation is a great initiative for young physician’s visa issues. I am proud to be part of the process in partnership with Advocacy committee. APPNA must also facilitate the prospective residents who would become future APPNA members and leaders. We must empower our women members by encouraging their active participation in APPNA committees and projects.

APPNA needs a greater participation from those Pakistani physicians who have not yet joined the family. We need to improve the representation of US born physicians of Pakistani descent. APPNA Chapters need guidance so that our healthcare ventures via a-vis community clinics grow significantly to benefit greater American community.

I am confident that I can deliver to serve this great organization and its members given the opportunity to transform my vision into reality. I have the dedication, experience and commitment as evidenced by my track record of 15 years. My Presidency will be shaped by your needs and your input. I most humbly request your support and vote.

Sincerely,
Sajid Chaudhary, MD

Vision for APPNA:
Empower Women Physicians
Creation of infrastructure for Social Welfare Projects & Strengthen APPNA Foundation
Advocacy for Young Physicians & Civil Liberties
Creation of Healthcare Projects through APPNA Chapters
Scholarship programs for deserving Young Graduates.
I integrate North American Medical Graduate of Pakistani Descent

APPNA TELEVISION

Over a Decade of Services to APPNA:
2003: became founding member of Young Physician Taskforce
2003 to present: Active involvement in Advocacy for Civil Liberties and visa issues
2003: Counselor APPNA New England Chapter
2003: Council Member APPNA
2004: President of Physicians in Training section
2005-2006: Member Social Welfare Committee
2005 (Oct-Dec): Chair Communication Committee
2007: Chair membership committee, 1st quarter.
2007: Member host committee summer meeting.
2007: Member APPNA fuel committee.
2007-2008: Counselor APPNA Florida Chapter.
2009: Chair membership committee
2009 to present: Member Hepatitis C Initiative
2013: Member APPNA Summer host committee, Florida.
2014: Chair Young Physicians committee.

Worked to get 140 young physicians’ visas cleared on time.
Worked with Advocacy chair to initiate GRAD Legislation to expedite J-1 visa.
2015: Member Advocacy committee 2015.
2015: Co-Chair Host Committee APPNA Summer meeting 2015.
2015: Advisor Committee on young physicians 2015.
Spearhead APPNA 2008 Propellant and Supporter of First Code of Election
Conduct in APPNA Election.
Proposed & supported meeting budgets. Consequently all meetings had a prior budget approval for better fiscal management of APPNA affairs and curtailed overspending.
Made archives of meeting minutes available to members for the sake of transparency and accountability.
Assisted in creation & approval of Virginia Chapter
Initiated & supported the creation of Dental APPNA chapter.

Services to Allama Iqbal Medical College Alumni Association AIMCAAANA:
2002: Secretary AIMCAAANA
2003: President AIMCAAANA
2008: Chair, election committee 2006
2005 to present: Member Board of Trustee
2007: Chair Communication committee
2010 to date: Executive director AIMCAAANA

Services to community at large:
Board Member of Muslim Heritage Council of Rhode Island & worked to establish 1st Muslim section in state heritage museum.
Organized multiple social welfare, cultural and interfaith programs for the community.
Board Member of Muslim Heritage Council, RI
Raised funds for an exhibit about American Muslims in the 9/11 era.
Supported organizations like CAIR and HDF, Islamic Relief,พรรณคุณต้องการให้แน่นอน

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The Five Star Wealth Manager award, administered by Crescendo Business Services, LLC (dba Five Star Professional), is based on 10 objective criteria. Eligibility criteria – required: 1. Credentialed as a registered investment adviser or a registered investment adviser representative; 2. Active as a credentialed professional in the financial services industry for a minimum of 5 years; 3. Favorable regulatory and complaint history review (As defined by Five Star Professional, the wealth manager has not: A. Been subject to a regulatory action that resulted in a license being suspended or revoked, or payment of a fine; B. Had more than a total of three customer complaints filed against them [settled or pending] with any regulatory authority or Five Star Professional; C. Individually contributed to a financial settlement of a customer complaint filed with a regulatory authority; D. Filed for personal bankruptcy; E. Been convicted of a felony); 4. Fulfilled their firm review based on internal standards; 5. Accepting new clients. Evaluation criteria – Considered: 6. One-year client retention rate; 7. Five-year client retention rate; 8. Non-institutional discretionary and/or non-discretionary client assets administered; 9. Number of client households served; 10. Education and professional designations. Wealth managers do not pay a fee to be considered or placed on the final list of Five Star Wealth Managers. Award does not evaluate quality of services provided to clients. Once awarded, wealth managers may purchase additional profile ad space or promotional products. The Five Star award is not indicative of the wealth manager’s future performance. Wealth managers may or may not use discretion in their practice and therefore may not manage their client’s assets. The inclusion of a wealth manager on the Five Star Wealth Manager list should not be construed as an endorsement of the wealth manager by Five Star Professional or this publication. Working with a Five Star Wealth Manager or any wealth manager is no guarantee as to future investment success, nor is there any guarantee that the selected wealth managers will be awarded this accomplishment by Five Star Professional in the future. For more information on the Five Star award and the research/selection methodology, go to fivestarprofessional.com. 2,729 award candidates in the New York area were considered for the Five Star Wealth Manager award. 212 (approximately 8 percent of the award candidates) were named 2015 Five Star Wealth Managers.
### Booth Assignments

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<tr>
<td>Rabia Zahur</td>
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<td>Rashida Dalal of Karachi</td>
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</tr>
<tr>
<td>Reenas by Maarna.Z</td>
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<tr>
<td>Rehana’s Creations</td>
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<td>Saba Bakhityar</td>
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<td>saima’s collection</td>
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<td>Seema’s</td>
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<td>shazia ahmer</td>
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<td>Sughil’s</td>
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<td>AIM COUTURE</td>
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<td>AYESHA’S STUDIO</td>
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<td>Craft clothing</td>
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<td>Ishraq ensembles</td>
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<tr>
<td>Kundan fashions</td>
<td>Clothing &amp; Jewelry</td>
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<tr>
<td>Maryam &amp; Amina Shafait</td>
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<td>Meer Designer</td>
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<tr>
<td>Nadia Chhotani</td>
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<td>NADIA SOHAIB</td>
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<td>Purple Haze</td>
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<td>Rangolibhyuma</td>
<td>Clothing &amp; Jewelry</td>
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<td>Regalia</td>
<td>Clothing &amp; Jewelry</td>
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<td>RizRaf</td>
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<td>Shabbat Zahid</td>
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<th>Company Name</th>
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<td>TUNICS by JAZZ</td>
<td>Clothing &amp; Jewelry</td>
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<td>Clothing &amp; Jewelry</td>
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<tr>
<td>Zarufer Collections</td>
<td>Clothing &amp; Jewelry</td>
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<tr>
<td>ARTS &amp; ANTIQUES</td>
<td>Crafts &amp; Antiques</td>
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<tr>
<td>Wells Fargo Advisors</td>
<td>Financial</td>
<td>Sun Ballroom Foyer</td>
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<td>Saturna Capital</td>
<td>Financial</td>
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<td>Legend Securities</td>
<td>Financial &amp; Insurance Services</td>
<td>City Hall Lobby</td>
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<td>Javed Massey Financial Services LLC</td>
<td>Hand knotted carpets</td>
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<tr>
<td>Samads Carpet</td>
<td>Islamic Books</td>
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<td>IT (Information Technology)</td>
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<td>Aijo</td>
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<td>Arya Esha</td>
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<tr>
<td>Executive Watch Co</td>
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<td>Hamma Amir Designer jewellery</td>
<td>Jeweler</td>
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<td>HAUTE INDIA JEWELRY</td>
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<td>Jewelry By Madhu</td>
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<td>Regal</td>
<td>Jeweler</td>
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<td>Reviti Jewellers</td>
<td>Jeweler</td>
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<td>SAPNA CREATIONS INC</td>
<td>Jeweler</td>
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<td>Sej Jewels</td>
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<td>SONAR</td>
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<td>Lahtest Diagnostics</td>
<td>Media and Matrimoney</td>
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<td>Medical Billing</td>
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<td>Islamic Relief</td>
<td>Not for Profit</td>
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<tr>
<td>For The Needy and Hungry Foundation</td>
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<td>ICNA Relief .USA</td>
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<td>OBAT Helpers</td>
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<tr>
<td>Society for International Help</td>
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<tr>
<td>Ummah Relief International</td>
<td>Not for Profit</td>
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<td>Zaytuna College</td>
<td>Paintings</td>
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<td>Parvez and Tahera Arts</td>
<td>Paintings/calligraphy/books</td>
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<tr>
<td>Private</td>
<td>WraSer Pharmaceuticals</td>
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<td>Pharmaceutical / Biomedical</td>
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<td>Tax Planning</td>
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<td>Emirates Airlines</td>
<td>Travel</td>
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<td>Aga Khan University</td>
<td>University</td>
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The Amana Mutual Funds and Saturna Capital can help you achieve your financial objectives. We offer a variety of accounts to fit your investing needs:

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- Employer Plans (SEP, SIMPLE, 401(k))
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What are your financial goals?

APPNA 38th Annual Convention
August 12-16, 2015 Orlando, Florida

CME Summer Program

APPNA – Maintaining a Tradition of Excellence

Session 1
Moderators Dr Mohammed A Moosa, Dr Aamir Javaid
Aug 13, 2015

8:00 Prostate Intervention for BPH in Interventional Radiology
Dr Sameul O Hanif
8:45 The Skin and Systemic Disease: Re-igniting Medical Dermatology
Dr Abrar Qureshi
9:45 APPNA Telemedicine Initiative: An Update
Dr Asad Sheikh
10:20 Finding Positive in Negative: Molecular Pathways in Triple Negative Breast Cancer
Dr Saqib Masroor
11:15 Atrial Fibrillation: Evolving Surgical Therapies

Session 2
Moderators Dr Saleem Islam, Dr Aamir Javaid, Dr Umna Ashfaq
Aug 14 2015

7:30 Bisphosphonate Related Osteonecrosis of the Jaws
Dr Faisal Quereshy
8:15 Adolescent Bariatric Surgery
Dr Faisal Qureshi
9:00 Health Care Disparities – What APPNA Physicians Can Do About It?
Dr Adil Haider
10:00 Interventions to Reduce Vaccine Refusal
Dr Saad Omar
10:45 From Science Fiction to Science Fact: Human Cardiac Regeneration
Dr Hina Chaudhry

Session 3
Moderators Dr Adnan Hyder, Dr Aamir Javaid
Aug 15 2015

8:00 Clinical Quality for Pre-hospital Emergency Care
Dr Junaid Razzak
8:45 Developing Capacity for Research in Low/Middle Income Countries: Prospects and Pitfalls
Dr Adnan Hyder
9:30 Shaping Future of Cardiovascular Risk Assessment
Dr Khurram Nasir
10:30 The Lure of Lou Gehrig Disease: A 33 Year Odyssey
Dr Teepu Siddique
11:15 Medical Ethics
Dr Hatem Bazian
11:35 Panel Discussion on Research
Expert Panel
### Youth Mentorship Program Schedule

#### Friday Aug 14th

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic/Activity</th>
<th>Panelist/Activity</th>
<th>Room Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 AM – 9:30 AM</td>
<td>Registration</td>
<td></td>
<td>Room with Audio, Projector, Podium to accommodate 20-35 participants in theatre style seating.</td>
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<tr>
<td>9:30 AM – 10:30 AM</td>
<td>Workshop: Who am I, Cultural Identity?</td>
<td>Faizan Haq, Communication Specialist</td>
<td>Room with Audio, Projector, Podium to accommodate 20-35 participants in theatre style seating.</td>
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<tr>
<td>10:30 AM – 10:45 AM</td>
<td>Break</td>
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<tr>
<td>10:45 AM – 11:45 AM</td>
<td>Hands on training: All Politics is Local</td>
<td>Mayor Saud Anwar</td>
<td>Room with Audio, Projector, Podium to accommodate 20-35 participants in theatre style seating.</td>
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<tr>
<td>12 Noon – 1:00 PM</td>
<td>Lunch &amp; Networking</td>
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<tr>
<td>1:00 PM – 2:00 PM</td>
<td>Jumma Prayer</td>
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<tr>
<td>3:30 PM – 5:30 PM</td>
<td>Independence Day Celebrations</td>
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#### Saturday Aug 15th

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic/Activity</th>
<th>Panelist/Activity</th>
<th>Room Requirements</th>
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</thead>
<tbody>
<tr>
<td>9:00 AM – 10:30 AM</td>
<td>Seminar – Preparing for College Admissions</td>
<td>High School Students</td>
<td>Room with Audio, Podium to accommodate 20-25 participants in theatre style seating. Head table &amp; Chairs for 4 participants.</td>
</tr>
<tr>
<td>10:30 AM – 10:45 AM</td>
<td>Break</td>
<td></td>
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<tr>
<td>10:45 AM – 11:15 AM</td>
<td>Social Entrepreneurship</td>
<td>Uzma Bawany</td>
<td>Room with Audio, Podium to accommodate 20-25 participants in theatre style seating. Head table &amp; Chairs for 4 participants.</td>
</tr>
<tr>
<td>11:00 AM – 12 Noon</td>
<td>Social &amp; Community Activism</td>
<td>Khurrum Wahid</td>
<td>Room with Audio, Podium to accommodate 20-25 participants in theatre style seating. Head table &amp; Chairs for 4 participants.</td>
</tr>
<tr>
<td>12:00 Noon – 1:00 PM</td>
<td>Lunch &amp; Networking</td>
<td></td>
<td></td>
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**Drop Off and Pickup**

Drop off and pickup for shuttle bus will be at Convention Center entrances, both at Gaylord Palms and Disney Swan Resorts.
Lot to be Greatful

We are back at Gaylord Palms. First ever APPNA summer convention was also held at Gaylord in 2003. It was a great success but unfortunate in the sense that three of the host committee were diagnosed with cancer during those ongoing meetings. I am the lone survivor of the three. The other two were my really good friends Raana Akbar, who was president of APPNA at the time and Mushtaq Ahmed a past APPNA president. Raana, I had known from King Edward when she was Raana Usmani as we were class fellows. She had since married Waheed Akbar whom I also knew well from King Edward and is also a past APPNA president. I got to know them better in the US mainly at APPNA meetings. Mushtaq and I also hit off well in the host committee meetings becoming friends. We could relate to what the other was going through and that brought us even closer. They were both wonderful people and those of you who knew them will agree to that. It is our great loss that they are not among us. For me it was a privilege to have known them. May God bless their souls! Mushtaq being the more religious amongst us would never forget the other two in his prayers.

It is difficult to write about the subject and then to keep it short but I was encouraged by some of you to write my experience. I was diagnosed with nasopharyngeal carcinoma which is not a very common tumor and is related to Epstein Barr virus. I received concomitant radiation and chemotherapy which was one of the roughest time of my life.

The trips to radiation were literally trips to hell and back. Being tied down to the table (so you can’t move) with a tight claustrophobic facial mask for around 45 minutes with the clickety noise of the moving machine was pure hell. I just had to day dream about the good times with the family and friends in the past or I would count through the clicking noise of the machine to bide the time. At the end of the session I felt completely drained and found it even difficult to move off the table. Post radiation headaches were so severe at times that it felt like my head would explode.

It was the love and support of my family and you our friends in this extended community family that saw me through this phase. It is amazing how the family can give you the strength to fight. Just a look of sadness in the eyes of your wife and children can give you the courage to face the next day as you want to bring happiness back to those eyes.

The worse was finally over and the post radiation recovery started gradually. I was surprised at the punishment my body was able to endure. Radiation and chemotherapy are brutal but the resilience of the human body is amazing. It is our will to live that will not let us die. I was however unfortunate in suffering complications soon after radiation with loss of my Eustachian tubes that caused constant ear and sinus problems. Each trip and procedure unfortunately caused further problems.

I have to keep this short so I will just tell the readers how I have been able to cope these thirteen years. In a serious illness with complications and residual disabilities it is important to understand and accept this change and the new you. You have to accept that like your gone childhood, your previous lifestyle and your previous baseline is not coming back. You can always make a comeback after every major complication and setback but usually with some limitations.

It is important to accept the new you after each such episode. My baseline in early 2003 was a 12-14 hour work day, an active social and sporting life with regular tennis games but this changed to part time hospital work, consistent pain, hearing loss and exercise limited to walks by the end of the same year. This continued to change in a downwards spiral as new complications occurred every few years. The start of this year has caused the most serious downturn whereby I lost my fifth, sixth and eighth cranial nerves on the left side with encroachment of the right internal carotid artery. I already lost my left internal carotid artery in a blowout four years back. My current baseline is thus very limited exercise, very poor hearing and vision (right side only) along with moderate speech and swallowing difficulties. I have to feed myself by a PEG tube and...
also care for my PICC line. I have however got used to this baseline as I know this is my new normal. Talking of PICC lines, I saw a lot of PICC line infections during my practice days. My first PICC line stayed with me for almost a year and the second one has lasted nine months already. I have been fortunate enough not to have had any problems with my PICC lines or my port. Being a physician, I took good care to avoid infections. The PICC line dressings are changed weekly by a home health nurse. These nurses of course can provide from excellent to very poor service. I can say with experience that some of them have no concept of sterility and absolutely no knowledge of air embolism. I feel that most of the PICC line problems are likely related to compromised quality of dressing changes. As physicians we should be vigilant in correcting these, plus review our own work as most of my complications were iatrogenic both medicinal and physician caused. I however have taken them in my stride and stayed positive.

There is also a major change in my social life. Our social life involves food and “gup shup” when you can’t do either your social life is essentially over. I still go to social functions when I can mainly so that my wife does not miss out on company or become a recluse but it is difficult to converse or eat when I go to these social functions.

One very important and positive feature however was that I became a much better physician after becoming a patient. I had more empathy, I understood the pain of others now that I was suffering pain. At the end of the day I looked up every illness I saw during the day making sure I had covered everything. I realized this when I saw my own physicians not listening to me or considering every option. We all tend to forget things and need refreshers. For example a physician at the hospital was surprised that I was having difficulty swallowing after the involvement of the fifth nerve. The fifth nerve also has a motor component even though it is mainly sensory. A university professor embolized my facial and maxillary artery with onyx (permanent embolization) when I had gone to see him after a suspected carotid artery blow out because he thought that might be the source of the problem even though they appeared normal. The problem was of course the carotid which fortunately sealed itself. His indiscretion caused me considerable pain and discomfort. I can narrate many such incidents but am constrained in writing this. I started listening to my patients more also as my physicians weren’t listening to me.

Most physicians reach a diagnosis quickly or already have a diagnosis as they have gone through the paperwork and start working their protocols. We will treat and serve our patients better if we listen to what they are saying. Patients usually know their bodies well and can feel when something is wrong and they should not be brushed off. The university admission that I mentioned earlier started from my home where I had a carotid artery blowout. I bled out almost a liter of blood; however, the ambulance crew noticed blood coming from the nose and wrote down Epistaxis. Three hospitals later at the university I was being considered as having epistaxis as nobody was listening to what I was saying. They were just reading and copying the notes. How often do we see similarities in physician notes on hospital rounds.

I have been positive and accepting but this has all been possible because of the continued support of my loving wife and family and of course support of all of you my friends who have continued to pray for me and give me strength. Some of you have come up to me and called me a fighter, others have called me an inspiration, and some even a miracle. I however don’t see it that way. I am just an unfortunate statistic in the laws of nature. Half the men and one third of women will get cancer of some kind during their lifetime.

I don’t like being where I am neither do I wish anybody else in my shoes. I am only here because I don’t have a choice. I have to make the best with the hand I have. My college motto at Lawrence College Murree, was “Never Give In.” The most important reason for me being able to cope with my predicament is however my father’s teaching that “When you are down look at the people less fortunate then you and you will see you have much to be grateful for.” I am still walking on my two feet. Yes I sure have a lot to be grateful for.

Naeem Khan (Khakwani)
KEMC 1975
Orlando

With the compliments from: Cardiac Specialists of Houston, PLLC
Masroor A. Khan, MD, FACC, FSCAI
Diagnostic and Interventional Cardiologist
Texas Medical Center, Houston, TX
6550 Fannin Street, Suite 2405
Houston, TX 77030
Ph:832-831-6932 Fax: 832-831-6987
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Have an opinion?

Join us at the

APPNA Youth Debate 2015

Friday, August 14 and Saturday, August 15

Age Groups:
10-13
14-17
18-23

*Contact Information and Rules Upcoming

*Times and Halls TBD

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Gaylord Palms Resort & Convention Center
6000 W Osceola Pkwy
Kissimmee, FL 34746

Have an opinion?

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Investment Guidance from a Trusted Advisor

Wealth Management

Retirement
We all need to plan in advance if we wish to enjoy a comfortable retirement. Uncertainty about social security makes this even more important. You should consider some intelligent investing options so that you can help secure the future you’ve earned.

Education
You want the best for your children and grandchildren. Securing a good education is one of the best things you can do for them. Now is the time to learn more about the options available to help you prepare for the rising costs of education.

Tax Savings
Many people don’t know about the availability of tax-deferred or tax-advantaged investments that are available to them. You may be paying more taxes than you have to. Allow your tax-deferred money to compound for you by taking advantage of these types of accounts that can help your savings grow faster.

What is Halal Investing?
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Ask About our 401(k) Retirement Plan Options

Benefits:
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• Attract talented employees
• Tax advantages for both sponsor and employees
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What is Halal Investing?

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The First Accredited Muslim College in the United States

ZAYTUNA COLLEGE

Join us for a breakfast program: “Preparing Morally Committed Leaders”
Sunday, August 16 at 8.30 am | Sun Ballroom D

Learn about this historic institution at the Zaytuna booth (#101)

zaytuna.edu

APPNA, APCNA
Heartwalk & Obesity Walkathon

Meet in the Gaylord Hotel Lobby

Registration begins promptly at 9am

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Attorney Saqib Ishaq represents healthcare providers throughout Florida (and the United States when federal issues are involved). Prior to starting his own law firm, he was a partner in the health care practice group of an AMALAW 200 law firm.

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Investment products:
A Letter to Malala

Nov 2012 reflecting on the shooting:

On my way to work I pass the school zone and I sometimes frown when I am obligated to drive at 20 mph. Occasionally the school bus appears before me with the unmistakable stop sign projecting from its side forcing me to halt my car, thus allowing several children to safely cross the street. Does it make me a few minutes late for work? Perhaps.

Does it make me secure that in this part of the world, cars will stop for my son when he is old enough to cross the road? Certainly.

Does my heart bleed for Malala Yousufzai when I think about how we fail to protect our children in Pakistan as they commute to seek their rightful gift of education? Every day.

Reflections on Malala’s UN speech and its aftermath:

Dear Malala,

When you took a bullet to your head, I prayed for you all night - that you live a long life - for who you are, and for the voice of girls’ education that you have become - not only for Pakistan, but for the world.

You were flown to England, where you had life-saving brain surgery, and after the Almighty, I thanked in my heart all the dedicated physicians who cared for you then. Despite experiencing trauma of such magnitude, your courageous steps did not falter, and you continued to fight for education and peace. Last week, your speech at the United Nations on your sixteenth birthday was articulate, moving and a shining example of utmost resilience. You showed the world a much needed positive side of Pakistan, specially when you said that you do not even hate the person who tried to kill you.

For all that you said, I am proud.

A lot of speculation has emerged following the speech: “Why didn’t she mention the drones?”, “It’s all a political stunt,” “She is a CIA agent,” “It was a rubber bullet,” “She is receiving 5 star treatment of a royal princess while others in Pakistan suffer,” “She is being called a hero while our real heroes like Edhi are not valued,” to mention a few.

For all that they said, I am appalled.

Keep your head high, and tell them that no one would agree to be shot in the head to pull a political stunt; no one would choose a facial droop in exchange for fame or a British education. Tell them that you love Pakistan so much more than they do, for you are the one who has given the ultimate sacrifice. Ask them not to compare you with Sattar Edhi - he is a hero in all of our eyes, but they forget that you are sixteen. You hope to live long, so you can become Sattar Edhi, if only they will let you.

I am sorry that your own countrymen malign you while the world celebrates you;

I am sorry that we have lost the ability to recognize a gem when it is among us;

I am sorry that this bullet of negativity has been so wrongly directed towards you;

I am sorry that you though you survived a gunshot, we have managed to kill you with our words.

By Lara Zuberi
Assistant Professor of Hematology/Oncology at UF Health Jacksonville, Florida

AISI KHABAR-In Memoriam
## APPNA 38th Annual Convention
### August 12-16, 2015 Orlando, Florida

### Event Schedule

#### Wednesday, August 12
- **3:30 PM** - 10:00 PM **Registration**
  - City Hall Lobby
- **3:30 PM** - 5:00 PM **Inauguration Ceremony**
  - Market Square
- **6:00 PM** - 1:00 AM **Chapter Night - and Entertainment**
  - Sun Ballroom AB
- **1:00 PM** - 5:00 PM **Exhibit Set-up; Move-in**
  - Exhibit Hall C-F
- **6:00 AM** - **11:00 PM** **Prayer Room**
  - Miami

#### Thursday, August 13
- **7:00 AM** - **11:00 AM** **CME Breakfast**
  - Sun Ballroom AB
- **8:00 AM** - **12:00 PM** **CME (Main session)**
  - Sun Ballroom AB
- **10:00 AM** - **12:00 PM** **APPNA National Healthcare Day 2015 Meeting**
  - Sun Ballroom 2
- **11:00 AM** - **12:00 PM** **Polio Eradication Campaign Meeting**
  - Sun Ballroom 4-6
- **2:00 PM** - **3:00 PM** **APPNA Idol and Fashion Show Entertainment**
  - Osceola CD

#### Friday, August 14
- **7:00 AM** - **10:00 AM** **APPNA General Body Meeting**
  - Sun Ballroom AB
- **8:00 AM** - **10:00 AM** **CME Breakfast**
  - Sun Ballroom AB
- **9:00 AM** - **10:00 AM** **APPNA Pediatrics Meeting**
  - Sun Ballroom 3-4
- **9:00 AM** - **10:00 AM** **Specialty Networks Meeting**
  - Sun Ballroom 2
- **9:30 AM** - **12:00 PM** **APPNA Family Day**
  - Sun Ballroom A/B
- **1:30 PM** - **4:30 PM** **APPNA Social Forum**
  - Sun Ballroom AB
- **6:00 PM** - **10:00 PM** **Dental APPNA CE Meeting**
  - Sun Ballroom A/C

#### Saturday, August 15
- **7:00 AM** - **10:30 AM** **APPNA General Body Meeting**
  - Sun Ballroom A/B
- **8:00 AM** - **10:00 AM** **CME Breakfast**
  - Sun Ballroom AB
- **9:00 AM** - **10:00 AM** **APPNA Pediatrics Meeting**
  - Sun Ballroom 3-4
- **9:30 AM** - **10:00 AM** **APPNA Family Day**
  - Sun Ballroom A/B
- **12:00 PM** - **2:00 PM** **Dental APPNA CE Meeting**
  - Sun Ballroom A/C

#### Sunday, August 16
- **8:00 AM** - **10:00 AM** **APPNA General Body Meeting**
  - Sun Ballroom A/B
- **9:00 AM** - **10:00 AM** **APPNA Family Day**
  - Sun Ballroom A/B
- **10:00 AM** - **2:00 PM** **Late Night Food Concession Stands**
  - City Hall Lobby

### Time Events Room Assignment

<table>
<thead>
<tr>
<th>Time</th>
<th>Events</th>
<th>Room Assignment</th>
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</thead>
<tbody>
<tr>
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### Event Details
- **APPNA FIRST**
- **APPNA 38th Annual Convention 2015, Orlando, Florida**
- [www.appna.org](http://www.appna.org)
PAKISTAN DAY CELEBRATIONS
Friday, 14th August 2015
Festivities from 3.30 pm - 5.50 pm

Program will include Flag Raising Ceremony by Honorable Ambassador Jalil Abbas Jilani

Special Guests
Congressman Alan Grayson & author Ethan Casey

Cultural Show by children
Live Music & National Songs by Imran Ali

Refreshments will be served Pakistani style!

Wear green & white and celebrate your love for Pakistan

Program Chair: Dr. Sajid Chaudhary