

LUBNA NAEEM, MD., FOR APPNA TREASURER

Board Certified in Internal Medicine

"NO ONE LEFT BEHIND"

A PHYSICIAN ADVOCATE FOR RESPONSIBLE USE OF EXPERTISE AND INFLUENCE TO ADVANCE WELLBEING OF COMMUNITIES

I will advocate, work and propose to the council for economical sustenance that will contribute in educational and political changes for better outcomes of Public Health and help members to develop best practices with provision of tools and services that are necessary for assuring healthier America.

I will also advocate, work and propose to the council influence through the expertise, adoption of collaborative health guidelines and policies for better health outcomes back home, in prevention and disaster relief, for effective procurement and expenditure of funds.

Future Goals and aspirations

PROPOSALS AND GOALS AS A TREASURER:

GOALS:

Restore member's confidence, ensuring financial stability and help develop APPNA's financial institutional legacy by strengthening:

1- TEAM WORK: Strong Executive team work

2-COMMUNICATION: Open and honest communication with members, and access to information

3- GENDER DEMOCRACY: Women inclusion in all strata of Governance structure

4- EFFECTIVE LEGISLATIVE PROCESS: ground up from Component Societies

PROPOSALS:

1- Offering products and services for the physicians to develop best practices, instead of paying other Organizations \$500-\$1000/ year, pay APPNA for the same services.

2- Offering 10 year permanent membership with voting rights for practicing physicians

3- Offering lifetime membership with voting rights for permanent members once retired

4- Tiered membership fee-scale for non-voting member

5- Fortifying Foundation/Endowment.

6- Effective fundraising using modern tools.

Provide sustained leadership role to promote projects that have direct impact on our health

Continue promoting the **APPNA Childhood Obesity and Diabetes Awareness** and prevention campaign to help prevent chronic medical conditions such as Diabetes, Hypertension and Dyslipidemias

Promote **local and Global Vaccination** initiative as cost effective public health investments

Work with APPNA to bring **Domestic Violence awareness** to battered and abused women in need of counseling and shelter; Integrating Social Welfare projects across other minority communities; Continue support for long term community projects under APPNA Banner

Strengthen Governance

Measures to improve transparency, governance and election process; Ensuring effective communication and conflict resolution process

Integration with other professional and scientific organizations

Improving Young Physician's Program

Awards and Community contributions

2017: APPNA LEGISLATIVE COMMITTEE ADVOCATE FOR J1 VISA AND PLACEMENT OF RESIDENCY

2017: APPNA MOBILE HEALTH CLINIC BENEFIT CONCERT FUNDRAISER COORDINATOR 2017 IN COLLABORATION WITH AAP1 AND TIPPSW

2016: PRESIDENT OF NATIONAL APPNA FALL MEETING 2016 HOST CHAPTER WITH RECORD FUND RAISING TIED TO MOBILE HEALTH UNIT

2016: CHAIRPERSON CME APPNA FALL MEETING 2016

2016: PRESIDENT OBAMA'S AWARD FOR OUTSTANDING VOLUNTEER SERVICES AND RECOGNITION FROM U.S.

SURGEON GENERAL & HILLARY CLINTON FOR APPNA CHILDHOOD OBESITY AWARENESS CAMPAIGN

2016: APPNA DEDICATION AND RECOGNITION AWARD: ON APPNA WOMEN AND CHILDREN AFFAIR COMMITTEE; MARYLAND

2016: PRESIDENT APPNA SOUTH CENTRAL TEXAS CHAPTER

2013-2016: CHAIR PERSON APPNA WOMEN AND CHILDREN AFFAIR COMMITTEE, (CHILDHOOD OBESITY, BREAST CANCER AND END OF LIFE CARE AWARENESS)

2015: DOW GRADUATE ASSOCIATION of NORTH AMERICA AWARD FOR OUTSTANDING SERVICE AND RECOGNITION

2015: APPNA-SCT COMMUNITY STAR AWARD FOR OUTSTANDING ACHIEVEMENTS

2015: KEYNOTE SPEAKER ORLANDO CHAPTER NIGHT, DIABETES PREVENTIVE CAMPAIGN IN CHILDREN



2015: APPNA DEDICATION AND RECOGNITION AWARD: ON CHILDHOOD OBESITY AWARENESS CAMPAIGN; SAN FRANCISCO, CA 2015: CME SERVICES TO AIMCAANA RECOGNITION AWARD, INTERNATIONAL MEETING
2014: APPNA DEDICATION AND RECOGNITION AWARD: ON CHILDHOOD OBESITY AWARENESS CAMPAIGN, WASHINGTON D.C

2013: CHAIRPERSON HOST COMMITTEE APPNA SOUTH CENTRAL TEXAS CHAPTER INAUGURAL BANQUET
HEALTH DISPARITY COLLABORATIVE LEADERSHIP SOUTH TEXAS:

Community Contribution Award: South Texas Rural Health Services

Business of the Quarter - Provided free flu vaccines to Frio County, TX

Medical Column - Frio-Nueces Current newspaper: The Challenge of Diabetes specifically addressing Diabetes Awareness in the Hispanic population.

Obesity and Weight loss what you need to know! Methodist Stone Oak Hospital Lecture Series

Menopause, What Women need to Know! Methodist Stone Oak Hospital Lecture series

Top Internist of San Antonio from Medical peer community: 2006– 2013

Top Physician - Consumer Research Counsel of America

NFit Woman Magazine: Ask the Expert Series on Healthy and Beautiful you

Texas MD and San Antonio Women Magazine: Ask the Expert Series on Beautiful bodies

Writer and Director of Stage Play "Pind di Shaan Shaano" promoting Girls Education at TCF Gala, San Antonio

PHYSICIAN LEADERSHIP COUNSEL MEMBER: BAPTIST HEALTH SERVICES

MEMBER OF SUSAN G KOMEN RACE FOR CURE, WOMEN IN MEDICINE AND LAW

BREAST CANCER AWARENESS PARTNERSHIP WITH BAPTIST BREAST CENTERS AND SUSAN G. KOMEN

Medical School

University of the Punjab, Allama Iqbal Medical College, Lahore, Pakistan Degree: MB, BS

Additional education

MBA - In Progress, University of Massachusetts, American College of Physician Executives

Completed Courses: 1. Health Law 2. Ethical Challenges for Physician Executives 3. Measuring Physician Performance

Licenses and certificates

Texas: Active: California: Active: ABIM Certification: Active

Professional experience and appointments

08/2005 to present - *Principal Physician at Internal Medicine of Stone Oak Director/Owner Soni Med Spa*

06-2000 to 07/2005 – *Practicing Internist and Medical Director, South Texas Rural Health Clinics*

07/1996 to 06/1999 - *Residency, Internal Medicine, St. Louis, University of Medicine, St. Louis, MO*

1992 to 1994 *Instructor pathology Residents Baylor College of Medicine, Houston, Texas*

1991 to 1992 *Histopathology, Dept. of Pathology, Mount Sinai School of Medicine, New York, NY*

1987 to 1991 *Resident (Demonstrator), Pathology, King Edward Medical College, Lahore, Pakistan*

Memberships in professional societies

American College of Physicians, American Medical Association, Bexar County Medical Society, Texas Medical Association

Publications

Muhammad Naeem, Lubna Naeem and John E. Morley, "The Science of Geriatrics". Editors: Morley JE, Ambraschl A and Coe L, Publisher: New York, NY, Springer 2000

Research projects

1. *Allergic bronchopulmonary Aspergillosis; the role of cytokines and T-cell mediated responses in pathogenesis as well as immunologic pathways to counteract server cytotoxic responses. Department of Allergy and Immunology, Supervisor: Raymond Slavin, MD, Professor of Medicine, Chair Department of Allergy and Immunology, St. Louis University School of Medicine, St. Louis, MO, 1997.*

2. *Gerontology and Alzheimer's Dementia: Role of micro-tubule assembly in cortical neurons in SAM-P8 mice as a marker of memory loss. Supervisor: John E. Morley, MD, Professor of Medicine, Chair of Geriatrics, St. Louis University School of Medicine, St. Louis, MO, 1999.*

3. *Poster Presentation at American College of Physicians (ACP) annual session (Missouri Regional Chapter), October 1998. "Intra-cerebral Tuberculoma in a Young Health Female"*

Presentations and research

Presenter at Medina County Women's Conference, October 2012. "A Healthy and Beautiful You"

Performance Improvement: JHACO, STRHS, Inc. 03/2003

Obesity: Rotary Club Frio County, 07/2003

Diabetes Collaborative/Obesity and its Management: Peer Review Committee, STRHS, Inc. 10/2003

Medicare Modernization Act 2003: Peer Review Committee, STRHS, Inc. 02/2004

Emergency Contraception: Peer Review Committee, STRHS, Inc. 02/2004

Married with Muhammad Naeem a Gastroenterologist, community leader and cricketer. Blessed with two beautiful children. Love to play tennis, watch movies and write scripts in spare time.