



# DOGANA

## 9th Dow Alumni Retreat



April 6-8, 2012 • Rosen Shingle Creek Resort • Orlando, Florida

# 2012 DOGANA Retreat Host Committee



Front Row (L to R) – Shazia Aziz, Tahira Qureshi, Naveen Darakhshan, Salma Bhagani, Farheen Mohiuddin, Sameen Mukrram, Sunbal Sattar, Durdana Ahmed  
 Back Row (L to R) – Imtiaz Qureshi, Abdullah Moosa, Yousuf Bhagani, Asif Mohiuddin, Jaseem Khan, Iftikhar Mobin, Usman Siddiqui, Abid Rasool, Abdul Aziz.

**Host Committee Chair**  
 Asif Mohiuddin, MD

**Host Committee Co-chairs**  
 Yousuf Bhagani, MD  
 Sohail Kakezai, MD

**Booths, Food & Entertainment Coordinator**  
 Salma Bhagani

**Central Council Liaison**  
 M. Azim Qureshi, MD

**CME Committee**  
 Umna Ashfaq, MD, Chair  
 Iftikhar Mobin, MD, Chair  
 Khurram Moeen, MD  
 Usman Siddiqui, MD  
 Abdul Aziz, MD  
 Irfan Siddique, MD

**Publication Committee**  
 Abid Rasool, MD, Chair

Aamir Awan, MD  
 Imtiaz Qureshi, MD  
 Usman Siddiqui, MD  
 Muhammad Moosa, MD

**Catering Committee**  
 Jaseem Khan, MD, Chair  
 Yusuf Bhagani, MD Cochair  
 Imtiaz Qureshi, MD

**Entertainment Committee**  
 Asif Mohiuddin, MD, Chair  
 Tahira Qureshi, MD, Cochair  
 Yusuf Bhagani, MD  
 Sohail Kakezai, MD  
 Iftikhar Mobin, MD  
 Abdul Aziz, MD  
 Khurram Moeen, MD

**Event & Hospitality Committee**  
 Sohail Kakezai, Chair  
 Rakshi Noor, MD, Cochair  
 Sumbal Sattar, MD

Naveen Moosa, MD  
 Muhammad Moosa, MD  
 Tahira Qureshi, MD  
 Mansoor Haider, MD  
 Jaseem Khan, MD

**Media, Display & Booth Committee**  
 Sumbal Sattar, MD, Chair  
 Rakshi Noor, MD, Cochair  
 Naveen Moosa, MD

**Sports Committee**  
 Aamir Awan, MD, Chair  
 Adnan Khan, MD, Cochair

**Event Coordinator**  
 Asif Mohiuddin, MD

**President APPNA-FL**  
 Masood Hashmi, MD

**Class Reunion Chair**  
 Mansoor Haider, MD

*We welcome Dowites to the  
 9th Annual DOGANA Retreat in Orlando 2012*



## EDITORIAL | Tariq Jawaaid Alam, MD, Editor-in-Chief

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One of the highlights of the Orlando Retreat is the 'Vision 2020' theme. It is encouraging to note that the DOGANA leadership has decided to look at the future and shape the direction of the organization keeping new and dynamic trends in mind.

Being an alumni organization it is reasonable to assume that DOGANA's main role is to build bridges between its alumni and the alma mater. However, we cannot ignore the vast number of Dow alumni in North America as successful practicing physicians and the dynamism of the changing health care trends in the US. While it is important that we build and maintain connections and give back to our alma mater, we cannot remain oblivious to the current health care trends and our integration in society in our adopted homeland.

We have to be the collective voice for fair physician representation and advocacy in matters related to the health care law, reimbursement issues for medical specialties and at the same time playing our due role in social upliftment, integration, tolerance and respect. In previous years, we have seen a good amount of our communities involvement in matters of social integration and welfare. From running free clinics to organizing health camps, Pakistani physicians have actively volunteered and contributed their expertise in areas struck by natural calamities like in Joplin and Alabama.

Many of these sincere efforts have been sporadic and individualized. While they have benefitted local communities we know that our collective strength has the capacity to do much more and impact our communities in a far more forceful manner. This is where our 'numbers' come in handy. Our alumni has the largest number of Pakistani physicians in the US, yet many are weary of DOGANA for multitudes of reasons. The "Vision 2020" initiative cannot be a success unless we all come together under a common banner and collectively let our voices be heard. Our contributions and impact in society will be much more effective with our increasing numbers.

More and more Dow graduates are coming to the US for residency training. All are first-timers, settling alone in a land far away from their homes. It is incumbent upon us, who have settled in well and are valuable members of society that we help our incoming graduates assimilate in their new lives in the US and contribute to the effectiveness of our association. The "Vision 2020" theme will have to primarily concentrate on luring our young graduates to join our association if we wish to meaningfully contribute to society and advocate for issues of prime interest.

However, our young graduates need to realize that by their joining DOGANA and coming under one platform as a representative body is crucial for their own benefit and advancement. While many graduates may think of DOGANA as a forum to solicit observership positions or residency interviews, the ultimate goal should be more realistic. Most graduates end up securing residency positions anyway, the problem lies when they are not able to start their training on time for a variety of reasons. In recent years, many of these young graduates have benefited from personal and collective efforts of established Pakistani physicians who have advocated on their behalf to concerned authorities. Many whose visa applications were initially declined were able to subsequently secure visas and start their careers on time.

The bottom line is that as an alumni association, young graduates and those who are already established, need each other if we truly wish to make Pakistani physicians a sustained, strong voice in this country. That should be the prime essence of the "Vision 2020" theme.

In unity lies our strength!

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*The writer is a 2005 graduate of Dow Medical College and currently a neurologist in St. Louis, Missouri*



## President's Message

Dear Dowites,

It is my pleasure to welcome dowites at the 9th DOGANA Spring Retreat being held at Rosen Shingle Creek Resort in Orlando, Florida.

This is the first time that we are having our retreat in Orlando. It was a mounting task for all of us to make it into a successful venture. It was only through the persistent dedication and effort of the Local Host Committee that it was possible to organize such a major event and its programs.

Usually Retreats are “nashistam, guftam, barkhastum”. This year our retreat theme was coined to attach focus and substance to our meetings. As promised during my campaign, “Leaders are those who produce more leaders.” In this regard, we have a two day “Leadership Workshop” for present and future leadership of DOGANA. We are the first Alumni to arrange such a program. Azim Qureshi, MD has been in the forefront for organizing this program.

Following are the few highlights of this Retreat.

### RETREAT THEME “VISION 2020”

- This year for the first time we have a retreat theme, “Vision 2020”. Discussions will be held among the old and new leadership along with the general membership regarding the future goals and aspirations of DOGANA. Where do we want to see our Alumni in the next eight years?
- Accredited CME will be available for up to eight hours.
- A “Leadership Workshop” will be held for the Central Council, Committee Chairs and members of DOGANA. This is the first activity in this direction from our platform.
- For the first time again, DOGANA will host the first ever APPNA Presidential Debate in Orlando. Dowites will come to know about the Vision and Goals of future APPNA Presidents.
- We are arranging for a “Dow Bazaar” at the resort as well.
- I encourage you to attend all the programs with your families. Orlando is an entertaining place for the kids and we selected this venue so that Dow families can enjoy our Spring Retreat jointly.

I congratulate and thank the Orlando Host Committee Chair, Asif Mohiuddin, MD; Cochair, Yusuf Bhagani, MD; Sohail Kakezai, MD; Salma Bhagani; Umna Ashfaq, MD; Iftikhar Mobin, MD; Khurram Moeen, MD; Usman Siddiqui, MD; Abdul Aziz, MD; Irfan Siddique, MD; Abid Rasool, MD; Aamir Awan, MD; Imtiaz Qureshi, MD; Jaseem Khan, MD; Imtiaz Qureshi, MD; Tahira Qureshi, MD; Rakshi Noor, MD; Sumbal Sattar, MD; Naveen Moosa, MD; Muhammad Moosa, MD; Adnan Khan, MD; Mansoor Haider, MD.

I am also obliged to Drs. Nasim Shekhani, Kazi Salahuddin, Farrukh Hashmi, Muslim Jami, Mansoor Abidi, Sohail Khan and Azim Qureshi for their constant input and guidance regarding the Retreat.

Have a marvelous stay in Orlando,  
Talha Siddiqui, MD, President DOGANA 2012



## Executive Director's Message

Dear DOGANA Family,

Hope all of you are enjoying the pleasant weather of Florida and the company of your friends.

I would like to take this opportunity to introduce myself. I am a Dow graduate of 1988. I am a practicing nephrologist for fourteen years. I am a lifetime member of APPNA and DOGANA for a decade. In January of 2012, I was appointed Executive Director of this organization by the Central Council of DOGANA. Dr. Farrukh Hashmi and Dr. Rizwan Karatela were my predecessors and it is indeed hard to fill their shoes. I will try my best to duplicate their quality performance with due diligence with the support of current Central Council and the future leadership of DOGANA.

DOGANA has grown significantly since its inception to become the largest alumni association in APPNA. Our potential is limitless. We hope to increase our membership, continue our good work for our alma mater and the community at large.

Sincerely,  
S. Mansoor Abidi, MD  
DMC 1998  
Maumee, Ohio



## President -Elect's Message

Dear Fellow Dowites,

I would like to take this opportunities to welcome you to DOGANA Spring retreat in Orlando, Florida. This will be a great meeting with an excellent CME and entertainment program. I would like to thank and congratulate the local host committee for their hard work to arrange this meeting. DOGANA has come a long way from an organization of few alumni to hundreds of members and few thousand graduates in this country. DOGANA is becoming more involved with our Alma mater Dow University of Health Sciences (DUHS). There is more collaboration of DOGANA and DUHS now and hopefully more faculty and staff development will happen in future. As President-Elect of DOGANA, my goal is to foster this growth and congenial relationship between DOGANA and DUHS.

Sajid Zafar  
Class of 89-2  
President-Elect DOGANA, 2012



## Past President's Message

Dear DOGANA family,  
Greetings

My heartiest congratulations to DOGANA 2012 members, who were successful in our electoral process and I welcome the new leadership of DOGANA.

The Central Council of DOGANA has been very busy in 2011, restructuring and establishing permanent processes, to help our future leadership and members. Thanks to all members of the team without their help nothing would have been achieved. The space constraint, doesn't allow me to thank each and every one of you individually, but I am humbled by your support and your hard work to take our Alumni to a new height. To name our few accomplishments for the year 2011, we have

- Developed a new state-of-the-art DOGANA web portal: Please visit [www.dowalumni.com](http://www.dowalumni.com). Special thanks to Drs. Habib Khan and Nasir Shahab for their untiring efforts to make this happen
- Provided transparency and improvement in our financial processes. Treasurer Dr. Zoberi has full and complete access to all accounts; the detailed report on Budget and P and L statements has been provided. A comparative analysis for last 4 yrs. and P&L statements were published. I commend the efforts of Dr. Farrukh Hashmi, Finance committee and BOT. Audit by C and A Financials is done. The audit found that DOGANA accounts were accurate. All funds are accounted for. There was no error or discrepancy found in accounts.
- Restructured document verification process with our Karachi Liaison, Dr. Tariq Sohail, cleared backlog, established a functional DOGANA office at DUHS.
- Established electronic registration process for meetings with real time details available to relevant committees and accountants.
- Established electronic membership process, under Dr. Rashid Nayer with professional help to get

our database updated and establish membership benefit package.

- Established E-publication, with significant cost reduction to DOGANA. Special thanks to Drs. Azim Qureshi, Shameem Ahmed, Arshad Saeed and Sajid Mahmood and others. Through their efforts we have saved thousands of dollars in printing paper publications.
- DOGANA 501c3 status was filed 3/2011, awaiting final approval.
- The DOGANA Charity and Philanthropic Committee under leadership of Dr. Shagufta Siddiqui developed policies, procedures, collected > \$30000 and completed the following projects.
- Joplin Tornado relief-adopt a class project, given \$5350 to Joplin High School to rebuild their biology lab.
- CHK-Orthopedic ward repair project – Sent \$4828.79 for CHK Orthopedic ward Roof Repair.
- PWA Thalassemia day care project – \$11,075.
- Zakat fund - established
- A collaborative partnership with other DOGANA committees was established including DOGANA general fund, DOGANA Scholarship Fund, ENDOW etc.
- Silver Jubilee Class projects, Gift of \$1000 from DOGANA for a class to jump start the Class Project with no administrative charges
- \$10 a month campaign – monthly donation system established this money is funding various DOGANA Projects – please be a regular monthly contributor
- Flood Relief Project more than \$10,000 collected.
- We were able to contribute more than \$40,000 in various DOGANA philanthropic Projects.
- Established system of Honor Roll of Donors with display as one makes a donation

- M. Phil/PhD Scholarship: First 3 year M. Phil/PhD scholarship is funded by Dr. & Mrs. Nasar Qureshi, under DOGANA/DUHS Research Advisory Forum.
- Eight Annual Retreat in Chicago, was profitable and unparalleled; for first time in years we had a quorum at our General body meeting at retreat 2011.
- BOT: Dr. Kazi Salahuddin has been inducted in the board and staggering terms for original members of BOT have been established, thanks to Drs. Abdul Rehman and Hafeez ur Rehman
- In Summer meeting 2011, we had the Golden Jubilee Reunion for the Class of 1961, DOGANA Strategy and Planning meeting with VC DUHS, DOGANA Banquet and silver jubilee of class of 86, DOGANA General Meeting and DOW & QAMCAANA Social Forum. Distinguished Alumni were recognized and awarded on their contributions in 4 categories and an Award Nomi-

nation and Distribution Process established, Distinguished Alumnus/Alumna Award, Outstanding Service to the Profession Award,, Outstanding Service to DOGANA / DUHS and Outstanding Young Alumnus/Alumna Award.

- ENDOW AND BOT names have been forwarded for the year 2012.
- Winter Meeting in Karachi Dec. 20-22: with A first ever International Training Conference on Spinal Cord Injury and Disorder with 9 experts from USA and a Cardiology workshop with APCNA with 7 experts from USA- with goal to develop the first ever SCI/D center of excellence by next year with help of DUHS and D88, handed out 15 scholarships thru DOGANA Scholarship Fund.
- A task force is created under Dr. Raza Khan to help DOWITES needing immediate help.

M. Sohail Khan  
President DOGANA 2011



## Treasurer's Message

On behalf of the entire DOGANA Central Council, I welcome my Dowites and their families to the 2012 Annual DOGANA Retreat in this fun-filled city of Orlando, Florida. The local host committee led by Dr. Asif Mohiuddin under the guidance of our president, Dr. Talha Siddiqui and secretary, Dr. Azeem Qureshi has put together an excellent program. Through their tireless efforts, we will have interactive discussions, leadership workshop focused on long-term vision for DOGANA, robust 8 hours of CME activity and of course lots of fun and music. Hats off to all Dowites and volunteers from the Florida chapter who have contributed significant amount of their time and energy to make this retreat a success.

Dear Friends, I know the future of DOGANA can be very bright but that would not be possible without your active participation and productive feedback on its various activities. Please take time from your busy schedule during the Retreat days to approach the members of the Central Council and committee members to come up with your suggestions and positive criticism to help us make DOGANA a powerful and a vibrant component of APPNA.

We look forward to a productive and an enjoyable retreat in Orlando. It is always a pleasure to meet old friends and catch up on our professional and personal lives.

LONG LIVE DOGANA!

Sajid Mehmood MD  
Treasurer 2012



## Secretary's Message

Dear Fellow Dowites

Welcome to 9th Annual Retreat of DOGANA in Orlando. Kudos to the Retreat Host Committee Chairman Dr. Asif Mohiuddin and his team who work tirelessly to bring this exceptional program to you.

DOGANA has grown tremendously in recent years. The demand of time is that DOGANA should be run as a national organization. Not too long ago we had our constitution. Our organization has entered in digital age with new interactive website, e publication and electronic registration for meetings. The leadership instead of being selected is being elected. Election process has evolved from on site elections to mail balloting and now central council is elected by electronic ballot. The post of treasurer is added to the Executive Council.

Our challenges are not over. We have long way to go. We want to start the debate and ask fellow Dowites that where they want to see DOGANA after 10 years. The theme of Orlando retreat is Vision 2020 and slogan is "Knowledge is for Sharing and Young Physician for Caring". This year at retreat we will have a leadership workshop of Central Council and we also invited the Dowites who are at key leadership positions, whether in DOGANA or outside DOGANA, both seniors and juniors, to attend this workshop. This will be an interactive brainstorming session about Vision 2020. We believe that DOGANA should be the united voice of Dowites in North America. Dowites are already involved in different advocacy forum at local and national level. This year we have invited a politician who is part of the administration for the J1 visa process to our retreat in Orlando. The Young Physician Task Force and Visiting Faculty Program are taking new shape. We want to transfer and share medical knowledge with junior faculty members at DUHS. The Young Physician Task Force and the United States Central Council are looking into establishing DOGANA houses for Dowites who are coming to the United States. DOGANA House may be established independently or in collaboration with other alumni.

We need your help. Come and join DOGANA, take message of DOGANA to all the Dowites.

Long Live DOGANA.

Azim Qureshi





## Host Committee Chairman's Message

Dear Dowites,

Asalam Alaikum

As chairman of local host committee, I extend you and your families a warm welcome to 9th annual DOGANA Spring Retreat in Orlando, Florida.

Local host committee members have strived to make sure your retreat in 'Sunny' central Florida is fun filled and joyful. We have many programs throughout both days beginning with CME in the morning with catered breakfast and lunches. We have arranged interesting and current CME topics by several good speakers. Entertaining programs are schedule throughout both afternoons such as APPNA presidential debate , leadership workshop and United film Production on Muslims in America.

We have many program throughout the day beginning with CME in the morning followed by many important social and other programs in the afternoon such as APPNA Presidential Debate for the first time, United Film productions will present to us " Islam in American media" and other important programs are there for you to attend.

I have made sure your nights are fun filled by arranging sumptuous banquet dinners and Geet & Ghazal night followed by classical Mushaira on Friday and Musical evening with very talented singers on Saturday evening.

DOGANA's concept of Vision 2020 has been kept in mind and several key note speakers including political figures have been invited as I believe only way forward for us and our generation is for DOGANA to take a leading role in getting politically involved at local and national level. I want to thank all members from host committee for their hard work, dedication and support.

We are the largest Alumni in APPNA and it is time we use our clout and resources to bring political and economic changes which will help our next generations here in the US.

I want to thank specially Dr. Abid Rasool, Dr. Yousuf and Mrs. Salma Bhagani, Dr. Jaseem Khan, Dr. Umna Ashfaq, Dr. Iftikhar Mobin, Dr. Irfan Siddique and Dr. Usman Siddiqui for their help. I also want to thank my family for their support.

Enjoy and have a good time.

Thank you,

Dr. Asif Mohiuddin, MD

# Vision 2020



MESSAGE FROM

## Publication Committee Chair (Acting)

Dear Fellow Dowites,

It is my pleasure to welcome you all to DOGANA retreat in Orlando, Florida. The host committee has organized a wonderful program this year. I am pleased to present to you this retreat magazine. Our President, Dr. Talha Siddiqui, has put together a great team for the publication. We have undertaken responsibility to publish high quality publications this year and at the same time committed to make it budget neutral or profitable for the organization. Our committee worked hard to raise revenues from advertisement to achieve this goal. Thanks to all of the advertisers for their contributions.

On behalf of publication committee, I thank Dr. Talha Siddiqui for giving us an opportunity to serve DOGANA this year. Publication committee is open to new ideas and topics. Please contact us and submit your original articles for publication.

In the end I will like to thank my publication committee for helping me every step of the way in publishing this magazine. Special thanks to Abid Rasool, Tariq Alam and Azim Qureshi.

I hope all of you have a wonderful and delightful time during spring meeting. Looking forward to seeing you all in Orlando.

Hasan Ali Habib Ahmed, MD  
Acting Chairman,  
Publication Committee

# Knowledge For Sharing Young Physicians For Caring



Message From

## Host Publication Committee Chair

Dear Friends,

Assalamoalaikum

On behalf of the local host committee 2012 Spring Meeting, I welcome you to Orlando, FL. The Local Host Committee has worked very diligently for the past few months to bring us a memorable and exciting meeting. We are offering eight hours of CME activity. Dr. Iftikhar Mobin, Dr. Khurram Moeen, Dr. Abdul Aziz and Dr. have worked hard to put this program together.

Being in Orlando means “fun”, and the host committee has made sure that our fellow members and guests enjoy their stay in the Orlando area. Dr. Asif Mohiuddin with the help of other members had put together a great entertainment program for Friday and Saturday night. No matter whether you like Geet or Ghazal, or are a great fan of poetry, or have a pop music craze, you will not be disappointed.

For the first time in DOGANA’s history, you will have the opportunity to see a debate between the Presidential Candidates. Young physicians are our future and they are going to take this organization to its next level and having this in mind, theme for this year’s meeting is “Vision 2020”.

We are planning a sports competition in golf and cricket. There will also be a Spelling Bee competition for youngsters. Please contact Dr. Moeen, Dr. Adnan Khan, and Dr. Ayaz Shah if you are interested in any of these events.

While providing food for thought in this meeting, we have not forgotten the “real food”. Dr. Jaseem Khan and Dr. Yousef Bhagani have worked very hard to provide us with delicious Pakistani cuisine.

I’d like to take this opportunity to thank DOGANA’s Central Council for their support especially Dr. Talha Siddiqui, Dr. Azim Qureshi, and Dr. Hasan Ali Habib for their guidance and help. I would also like to thank Dr. Asif Mohiuddin for his leadership and Mrs. Salma Bhagani for working hard with venders to put together a great Bazaar.

I hope you will find this publication helpful in managing your activities for the next few days and navigating through this event with no problem.

Sincerely,  
Abid Rasool, MD  
Dow 1991

# Central Council DOGANA

## Welcomes Dowites to the 9th Annual Retreat



**Talha Siddiqui, MD**  
*President*



**Sajid Zafar, MD**  
*President Elect*



**M. Azim Qureshi, MS, MD**  
*Secretary*



**Sajid Memood, MD**  
*Treasurer*



**Sohail Khan, MD**  
*Past President*



**Mansoor Abidi, MD**  
*Executive Director*



**Aamir Jamal, MD**  
*Councillor Pacific Coast Region*



**Habib Khan, MD**  
*Councillor Mountain Region*



**M. Raza Khan, MD**  
*Councillor Central Region*



**Rashid Nayyer, MD**  
*Councillor East Coast*



**Razi Sayeed, MD**  
*Councillor Canada*



**Shagufta Siddiqui, MD**  
*Councillor at Large*



**Tariq Ibrahim, MD**  
*Councillor at Large*



**Saeed uz Zafar, MD**  
*Councillor at Large*

VOTE  
FOR  
CHANGE



**Pervaiz Iqbal**  
For APPNA President-Elect 2013

**I feel overwhelmed and profoundly grateful to the APPNA membership for endowing me with this opportunity to run for the President-Elect of APPNA for the year 2013.**

This is crucial and critical time in the historical account of APPNA when it is pacing across the moments of change and conversion. More tangible is the fact that the membership is indomitably firm to transform it into a more practiced, more persistent, more dynamic and a stirring organization in the real sense. The dream to see APPNA as a flourishing and prosperous organization needs an

energetic and vibrant leadership which can come in terms with the mutable and formidable challenges of this ever-evolving world. A leadership with both a focused vision and a practical viewpoint can take APPNA to the desired heights of excellence. Transparency within the thriving organization is conducive to a leadership which is open to all forums of accountability.

*A Wave of Change*

*"Looking up gives light although at first it makes you dizzy." —Mavelana Rumi*

# ASIF M. REHMAN

M.D.

**CANDIDATE  
FOR  
PRESIDENT  
ELECT 2013**

F.A.C.C., F.A.C.P., F.S.C.A.I.

Director Invasive Cardiology and Cardiac Catheterization  
Laboratory - Mercy Medical Center, Long Island, NY  
Associate Direct Interventional Cardiology -  
South Nassau Communities Hospital, Long Island, NY

Attending Invasive Cardiologist - St. Francis Hospital "The Heart Center" Long Island, NY

- **Secretary:** Central APPNA 2012
- **Treasurer:** Central APPNA 2011  
Chair Finance Committee  
Member CABL Committee  
Member Farm Committee (Adhoc)
- **President:** APPNA NY Chapter 2009
- **President:** Association of Pakistani Descent  
Cardiologists of North American 2009
- **President:** Nishtar Medical College Alumni of North  
2007 America 2008
- **Chair:** Constitution & Bylaws Committee "CABL"  
of APPNA 2009
- **Chair:** Membership committee 2007 and 2008
- **Co-Chair:** Young Physicians Committee 2007
- **Member:** Resource Committee 2009
- **Member:** Committee on Advocacy, Legislative &  
Government Affairs 2008
- **Member:** Research, Education & Scientific Affairs  
"RESA"



**Cell:** 516-532-1447 and 516-532-6688  
**Office:** 516-365-6600, **Fax:** 516-365-2648  
**Email:** arehmanmd@gmail.com

***Candidate with Experience, Commitment, Dedication and  
Leadership***

# Leadership, Transparency, Integrity



**Farid U. Qazi, MD, FACP**

**Candidate for President Elect APPNA 2014**

## Why you should vote for me in the year 2013

Because you want more than promises. You can see how I have done my job as a treasurer and how I have fixed the problems for future as well.

**Track record of my services to APPNA and DOGANA**

I am someone whose opinion are known to you, I did not keep quite to be politically correct

Someone to deal with discriminations and dehumanization of our race, country and religion by the media?

Someone who does not carry a baggage of favors from a certain group and who has to return his favors.

I am not running as the representative of a certain group who hold some committee chairs permanently and continue keeping their favorites in the office.

Because I am someone who can hold on to my promises and deliver

**My track record as the treasurer is my proof of transparency**

**My election politics has remained clean and without controversy.**

**And**

**Above all**

**I am your man and I will prove it**

You elected me as the treasurer of APPNA this year and my work is in front of you, I promised to give you Transparency, integrity and Leadership and I have done my best to deliver.

I have been elected as the Secretary for 2013, and I will show you that your confidence in me was right.

Now the most crucial time is When I am contesting for the post of President-elect 2014, this election will be next spring ask for your support and confidence it is essential that you are a voting member in 2013 and you not only vote but also ask other APPNA members to vote for me I assure you that I will make you and all APPNA members proud to be a part of this community

### **Services to APPNA**

2013-Elected secretary APPNA2012: Treasurer APPNA2010:  
Co-Chair Advocacy committee  
2009: Co-Chair Advocacy committee  
2007: Chair APPNA Winter meeting  
2007: Co-Chair Resource Development committee  
2006: Member Resource Development committee

### **Services to DOGANA**

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

### **Services to Georgia Chapter of APPNA**

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

### **Community Services**

involved in many social charitable projects including wedding of poor girls in Pakistan and buying Rickshaw for poor unemployed people.

Has been among Board of Directors in the local Mosque and active in resolving issues in the community.



## ***S. Tariq Shahab***, MD, FACC, FACP, FSCAI

**Interventional Cardiologist:** Performs High Risk Angioplasty & Stenting

**Hypertension Specialist:** Fellowship at University of Michigan & several papers on HTN

**Carotid Artery Stenting and Peripheral Vascular Interventions**

### **Authored Several Papers And Abstracts**

- First Paper on Carotid Artery Stenting in J Am Coll Cardiol – JACC, June 2000
- First (along with Dr. Zweifler) to describe the phenomenon of “PSEUDOHYPERTENSION”  
Co-Author of the Editorial on “Pseudohypertension” in Journal of Hypertension
- First to report on Percutaneous Transmyocardial Laser Revascularization – AJC, Feb. 1999

### **Social and Welfare Activities**

- Chairman Communication and Publication Committee, APPNA Summer Meeting 2012
- Cochair Office Management Committee, DOGANA 2012
- Member Editorial Board, Dowlink Special Edition 2008
- Chairman, APPNA Summer Publication 2008.
- Member Host Committee, APPNA Summer Meeting 2008.
- Member APPNA Publication Committee 2008.
- Cochair, APPNA Resource and Development Committee, 2009
- Member, Communication Committee, 2009
- Member APPNA Advocacy Committee 2009, 2010.
- Chairman APPNA Publication Committee 2009.
- Cochair Earthquake relief 2005: Set up the first camp in “Garhi Dupatta”, Azad Kashmir.
- Member organizing committee APPNA – DC/Maryland/Virginia Chapter summer and fall meetings.
- Faculty APCNA (Association of Pakistani Cardiologist of N.A.) winter meeting Lahore Dec, 2010.
- Member organizing committee Free Clinic with Adam’s Center and Mclean Center
- Founder and Chairman of Appalachian Health Educational Campaign.



## **Tariq Shahab For APPNA Treasurer 2013**

# R<sub>x</sub>

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# *In the Memory of Safdar Zaidi*



**I**t was 10 years ago, Dr. Safdar Zaidi left home to go to the Kidney Center in Karachi where he provided charity care for countless people suffering from kidney ailments. He had earlier left a lucrative nephrology practice in Unites States to return home to Pakistan. Despite the many shortcomings of Pakistan's health care system, Safdar always found more joy and satisfaction in doctoring in his home town of Karachi where he felt he could make a larger impact on those who were in the most need of such care.

Every week at the Kidney Center, Dr. Zaidi tirelessly treated hundreds of people who could not afford care in the private sector. He treated patients not only for renal disorders but also leaned on colleagues and friends to facilitate other medical, surgical and even social care for those who in need. He did so with a smile on his face and a big heart in his chest, never complaining about deficiencies of the system or the demands it put on his time and person. He donated his medical expertise and personal time to charitable service for everyone and anyone who knocked at the door. He never asked the religious or political affiliation of those he healed nor did he care what language his patients spoke.

On March 4, 2002, while on his way to care for his fellow countrymen, Safdar Zaidi was ruthlessly murdered in cold blood on the streets of Karachi. Safdar's crime was not theft or murder or corruption. He did not belong to any political or religious movements. He believed in the same book and prophet and God as his murderer. Sadfar Zaidi was killed because of the last name he was born and for not practicing the "right" brand of Islam. He was killed so the ensuing terror would force others like him to flee if they committed or thought of committing the folly of returning after higher education abroad to serve their country.

So much time has passed yet in so many ways it stands still. For his family and friends the nightmare will never end. It will always be just yesterday that he was among us touching everyone around him with hope and optimism and energy. More sadly, even after a decade, Pakistan remains hostage to extremist fundamentalism that leads to unchecked and frequently unnoticed hate crimes based on religion and ethnicity. Over the past decade not only Dr. Safdar Zaidi, but scores of our professional colleagues have lost their lives to this senseless extremism. Let us not forget them or allow their sacrifices to be in vain. Individually and collectively we must raise our voice against religious and ethnic discrimination in Pakistan and demand protection for physicians who are targeted for these hate crimes.

*Friends of Safdar Zaidi,  
Dow Class of 1988*

*In The Loving Memory Of Our Friends*



Shafqat Ali Tariq



Tazeen Soomro

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Dow 89-1

*Welcome Dowites*

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In Memory Of  
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2. Making APPNA a unifying platform for all Pakistani American Physicians through excellence in leadership, integrity and secular values.
3. Making APPNA a preeminent voice of advocacy for all physicians in medicine, public health and medical education.
4. Making APPNA the leader in social welfare and community enhancement projects for the US, Pakistani and international communities.
5. Strive to enhance the image of Pakistan in USA and USA in Pakistan through educational, welfare and social ventures.

## *Brief Bio:*

Life Member APPNA  
Life Member APPNA FL chapter  
Life Member AIMCANA  
Past President AIMCANA  
Co Chair Host committee APPNA Summer Meeting 2007  
Married with three beautiful children.  
Wife Humeraa also life member APPNA  
Fellow American College of Cardiology

Fellow American College of Physicians  
Fellow American College of Chest Physicians  
Fellow Society of Cardiac Angiography & Interventions  
Fellow Society for Geriatric Cardiology  
Master American Board of Cardiology  
Associate Professor Interventional Cardiology, UF  
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*Welcome DOWITES to the  
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## Agent Vinod versus Maula Jatt

It was in late 70's that I first watched a movie on VCR. If I remember correctly the name was "Amar, Akbar and Anthony". From that day onward, watching Bollywood movies is a habit and we enjoy it with friends and family.

My first exposure to Indian Cinema was in Lahore where I was visiting my cousins. They mounted some cooking utensils on their antenna so that they can catch the wave lengths from Amritsar and watch Doordarshan, the Indian PTV. That was the first time I got to know actors like Sanjeev Kumar, Jeetendra, Rajesh Khana and others. My older cousin had an old record player and every morning we woke up with the loud music and Bobby songs like 'hum tum aik kamray may band ho, aur chabi kho jaye' or those famous Aradhana songs by Kishore Kumar.

After Partition both India and Pakistan inherited a vibrant cinema industry. There was a marginal difference between Lahore and Mumbai studios, equipment and technology. The major setback was during the Zia Era when art and culture and film industry was abandoned and violence and religious fanaticism was promoted among the masses. This totally shut down the talent which was available to the Cinema resulting in the complete demise of the industry within a decade.

Today, Indians are far ahead in innovation and technology than our Pakistani film industry. The last Pakistani film I watched in theatre was "Aaina" starring Nadeem and Shabnam. Later on it dawned upon me that it was not an original script either and was copied from three different Indian movies.

I have often wondered why our film industry which was as old as Bollywood or in fact even older died its own slow death while Bollywood is not just booming but has become a thriving billion dollar industry of its own.

I think the answer to this question is multi-fold. Firstly, the day film industry was shifted from Karachi to Lahore; it was removed from the middle class

environment and left into a feudal society with all its short inadequacies, lack of literacy and belligerence. While India was producing love stories like Aradhana, Bobby, Amar Prem, we had a box office hit called "Basheera" STARRING Sultan Rahi. Then there was a series of these ludicrously barbarous and loutish films like Maula Jats and Noori Naths.

While the Indian Film industry apart from commercial cinema became more involved in Art movies like "Bazaar" we continued on the path of destruction by making films which reflected violence, lack of tolerance and conservatism. Urdu as the medium of Cinema diminished and local languages took over the industry. Badar Munir and Musarrat Shaheen rocked the Pashto cinema while Sultan Rahi and Mustafa Qureshi were superstars of Punjabi Cinema. Romantic heroes like Waheed Murad and Nadeem failed at the box office. The mass mentality after watching such movies favored violence, emotionalism and vulgarity, the very nature of our populace. Instead of Cinema controlling the people and guiding them, the audience changed the very dynamics of the cinema until a real challenge came from the Bollywood.

Bollywood changed the entire scenario. On one hand it has completely annihilated our veteran Pakistani industry but on the other hand it has now reformed the hearts and minds of the younger generation of the filmmakers. Our video songs reflect this change.

Pakistan has a lot of talent but unfortunately it has not blossomed. With the onslaught from Indian cinema, I am confident that Pakistan's film industry will revive itself to represent Pakistan at home and abroad and we will produce our own Gulzar's, Javed Akhtar's, Hrikish Mukarjee's, and Yash Chopra's.

The State has a gigantic responsibility to resuscitate the Film Industry. It should be treated like an industry with proper funding and support from the government. We need our film industry to represent us in Pakistan and abroad. Film is one of the most effective medium of communication.

Talha Siddiqui, MD





## DOGANA-DUHS Visiting Faculty Program

Dow Alumni is planning to develop a visiting faculty program for the physicians of Pakistani descent in North America. This program will enable the physicians to contribute their expertise to improve patient care, physician training and Medical education in Pakistan. This program will be developed in collaboration with Dow University of Health Sciences.

Clinical areas of need are being identified with the help from our partners in Karachi. Once the needs are defined, comprehensive programs will be developed in each specialty area. The basic components of each program will be clinical and education, and may involve clinical research. One of the important missions of the program will be to prepare the junior faculty for academic careers in Pakistan and abroad.

To identify high quality faculty, detailed eligibility criteria will be developed in each specialty. Qualified individuals with expertise and established record of academic achievements, education and research will be invited to join the visiting faculty in their specialty. Interested candidates will get academic appointments at The Dow University of Health Sciences.

The program will be launched in the initial phase, later this year with limited number of faculty appointments. After a successful pilot the program will be gradually expanded into other specialty areas with increase in the number of visiting faculty. Dow Alumni and DUHS will provide various levels of funding to support the faculty members. Individuals interested in this program can email DOGANA for further information.

Adil Jamal Akhtar

*Dr. Nasar Qureshi and his wife Mrs. Lubna Qureshi welcome Dowites to the Annual Retreat.*



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# Baltistan Project 2011

## Dow Medical College And The New England Chapter Of APPNA Disaster Affected Gilgit

by Fauzia Wali Khan, MD

### Collaboration With DMC Abbottabad And Disaster Relief By Irish And Pakistanis (DRIP)

After an extensive campaign by the people of Ireland and families of doctors there, volunteers of DMC & Ayub Medical College helped in packaging and sorting.

This has been the result of our ongoing Relief Work Activities with your Team at APPNE (New England Chapter) Of The Association Of Pakistani Physicians Of North America.

New England Chapter College Scholarship Project For Flood Affected Families

- 1 lakh Rs donated for Fees – scholarship funds for Girls of Govt Degree College Gahkuch.
- 1 lakh Rs also given to Govt Boys Degree College for scholarship fees and hostel fees.

### Library Project

- Rs 1 Lakh donated to Govt Degree College for women for Library Books for low income families.
- This project was started in September 2010.
- Follow up visit and review of library facility on June 10, 2011.

### Community Mental Health Camps

- 35 communities in the avalanche and flood affected valleys were identified.
- Medical Camps were held and teams of doctors, nurses, lady health workers and pharmacy dispensers volunteered.
- Medicines worth Rs1 Lakh dispersed among affectees.
- Literature on mental illness, education and awareness of relevant material was provided.
- Handbooks on stress, mood disorders, social issues and suicide (causes and prevention) courtesy of Dr.

Amin Baig's donation from IHSAAS Infomatics, donated to area schools and colleges.

- Over 100 books distributed along with lectures and counselling sessions in schools, colleges and community meeting in Ghizer district of Gilgit-Baltistan.

### APPNE Primary School Projects

- Five remote valleys were identified – Village Gumsingh, Village Hundurr, Village Darmendar, Village Gahkuch and the Mountain Village of Gahkushh.
- 500 families affected and School children unable to afford uniforms, school supplies and curriculum books were provided – Rs 1 lakh per village school. Total donation of Rs 5 lakhs.

### Gilgit Special Needs School

- Rs1 lakh given, and Rs1lakh pledged for mentally handicapped, vision impaired and hearing impaired girls and boys from remote valleys.

### Disaster Affected Valleys and Food Rations

- Valleys were identified.
- A list of affectees was obtained and verification from local District Commissioners Office was carried out.

### Families With Loss Of Home, Livestock & Crops

- Rations for 3 months and financial aid worth 25 thousand, 50 thousand, 75 thousand and 1 lakh donated to families as per severity of loss.
- All recipients were visited at their homes and destruction and loss verified.
- Total of 50 Households received financial aid from APPNE starting immediate post flood 2010–2011 for home reconstruction.
- Follow up was done and rehabilitation and reconstruction of destroyed homes documented.

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بتاؤ اپنا سراقرا اور انکار میں کب کب ہلاتی تھیں؟

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اب اس رشتہ میں تم کچھ آگہی اور معرفت کی اور آمیزش بڑھا دو  
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تجربے اور دانش نے جو ہم سے لمحہ بے ساختہ کو چھینا ہے، واپس دلا دو  
قسم ان سیڑھیوں کی، وقت کو پلٹاؤ، اور جو دیکھنے سے رہ گیا ہے سب دکھا دو

یہ آڈیٹوریٹم سے نیچے جاتی سیڑھیاں ہیں  
انہی پہ بیٹھ کر ہم جوانی کی حویں ڈوری میں خشیوں کے نئے موتی پرہتے تھے  
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اور اب ہم تم اچانک پھر سے چوتھائی سدی کے بعد اس سیڑھی پہ بیٹھے ہیں  
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جرات اہل وفا آج بھی کیا نہیں

مسند و تخت کی خو تجھ کو مبارک واعظ  
اپنے مسلک میں کہیں منبر و محراب نہیں

صفحہ دہر پہ سقراط سا زندہ کر دے  
اب کسی جام میں ایسا کوئی زہراب نہیں

یہ بھی ملتا ہے کہاں ویسے تو کہنے کے لیے  
غم ہی اک چیز ہے دنیا میں جو کیا نہیں

جنس بازار نہیں ہستی شاعر آزر  
قیمت شعر و سخن ریشم و کخواب نہیں

## چھڑے ساتھیوں کے نام

سید رضی محمد

ہمارے نوخیز دل نے بتیس سال پہلے خموش میثاق جو کیا تھا  
بہت سے بیگانے لوگ تھے اور

قدم اٹھانے کا بھی سلیقہ نہیں تھا ہم کو

بس ایک ڈاؤن کا کیس تھا، اور ایک آدرش مشترک تھا

تو بے لکھے اجنبی جوانوں میں ایک میثاق ہو گیا تھا، سفر کا آغاز ہو گیا تھا

ہمارے نوخیز دل نے بتیس سال پہلے خموش میثاق جو کیا تھا

بہت سی محدود کامیابی کے ساتھ جاری سفر تو اس پل بھی چل رہا ہے

ہمارے کچھ ایسے ساتھی بھی تھے جنہیں ہم سے تیز چلنے کی عادتیں تھیں

شعب و طارق و آفاق و جمشید ہوں

یا رضوان و باس ہوں یا علی و باوا

یہ سب بہت تیز رو تھے اور ہم سے پہلے منزل سے جا ملے ہیں

مگر انہیں کوئی یہ بتا دے

انہیں بتا دے کہ ہم نے ساری مہکتی یادیں بطون دل میں اتاری ہیں

خموش شہروں میں سونے والو، تم اس گھڑی بھی ہماری یادوں میں جا گئے ہو

تمہیں خبر ہے کہ تم جہاں بے صدا ہوئے تھے

اسی جگہ پر ہماری گھڑیاں بھی رک گئی ہیں

تمہیں پتہ ہے کہ جب سے تم نے اندھیر رستوں کو چن لیا تھا

اسی سے میں ہمارے سورج بھی بجھ گئے ہیں

یقین مانو کہ تم ہمارے اجالے رستوں کے ہم سفر ہو

اور ہم تمہاری خموش وادی کے ہم نوا ہیں

ہمارے نوخیز دل نے بتیس سال پہلے خموش میثاق جو کیا تھا

من رفیقو!

یہاں یہ موجود رکھنے والے تمام لوگوں کو اک دفعہ جب شمار کر لو تو ٹھہر جانا

اور جو عدد بھی بنے تم اس میں ان آتھ کو بھی شمار کرنا

اک آخری اور یقینی ہندسہ بھی بنے گا

راہوں میں گا مزن قافلوں میں کچھ راہی ایسے ہوتے ہیں کہ

جنہیں صرف دل کی آنکھیں ہی دیکھتی ہیں

ہمارے نوخیز دل نے بتیس سال پہلے خموش میثاق جو کیا تھا

# CME PROGRAM

## Friday, April 6, 2012

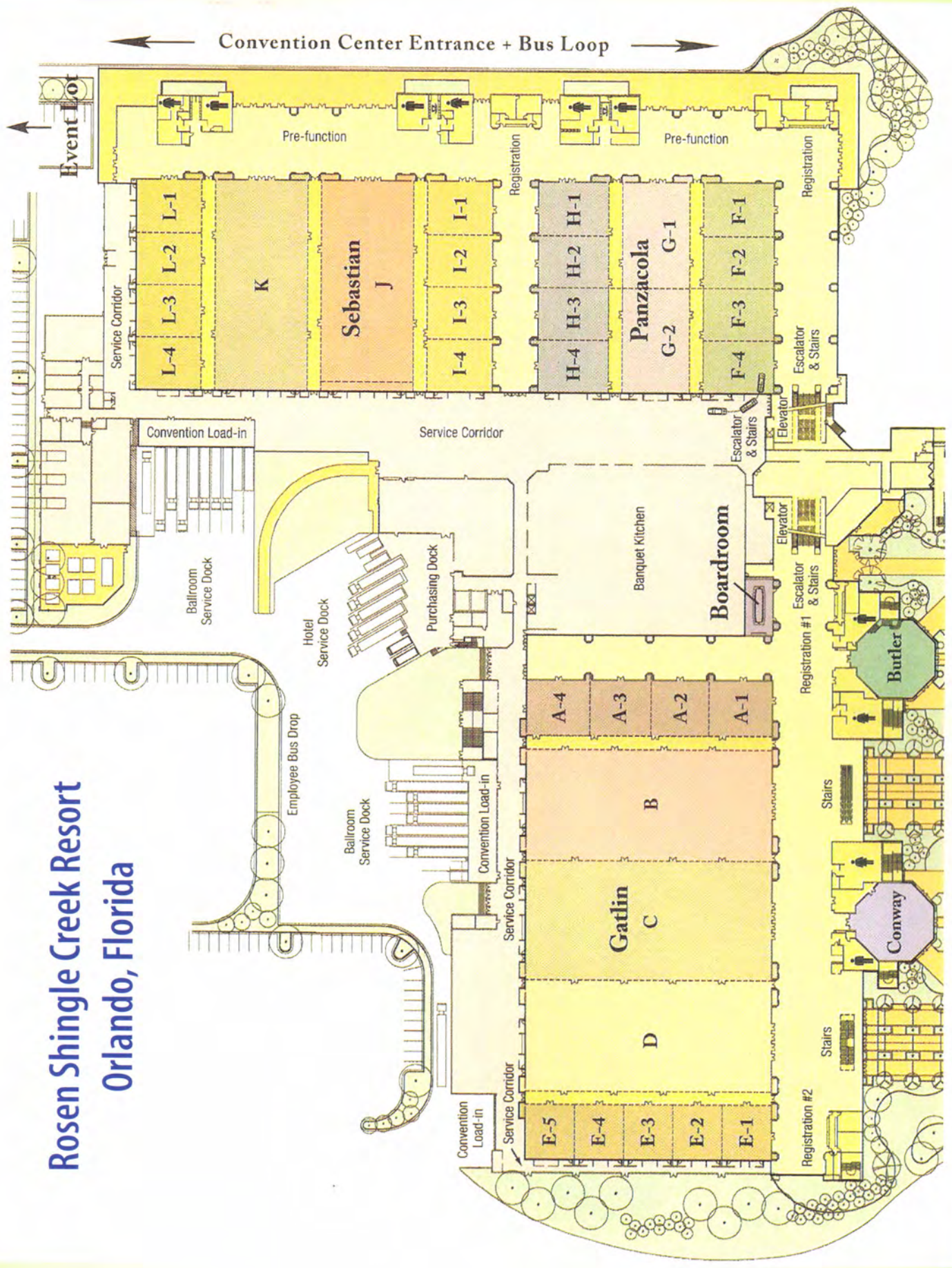
- 7:30 am Breakfast
- 8:00 am **Cosmetic Dermatology and the Quest for the Fountain of Youth**  
*Ayyaz M Shah, DO*  
Mid-Florida Dermatology Associates, Orlando, FL
- 9:00 am **Adult Chronic Conditions have their Origin in Early Childhood Toxic Stress**  
*Nancy S. Hardt, MD*  
Director, Health Disparities and Service Learning Programs  
Professor, Obstetrics/Gynecology and Pathology  
College of Medicine University of Florida
- 10:00 am Break
- 10:15 am **Introduction to Interventional Cardiology**  
*Irfan Siddiqui, DO*  
Chief of Cardiology and Director of Cath Lab, Heart of Florida Hospital
- 11:15 pm **Current Recommendations For the Diagnosis and Management of Gout**  
*N. Lawrence Edwards, MD*  
Program Director and Vice Chairman  
Department of Medicine, University of Florida
- 12:15 pm Lunch

## Saturday, April 7, 2012

- 7:30 am Breakfast
- 8:00 am **Rating the Quality of Evidence & the Strengths of Recommendations Using GRADE**  
*Shahnaz Sultan, MD*                      *Philipp Dahm, MD, MHSc*  
Assistant Professor of Medicine              Professor of Urology  
Associate Program Director,              Residency Program Director  
GI Fellowship Program,              Director of Clinical Research  
Division of Gastroenterology              Department of Urology  
College of Medicine University of Florida      College of Medicine University of Florida
- 9:00 am **Introduction to Interventional Pulmonology**  
*Ali I. Musani, MD, FCCP, FACP*  
Associate Professor of Medicine  
Division of Pulmonary Sciences and Critical Care Medicine, University of Colorado,  
Anschutz Medical Campus, Aurora, Colorado
- 10:00 am Break
- 10:15 am **Diabetic Retinopathy**  
*Saad Shaikh, MD*
- 11:15 pm **The Social Internet: What is it? What will it be? With Implications for Physicians**  
*Erik W. Black, PhD*  
Assistant Professor of Pediatrics, University of Florida College of Medicine
- 12:15 pm Lunch



# Rosen Shingle Creek Resort Orlando, Florida



# RETREAT PROGRAM

Thursday, April 5, 2012

Meet & Greet 7:00 pm

## Friday, April 6, 2012

- 07:30 am Breakfast
- 08:00 am CME Lecture I (60 min)
- 09:00 am CME Lecture II (60 min)
- 10:00 am Coffee Break (15 min)
- 10:15 am CME Lecture III (60 min)
- 11:15 am CME Lecture IV (60 min)
- 11:15 am Parallel Session "Leadership Workshop"
- 12:15 pm DOGANA General Meeting  
Endow Report DOGANA
- 12:30 pm 501(c)(3) Status & Report
- 12:45 pm Membership Committee Report  
/ Visiting Faculty Program
- 01:00 pm DSF / Election 2012
- 01:30 pm DOGANA Strategy & Faculty  
Development Committee
- 02:30 pm Jumma Prayers
- 03:30 pm Theme VISION 2020 Discussion
- 07:00 pm Social Hour  
President's Dinner & Award  
Distribution
- 08:30 pm Geet & Ghazal
- 10:00 pm Mushaira

## Saturday, April 7, 2012

- 07:30 am Breakfast
- 08:00 am CME Lecture V
- 09:00 am CME Lecture VI (60 min)
- 10:00 am CME Lecture VII (60 min)
- 11:00 am CME Lecture VIII (60 min)
- 12:00 pm Spelling Contest
- 12:00 pm Parallel Session "Leadership  
Workshop" DOGANA
- 01:00 pm APPNA FL Business Meeting
- 03:00 pm Presidential Debate
- 04:30 pm "Islam In American Media"  
movie presentation
- 07:00 pm DOGANA Banquet
- 08:30 pm Musical Function
- 09:30 pm Fashion Show
- 10:00 pm Musical Function

