



DOGANA

*Dow Graduate Association of North
America*

2009 Spring Retreat
April 24 – 26, 2009

&

PPS

Pakistan Physician Society

Spring Dinner
April 25, 2009

at

The Westin O'Hare
Chicago

MTS

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Cover designed by
Dr. Nasir Shahab

PRESIDENT'S MESSAGE

Dear Colleagues

Welcome to the sixth Dow Alumni retreat in this beautiful city of Chicago. First of all, our appreciation and compliments to the local host committee for an exceptional teamwork. Under the skilled leadership of Sohail Khan and Nasir Shahab we were able to assemble a cohesive team in Chicago and adjoining cities. They have done an outstanding job of uniting local Pakistan Physician Society with us in the spirit of joining within the larger community of APPNA. Following colleagues have played instrumental role in planning and organizing this meeting and have our full appreciation for their undertaking. Drs Khadija khan, Zaki Anwar, Waseem Kagzi, Sajid Mahmood, Shazia Malik, Naveed A Fazlani, Salim Torania, Riaz Elahi, Irfan Mirza, Vasia Ahmad, Ruby Tahseen, Nashib Hashmi, Ayesha Anwar, Farrukh Ejaz, Samra Hashmi, M Siddique, Shaukat Zaidi, Javed Imam, Omar Naseeb, Sajda Arain, Syed Zubair, Fatima Ahmad, Sajid Zafar and Mujahid Gazi, Naseem Shekhani, Hasan Ali Ahmad and Sajid Zafar.

The purpose of this retreat is to join together with our friends and colleagues to assess and analyze the goals we had set in the past. To prioritize the use of our current resources more effectively, improve communication mechanism with each other and with the alumnus community and to develop and implement policies and procedures for achieving our goals. This is a unique opportunity for all of us to come together and discuss whether or not we are on the path to fulfilling our mission? In the spirit of unity, I will be gathering a consortium of concerned friends and colleagues to start a dialogue so that we can unite in common purpose of **strengthening DOGANA**. As I have said before that the officials will come and go however, this organization is here to stay. It is up to us to make this organization strong enough so that political and personal differences do not threaten to break it apart.

Over this weekend we have planned excellent CME program, devoted time to discuss **DOGANA affairs**, present update on Endowment fund, besides meeting and greeting and enjoying social functions. My focus this year is to get connected with the alma mater on more consistent and meaningful way. I am thankful to **Dr Salla-huddin Afsar**, principal of DMC who has accepted our invitation to join us during the meeting. He will update us with the progress at DUHS. This will give us an opportunity to know first hand where our help is needed so that we can get involved in more meaningful ways to help our alma mater.

I am hopeful that all of you will enjoy this excellent meeting with friends and family in a festive and joyful atmosphere. We look forward to your involvement and suggestions for the betterment of DOGANA.

Long lives the Dow spirit

Muslim M Jami, MD, FAAP
President-DOGANA



**MESSAGE
FROM HOST
COMMITTEE CHAIR**

Dear Fellow DOWITES, respected physician members of our community, and their families,

It gives my family and i an immense pleasure and an honor to host this retreat with the Chicago host committee members. It was surely a challenge, because our goal was not just to have a budget neutral but also have a positive flow meeting so that we can continue to fund the DOGANA projects that are in place for a better DOW, DOWITES, members of our medical communities in USA as well as Canada but in particular Greater Chicago land area.

This retreat is unique in the sense that, the hosting for this event has representation not only from Illinois but also from neighboring states such as St. Louis, Wisconsin, Indiana, Ohio and Michigan.

At this retreat we will give out our first DOGANA Scholarship Fund (DSF) Award to a young DOWITE in making, a 4th year student coming from DUHS. I am truly grateful to the members of Executive Council Dogana "09" who have worked very hard to make it a successful event and to secure donations and funding for this retreat while showing their team effort. With this my late night calls being made to Farrukh Hashmi, Shazia Malik, Nasir Shahab, Adnan Nadir and Naseem Shekhani will stop- what a relief to them!!

Individual Dowites have contributed tremendously monetarily and physically to make this happen for you – THANK YOU ALL! Especially the class of 83,87,88, and 89. Here in Chicago, I am very proud of the local leadership of PPS and their efforts to have a joint event in a very cordial fashion and always invited us to their EC meetings while staying involved with planning. I cannot thank the members of our Hospitality Committee, Publication Committee, CME Team; Entertainment committee because they have put a wide array of activities together for your pleasure such as Golf Outing, Comedy, Movies, Mushaira and Music enough. I hope you enjoy our food with the real taste of our famous Chicago cuisine.

I am very thankful to my host committee members and their families for making it happen for the Dowites and non-Dowites alike – it would've been an honor for me to thank each physician and their spouse for their efforts in this regard, but I have space limitations. You will be hearing their names individually from me and also in this publication – I request you not to forget to thank them and to encourage them for their selfless efforts

In the end LET'S LEARN from our colleagues, HAVE A GOOD TIME, and make it a MEMORABLE ONE.

M. SOHAIL KHAN
Chair Chicago Host Committee DOGANA '09

**MESSAGE
FROM PRESIDENT
PAKISTAN
PHYSICIANS
SOCIETY,
Chicago, Illinois**



Dear friends

Assalam o Alaikum

On behalf of Pakistan Physicians Society of Illinois (PPS IL), I welcome you to the combined PPS IL Spring Meeting and DOGANA Retreat. In this letter, I want to give you a brief historical synopsis of PPS IL, the local chapter of APPNA.

The idea of PPS IL was thought of in 1979 by a group of very dedicated physicians as there was a sizeable physician community at that time but no organized entity. In 1981, we became first ever chapter of APPNA (with more than a hundred members).

Chicago was recommended as permanent seat for the APPNA central office in 1986. Since then, PPS IL representatives have been contributing innumerable hours with complete dedication for the smooth and efficient running of this office.

PPS IL has been honored several times in the past for successfully hosting APPNA meetings, including five Annual Meetings. The first APPNA constitution which was presented to the general assembly of members, got approved and adopted by the APPNA in 1981 in Chicago. We have a tradition of inviting the candidates for APPNA offices to our meetings where they get a chance to introduce themselves to a large group of physicians. We are keeping up with this tradition this year too.

With this historical background, PPS IL welcomes DOGANA Members from all over the country to the Great City of Chicago. I wish you all a fun-filled visit with the excellent places it offers like museums, parks, Magnificent Mile and last but not the least, Devon Avenue. I hope that this meeting will also be a very gratifying experience for you in terms of its educational offerings, reunion with old friends and making new ones.

Sincerely,
Fatima Ahmad, MD
President, Pakistan Physicians Society, IL
April, 2009

APPNA CLINIC

APPNA/PPS health center is a joint venture of APPNA and Pakistan Physician Society, Illinois (Local chapter of APPNA). It is located next to APPNA central office at 6412 S Cass Ave. Westmont IL. Center is open every Saturday on walk in basis, from 9AM to 1 PM.

A volunteer physician who provides basic primary care, staffs it. Specialty services are available on referral basis. Laboratory & ultrasound services are available through third party at nominal charge. Hospital services and prescription are available through County health department's program called Access Dupage. During the first quarter we have seen on the average of 5-6 patients per session. Our future plans are to expand the current facility and add weekday hours. We are also planning to add psychiatry services, onsite Lab and Ultrasound & Onsite Specialty services.

We are always looking for more primary care physician to volunteer at the center, to help those in need during these tough economic times. I want to thank all the Volunteers who have made this possible.

Imtiaz Arain MD
Chair, Health Center Committee



MESSAGE FROM EXECUTIVE DIRECTOR, DOGANA

Dear Friends,

Welcome to Chicago retreat; I hope you all will have a great time not only meeting fellow Dowites and old friends but also enjoying the wonderful CME. It's a great opportunity for us to not only reflect upon our past successes and failures, but to see what we could have done better in last few years. its also a great opportunity for us to plan for future. we should use this meeting to plan the goals which we want to achieve in this year under the leadership of Dr. Muslim Jami. We should also discuss how we can combine our efforts with our Alma Mater and make our Alumni stronger not only in USA but also get more Dowites together all around the world. Our web site is growing and expanding every day due to the efforts put in by Dr. Nasir Shahab.

Dear Friends, I know the future of DOGANA is very bright but we need more of you to come forward and devote your time in making DOGANA a powerful and vibrant organization. We should remain united and put our heads together to achieve the goals we have for our Alumni and future Dowites. we should also work hard to make the dream of EnDow a reality so we can deliver what we promised to our alumni.

I want to take this opportunity to thank and congratulate the efforts of Chicago Host committee for arranging such a wonderful and fun retreat. Great job!

God Bless DOGANA and Dowites.

Long Live DMC, DOGANA.

Long Live Pakistan

FARRUKH HASHMI, MD



MESSAGE FROM PRESIDENT-ELECT DOGANA-2009

Dear Dowites,

As I welcome you to the spring retreat of 2009 in Chicago I would like to thank the Host Committee for all the work they have done in arranging the retreat for us. Having been involved with the host committee at the successful retreat in St.Louis, I

am aware of the time and effort it takes to arrange such an event.

Holding the event in conjunction with PPS was an excellent idea as it is an Effort on part of DOGANA as well as PPS to work together.

I look forward to the year ahead under the leadership of Muslim Jami and look forward to serving you next year as the President of DOGANA. We the executive council would appreciate involvement from all of you in the years ahead to help DOGANA grow in a positive direction.

Thank You,

Shazia Malik

President- Elect, Class of 1988



MESSAGE FROM SECRETARY, DOGANA 2009

I would like to welcome all my fellow Dowites to the Windy City, in the great state of Illinois. We would like to commend the host committee, led by Sohail Khan, for the superb arrangements and their gracious hospitality. We know that they have been working very diligently over the past few months to ensure that your time here is fun and productive.

We look forward to a prosperous year of leadership under our President, Muslim Jami, who has already started this year with great enthusiasm and dedication to the greater level.

I believe that DOGANA provides us with a platform to stay connected with one another and accomplish our goals in a collective manner. We all have a common goal and vision for our alma mater—to see it prosper and thrive as a world class medical institute. DOGANA is working with both faculty and students to improve the educational standards through research, visiting professorships, donation of equipment, facility improvement and training. DOGANA is working hand-in-hand with the current DUHS administration to ensure a seamless transition of documentation to all international DOW graduates. DOGANA continues to help and support our fellow graduates.

We look forward to a wonderful retreat in Chicago, both productive and enjoyable. Enjoy your time with your fellow Dowites and family. It is always a pleasure to meet with old friends and catch up on our professional and personal lives. I encourage you to continue to support DOGANA and be active in the organization.

ADNAN NADIR

Become a DOGANA MEMBER ONLINE

Please visit www.dowalumni.com

Membership forms and info are available on the website

Mansoor Abidi

Chairman, Membership Committee



MESSAGE FROM CO-CHAIR, RETREAT HOST COMMITTEE

Dear Fellow Physicians,

Welcome to the 2009 DOGANA Spring Retreat.

Few months ago, Sohail and I were assigned the task to arrange the meeting in Chicago. Our immediate goal was to gather a team of honest and dedicated volunteer physicians from the area to get the program arranged on time. We started to talk to local physicians for their help and were happy to see so much enthusiasm and interest in the event. Moreover we were lucky when Pakistan Physician Society (PPS) also decided to coordinate their Spring Dinner Meeting with our Saturday night's main banquet. As a result we immediately had at our disposal a large number of hard working physicians to make this program a success. After multiple emails, phone calls and meetings, the 2009 Spring Retreat Program was finalized. We hope that you all will enjoy your time in Chicago. We are confident that you will consider these three days as the most memorable moments of your life.

Sincerely

Nasir Shahab, Retreat Host Committee Co-Chair. Dow 1989.



MESSAGE FROM CHAIRMAN, RETREAT PUBLICATION COMMITTEE, DOGANA 2009

It is an honor and privilege to be a part of the organization committee. The enthusiastic support I receive from the members and the leaders of this organization tells me that DOGANA is in good hand now and in the long term. I would personally like to thank Dr Muslim Jami, Dr. Sohail Khan, Dr. Naseem Shekhani, Dr. Sajid Mehmood, Dr Raza Khan, Dr Khadija Khan, Dr. Rubinas Tehseen and Dr. Amin Nadeem for the great efforts and cooperation. DOGANA has provided us with a platform to come together and discuss the state of Dow University of Health Sciences. I challenge class of 1992 to start planning now for how they will return the favor to the university in 2012 (20th anniversary of our graduation).

In this souvenir, you will also find an article about APPNA clinic, first free clinic initiative of Pakistan Physician Society (PPS), IL. The success of this clinic will be a model for other sub chapters to start similar initiative in other states. I invite every guest to learn more about this initiative and consider ways of helping us to make it successful. Again, it is a pleasure to host all our guests in Chicago; I wish you all peace and prosperity in both worlds.

Mohammad Waseem Kagzi M.D. Dow 1992



MESSAGE FROM CHAIRMAN, PUBLICATION COMMITTEE, DOGANA 2009

First of all I would like to congratulate Sohail Khan for his achievement as Chair of this Retreat and Waseem Kagzi for his tireless effort in making this publication a reality. As the times are changing and Dowites are known for their political and Human Civil rights activism, we all hope every Dowite takes part in being a part of some organization like Amnesty International or American Civil Liberties Union.

Political Activism is a key for Pakistani- Americans to be successful and understand the political working of our great nation. We urge that our youth participates at the highest levels in the corridors of power in each and every state, including Washington, DC.

DOGANA has been active all along since its inception in 1970's on all social and political front. We all congratulate DOGANA for being active in APPNA and changing the old theme of flashiness into doing something concrete for the nation.

On the social front, DOGANA and its members are active in Pakistan and in USA working with policy makers in White House like Dr. Zaffar Iqbal, and with Pakistan Medical Association, Indus Medical Hospital, Memon Medical Institute, Children Cancer Center and Dow Medical College, Karachi. I wish DOGANA all the best for this Retreat in Chicago. Please read the Dow Link and suggestions are welcome from anyone. Everyone is welcome to write and submit the articles.

LONG LIVE DOW.

Naseem Azeem Shekhani, MD, Dow 1982



WAJIHA KARATELA, MD

**Board Certified Child and
Adolescent Psychiatry.**

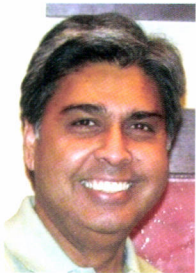
St. Louis, Missouri

314-512-7800



MESSAGES

Being a Dowite it was a pleasure and a lot of fun to work with all the members of entertainment committee with the support of Sohail Khan. I believe that all the evening events will be fun and a time to socialize for the Dowites and their families. Have a great time, and don't forget about our Saturday morning relaxation on the golf course... *ZAKI ANWAR, MD*



The Chair Display and Booth Committee Welcomes DOGANA and PPS members from all across the United States to the number of informational and exciting displays sponsored by various vendors at the Spring 2009 DOGANA retreat and annual Spring PPS meeting in Chicago.

In this challenging year, the Chair and Booth Committee worked determinedly with numerous vendors and were able to obtain sponsorship for booths from numerous Pharmaceutical companies, Jewelry shops, Cloth shops, Hajj Travel Agency, Medical records, Insurance, and Malpractice companies.

Chicago Host Committee invites all attendees and their families to find the time to visit the booth and display section located in the main corridor and enjoy the informational display and shopping.

Have a wonderful time.

Syed Mohammad Tahseen

Chair Display and Booth Committee

I would like to welcome all Dowites to the fair and to the Windy city of Chicago for the fifth Dow Retreat. I hope you all enjoy the Retreat. Relax and meet old friends over a fun filled weekend. The Host Committee has taken extra steps to make sure that this becomes a family affair and everyone in the family enjoys the Retreat.

I would also like to thank Pakistan Physician Society, the local chapter of APPNA for their help in arranging the event. kudos and congratulations to Sohail Khan, Nasir Shahab, Waseem Kagzi and their dedicated team for a great effort.

Farrukh Aijaz, MD. Dow 1982



Welcome to Chicago for the DOGANA Spring retreat. On behalf of the CME Committee, I extend my warmest greetings to you and your families. I hope to see all of you in good health.

The CME Committee has worked very hard for the last two months to put together an exciting group of speakers to provide you with four hours of AMA category 1 credit. This process has been long and the selection has been difficult. The reward here is to share these speakers with you. We are planning to cover a vast variety of topics that will interest Primary Cares as well as specialty groups. These topics range from Pre-operative Cardiac Evaluation of surgical patients to understanding and working up for common hematologic disorders. We will discuss interesting areas of sleep disorders and updates on latest treatments for depression. This is an exciting time for Psychiatry, as the new developments in the

Neuropsychiatric area are helping to bridge the gaps between traditional medicine and Psychiatry. Together, these presentations will improve the quality of life of our patients, and also the ultimate reward of our work. I am excited about our Medical Ethics Series, collaborated with determined work of our speakers. While in Chicago, enjoy the spring and diversity. Westin O'Hare is not far from many great attractions. The City is working hard to make it beautiful for hopefully hosting the 2016 Olympics.

I especially thank all my friends in the local host Committee for their constant support in this process.

Khadija Khan, MD, Chairperson; CME Retreat Committee.

Greetings from the Windy City, Chicago. It gives me a great pleasure to welcome you all to Sixth Annual Dow alumni Retreat. I would like to thank all the attendees for your participation and making this event a great success. I am confident that this year's event will be successful just as past years. Please accept my sincere congratulations and my best wishes for a memorable conference and unique opportunity to network with community members and leaders from every sector of DOGANA.

Sakina Kisat, DOGANA Host Committee. Chicago Event Coordinator.





Dow Alumni Retreat

Dow Graduate Association of North America

Assalamualaikum and Welcome to Chicago;

When my Friend and the Chair of the local host committee Dr. Sohail Khan asked me to write the welcome message I certainly felt reluctant. as I had no past experience of doing something similar in the past. However, it did not take long for me to start typing these lines which hopefully you will find useful.

As a Secretary of the Pakistan Physician Society (PPS), the local APPNA chapter we were planning for its annual spring meeting was when Sohail suggested the idea of having the two events in conjunction. Without much hesitation the idea was accepted and we bogged down our heads to start planning for the event.

As they say, "it takes a village" literally it has taken lots of hours of hard physical and mental exhaustion to bring things together and hopefully you will not be disappointed.

Keeping up with the Academic tradition, a CME event of four hours has been divided conveniently into two sessions is arranged. It was difficult for Dr. Khadija Khan to make this event possible. Entertainment will be there in various modes throughout the event. Musical programs will involve very good Eastern and Western music local icons on both Friday and Saturday night. Kudos to Zaki Anwar for arranging a Golf Outing. A relaxing alternative will be to enjoy a matinee show of movies in the local theatre.

Putting everything together was not easy and it is not possible to thank everybody in person. However it will be unjust not to mention certain people who took the brunt of the job and made it happen. In this regard first and foremost are the efforts of Dr. Sohail Khan and Nasir Shahab for their leading roles and guidance, Dr Waseem Kagzi with help from the seasoned Dr Naseem Shekhani for the publication and Dr Khadija Khan for CME event.

I hope your stay in Chicago will be pleasant and enjoyable and you will always cherish the memories of this retreat. Allah Hafiz.
Zubair M. Syed, FACC

Assalamualaikum: On behalf of Pakistan Physician Society (Local Chapter of APPNA in Illinois) hospitality/ events committee, I welcome all of you to the City of Chicago. I hope you enjoy the fun filled and educational retreat organized by DOGANA's host committee.

This event is also important to Pakistan Physician Society (PPS) as on Saturday, we will host our Spring Meeting. This will be a first joint event of PPS with an alumni retreat. I hope all of us enjoy this new tradition of unity. May Allah (SWT) bless all of us (Ameen).

Maleeha Ahsan MD. Immediate Past President of PPS. Member Events Committee PPS.



Having returned from a restful vacation, Sohail Khan requested me to create a hospitality page for the DOGANA Spring meeting publication. After attending several meetings and contacting others through e-mail and telephone calls, this year's Spring Meeting will hopefully be successful and enjoyable to all who will be present. It has been our sincere effort to make this a grandeur meeting. The hospitality committee and I appeal for your forgiveness in advance for any shortcomings. Hosting such an elaborate event is time consuming; it requires patience and collaborative effort. It is of particular note that without the cooperation of the team members, hosting this event will not be possible.

I am very pleased that Chicago is hosting the DOGANA 2009 Spring Meeting, and we hope that you savor the TADKA (Devon Avenue Food). Enjoy the THUMKA of South Asian music and we warmly welcome all.
Javed Imam, MD; Co-Chair and Hospitality Committee

As Chairman of PPS, Board of Trustees and co-chair hospitality committee, it is my great pleasure and honor to welcome DOGANA members and their guests to Chicago, the hometown of President Obama, at a time when this great city is looking forward to Insha-Allah host Olympics in 2016. Please be safe and enjoy yourselves.

Omar Nasib M.D., Chair BOT PPS, Co-Chair Hospitality Committee



ASA,

On behalf of the Host Committee, it gives me great pleasure to welcome DOGANA Delegates, PPS, and APPNA Members to the DOGANA Spring Retreat in the beautiful city of Chicago. Arrangements have been made to make everyone's experience enjoyable. I would like to thank the DOGANA Host Committee, their hard work will make this event memorable. Please do not hesitate to contact any member of the Host Committee for questions or concerns.

I hope you all will have tons of fun in Chicago, shopping on Michigan Avenue, sightseeing the Sears tower, Millennium Park, and enjoying food on Devon Avenue.

ENJOY THE WINDY CITY!

Best Regards,

Sajida Arain. Member Host Committee



ORGANIZING TEAM for DOGANA RETREAT 2009



Nasir Shahb, MD
Co-Chair
Retreat Committee



Sohail Khan, MD,
Chairman,
Retreat Committee



Waseem Kagzi, MD
Chairman, Retreat
Publication Committee.

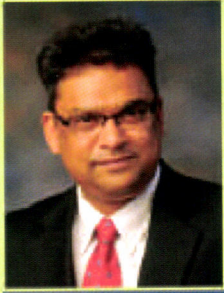
HOST COMMITTEE, CHICAGO RETREAT. DOGANA 2009



FRONT ROW: Left to right; Sakina Kissat, Dr. Rubina Tehseen, Dr. Khadijah Khan, Dr. Sohail Khan, Dr. Farrukh Aijaz, Dr. Maimoona Aijaz, and Dr. Fatima Ahmed. BACK ROW: Dr. Sajid Mehmood, Dr. Mohammed Tehseen, Dr. Waseem Kagzi, Dr. Nasir Shahab, Dr. Omar Nasib and Dr. M. Zahid.



Javed Suleman, MD, FACC For President-Elect APPNA 2010



I am profoundly grateful to you for giving me the opportunity to run for President-Elect of APPNA. This is a unique time for APPNA when the wind of change is blowing and many members are looking towards changing the current direction of APPNA, in a way, on which we can base our hopes for the future. Yes we can change APPNA. Together we can make it a professional, independent, transparent and more productive organization. We can rebuild APPNA for the future.

PLEASE VOTE FOR **JAVED SULEMAN** for President-Elect 2010

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George N. Elias, M.D.

Specializing in Musculoskeletal MRI &
General Diagnostic Interpretations

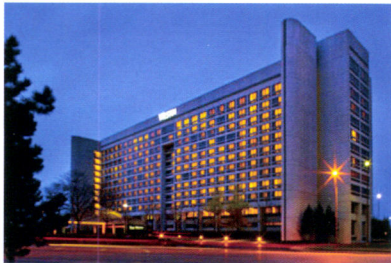
Brian M. Morrow, M.D.

Specializing in Body Imaging, MRI & CT

salmahagha@aol.com



Dow Graduate Association of North America



Dow Alumni Retreat

2009 Chicago

THE WESTIN HOTEL O'HARE
6100 River Road • Rosemont, IL 60018
Friday April 24 – Sunday April 26



Chicago Host Committee Chair: M. Sohail Khan MD
Chicago Host Committee Co-Chair: Nasir Shahab MD
CME Committee Chair: Kheatija Khan MD
Entertainment Committee: Zaki Anwar MD, Nashib Hashmi MD, Ayesha Anwar MD, Furrugh Eijaz MD
Publication Committee Chair: Waseem Kagzi MD, Co-Chairs: Naseem Shekhani MD, Shaukat Zaidi MD
Liaison Executive Committee: Shazia Malik MD
Hospitality Committee Co-Chairs: Jawaid Imam MD, Omer Naseeb MD Mrs. Sajada Arian, Waseem Kagzi MD,
Syed M. Zubair MD
St. Louis Group Local Host Committee: Naseem Shekhani MD, Shazia Malik MD, Sajid Zafar MD, Hasan Ali Habib MD
Ohio Group Chair: Naveed Anjum Fazlani MD
Michigan Group Chair: Talib Raza MD
Indiana Group Chair: Akbar MD
Wisconsin Group Chair: Salim Torania MD

FRIDAY: APRIL 24TH 2009

02:45 pm: CME Registration/Sign in
02:55 pm: Welcome Note By CME chair
03:00 pm: CME lecture I (45 min) Peri-Operative Cardiac Evaluation for Non Cardiac Surgery
by Zubair M. Syed MD
03:45 pm: DOGANA EC 09 strategy session
04:15 pm: CME lecture II (30 min) Obstructive Sleep Apnea: from the Nose to the Heart
by Mohammad Kagzi, MD
04:45 pm: Dow Endowment Fund Report
06:00 pm: Social hour
DOGANA Banquet Dinner and Award distribution followed by Music in Lassale ballroom
10:00 pm: Dogana Annual Mushaira in Forum till 1 am

SATURDAY: APRIL 25TH 2009

07:30 am: Breakfast non-CME talk: "MINIMUM INVASIVE SPINE OPTIONS FOR
LOW BACK AND NECK PAIN" by Dr Zaki Anwar
08:30 am: Financial planning & Retirement security by
Aadil Zaman Investment Specialist National Securities
08:30 am: Golf Outing Limo pickup, T Time 9,00am
09:00 am: CME lecture III (45 min) Current Developments in Treating Depression by Syed I Ali, MD
09:45 am: Coffee Break
10:00 am: CME lecture IV (30 min) Bisphosphonates in Oncology: Rising Stars or Fallen Heroes?
by Vasia A Ahmed MD
10:30 am: CME lecture V (30 min) The Thrombophilias: ABC's for Internists By Irfan Mirza MD
11:00 am: Strengthening DOGANA
11:15 pm: Dow Silver Jubilee Class Projects
11:45 am: Highlighting Dowite's Services
12:30 pm: Lunch till 1:30 pm
02:00 pm: Family Fun till 04:30 pm
06:00 pm: Social Hour Appetizers & meet and greet
07:00 pm: Joint DOGANA/PPS meeting & Banquet
Dinner & an Excellent Musical Function till 1 am

SUNDAY: APRIL 26TH 2009

07:30 am: Breakfast
Medical Ethics Series: 9:00-10:00 AM
09:00 am: Part I-CME lecture VI (30 min) Opportunities and Challenges of Genetic Screening and Stem
Cell Research in Medical Practice By Rizwan Naem MD
09:30 am: Part II-CME lecture VII (30min) Islamic Medical Ethics
10:00 am: DOGANA Business Meeting
12:00 am: Adjourn

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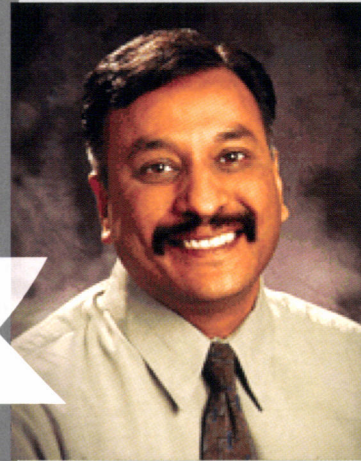
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FOR SECRETARY APPNA 2010

Dear APPNA Member:

Assalam-o-Alaikum. APPNA today stands at a crossroads in its history. **Together we have achieved so much, however after 30 years enrollment has plateaued. The current membership of approximately 2,000 is a mere 15% of the potential membership. To make APPNA an organization which can truly make a difference, we have so much more to do.**

VISION & GOALS

- Improved Governance in all aspects of the organization to create a solid base for sustained increase in membership
- Effective membership incentives such as CME and creating a collaborative group with power to negotiate with vendors, to ensure continued participation
- Transparency and timely dissemination of all APPNA related information, especially accounts and finances and collaboration with other organizations
- Regular internal and independent audit of APPNA projects and finances with dissemination of audit reports to membership
- Community wide outreach ranging from organizing free clinics to programs dedicated to youth including leadership development and career guidance
- Effective advocacy of professional and social issues
- Readily available centralized resources for young Pakistani and Pakistani-descent American physicians

All these goals are within our reach. To achieve this, the leadership must promote a long term vision with sustained core programs that include robust interaction with the component societies at state and chapter levels. It is incumbent upon us to choose only leaders with experience that truly reflects an understanding of this organization and the needs of the members. Thank you for your time and consideration. We need change to make APPNA the organization it deserves to be and together WE have to be the force that effects that change.

SERVICES TO APPNA

Central APPNA

- Resource Committee, Chair: 2009
- Constitution & Bylaws Committee, Chair: 2007
- Constitution & Bylaws Committee, Co-Chair: 2006
- Publication Committee, Member: 2005

New Jersey Chapter of APPNA

- President: 2007
 - Increased Membership from 50-150
 - New website created
 - Women's Forum initiated
- Executive Council: 2004-06

DOW Medical College Alumni Association

- President: 2008
 - Alumnus with highest membership in APPNA
 - Streamlined DOGANA office at DOW
 - Revived Dow Lite International
 - New membership driven website created
 - DOW Visiting faculty and DOW Research Forum established
 - Meritorious Research Award for DOW student and faculty established
- Executive Council Member: 2004-07

COMMUNITY SERVICE AT LARGE

- CEO: International Foundation for Health Education and Disease Prevention (HEADSuP Foundation)
- Jaycees International - An international youth leadership and community development organization: 1982-2007

ACADEMIA

- PhD-Tulane University, New Orleans
- Over 25 articles in peer-reviewed journals
- Over 50 papers presented in national and international meetings
- NIH and institutional grants
- Invited speaker in national and international meetings

FAMILY: Lubna Qureshi is a Cytotechnologist. Besides her involvement in APPNA activities, she is secretary of the HEADSuP Foundation, serves on the executive committee of the Layton Rehmatullah Benevolent Trust, USA, and volunteers at soup kitchens and shelters for battered women. Daughters Mahvish and Sadaf attend Bryn Mawr College and Georgetown University, respectively.

AWARDS

Beth Israel Medical Center

- Alumni Association Annual Award: 1995, 1996

US and Canadian Academy of Pathology

- Stowell-Orbinson Award
- Binford-Damin Award

PROFESSIONAL CAREER

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- A national reference Pathology Laboratory with over 50 employees

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- Faculty, College of Physicians and Surgeons of Columbia University

INVOLVEMENT WITH ORGANIZED MEDICINE

College of American Pathologists

- Chair, Residents Forum: 1996-1997
- Member, Board of Governors: 1996-1997
- Resident Delegate to House of Delegate: 1995-1996

American Society for Clinical Pathology

- Liaison-Resident Physician Section: 1993-1995

PROFESSIONAL SOCIETY COMMITTEE MEMBERSHIPS

American Society for Colposcopy and Cervical Pathology

- Patient Education Committee: 2002-Current
- Pathology Committee Member: 2002-Current

College of American Pathologists

- Economic Affairs Committee: 2005



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