



**DOW GRADUATES ASSOCIATION
OF NORTH AMERICA**

DOW RETREAT, ST. LOUIS
April 23-25, 2010

FOR APPNA PRESIDENT-ELECT 2011

*"Proven Leadership with a
Commitment to Excellence"*



**M. Nasar Qureshi
MD, PhD, FCAP**

Together, we are moving in the right direction to make APPNA the organization it deserves to be. Together, we will continue on the path to positive change.

I write to you today, not to make promises for future endeavors, but to share with you the changes I've already implemented to make APPNA a more effective organization. As chairman of the **APPNA National Health Care Initiative**, I am dedicated to working with other APPNA leaders and APPNA chapters to ensure APPNA members receive the recognition they deserve. The goal of our June 5th event is to sponsor Health Education Fairs, Disease Prevention Education and Free Consultative Services in 100 Cities across North America under the banner of APPNA. Additionally, I am working to develop an **APPNA National Mathematics Bee**, a contest open to all children of Pakistani descent, accessible to all — from small towns to the largest cities — via the Internet. This outreach program is designed to motivate our youth to excel.

Together we are truly making a difference.

As President of APPNA, I will continue my resolve to provide:

- Improved Governance in all aspects of the organization to create a solid base for sustained increase in membership
- Effective membership incentives
- Community wide outreach ranging from supporting free clinics to programs dedicated to youth including leadership development and career guidance
- Effective advocacy of professional and social issues
- Centralized resources readily available to the young physicians, both from Pakistan and Pakistani-descent Americans

It is my honor and privilege to present myself as a candidate for the post of president-elect of APPNA for 2011. I hope that you will find my dedication to APPNA, and commitment to excellence, worthy of your support.

SERVICES TO APPNA

Central APPNA

- Secretary APPNA: 2010
- Nat'l Health Care Initiative, Chair: 2010
- Initiated APPNA National Math Bee: 2010
- Resource Committee, Chair: 2009
 - Set up e-library at Fatima Jinnah Medical College
- 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
 - New membership driven website created
 - DOW Visiting Faculty Program and DOW Research Forum 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: 1980-1984
- EVP, Pakistan Jaycee: 1983
- Asia Pacific Development Council: 1982
- President, Karachi Central Jaycee: 1981
- PakMD: A Community Health Education Program (Safeer-e-Pakistan, GEOTV) 2007-2008

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: Wife, Lubna, is a Cytotechnologist. In addition to 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 helps out in community activities including volunteering at soup kitchens and shelters for battered women. Daughters Mahwish and Sadaf attend Bryn Mawr College and Georgetown University, respectively.

AWARDS

Beth Israel Medical Center

- Alumni Association Annual Award: 1995, 1996

United States and Canadian Academy of Pathology

- Stowell-Orbinson Award
- Binford-Damin Award

PROFESSIONAL CAREER

QDx Pathology Services

- President & Medical Director: 2006 - Current

In 2 years the company has grown to service clients in 7 states and has a staff of over 75 dedicated professionals.

Lakewood Pathology Associates

- Chief Medical Officer: 2002-2006
- A national reference Pathology Laboratory with over 50 employees

Columbia University, New York, NY

- Faculty, College of Physicians and Surgeons of Columbia University

ORGANIZED MEDICINE INVOLVEMENT

College of American Pathologists

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

PUBLICATION COMMITTEE

CHAIRMAN:

Hasanali Habib Ahmed

CO-CHAIRMAN:

Anwar Masood

EDITOR-IN-CHIEF:

Zimran Chowdhry

CO-EDITORS:

Qasim Ansari

Anita Shan

Syed Ehtesham (Shami)

Kausar Parveen

Shgufta Naz Naqvi

COMMITTEE:

Wasim Kaqzi

Naseem Shekhani

Shamim Ahmad

Iqbal Jangda

Taj Ehsan

Yusuf Bhagani

RESIDENTS SECTION

Zohair Karamally

Irfana Soomro

ARTICLE SUBMISSION

DOGANA publishes quarterly newsletters. We encourage all Dowites to please submit their articles for the publication through out the year. We are also seeking class news, meeting information or any news that you would like to share with other Dowites. Articles to be submitted by email to linkingdow@gmail.com, in word document, pdf or plain email format will be acceptable. The Editor reserves the right to edit all the submitted material.

FOR ADVERTISEMENTS

For advertisement rates, submission and schedule please email hasanalihabib@yahoo.com

DISCLAIMER: Dow Link is a Quarterly Newsletter, a publication of Dow Graduate Association of North America. The newsletter is dedicated to providing useful information to the members and the readers in general. The views expressed are those of the authors and do not necessarily represent the official position of either the editor or the association.

CORRESPONDENCE:

Hasanali Habib Ahmed, MD

14203 Stifel Lane Ct

St. Louis, MO 63017

TEL: (314) 392-9156

Email: hasanalihabib@yahoo.com

Web site: www.dowlumni.com

— EDITORIAL —

American Healthcare Debate



With a stroke of pen, President Obama, on March 23, 2010 signed his landmark healthcare bill into law, not only risking his political future but irking the Republicans to an all out war and even death threats. This is only the beginning, as the bill will not go down the palate of the Americans fiercely opposed to government intervention of any kind. This bill will have huge implications for us as healthcare workers, as it is gradually accepted into law.

Lets look at the evolution of the idea and how it measures up to the global perspective on healthcare. In the last two centuries western civilization began to evolve the idea of "natural rights." Protection from arbitrary jailing, torture, assassination, violence and freedom has come to be understood as almost a definition for "Human Rights." In this world, many rights and human values, as well as principles for governing are shared and enforced among all self-declared democratically oriented nations. These rights are therefore human rights, exactly as the UN Charter and treaties have agreed for many decades now, since they ought to apply to all humans within the community of civilized nations. These rights have been and are evolving, certainly to include already certain economic, social and cultural rights. Rights to education was certainly recognized and included in the basic charter, to be publicly funded. Similarly the right to healthcare has been adopted by most of the westernised democratic nations, except the United States.

There are also some special arguments for the recognition of the right to healthcare, which don't pertain to other rights currently accepted. These arguments have to do with the fact that everyone is put at risk if public health is allowed to fail. Diseases are often infectious, public health measures and prevention of dangerous health practices endanger wide sectors, whole geographic regions and at times the whole nation. Most plans for real healthcare include a strengthening and integration with an expanded public health system.

There are a wide variety of healthcare systems around the world and direct comparisons of statistics across the nations is complex. Here I will limit the comparison to the most industrialized nations, the so-called G7 plus Australia and Sweden.

While the United States spends the most out of these countries on healthcare, about 16% of GDP (2008 figures), it consistently underperforms compared to the other countries, in comparative values of life expectancy and infant mortality. This is certainly due to non-applicability of a country-wide universal standard and wide variability across the board in provision of the healthcare. Similarly, public health measures and preventative practices, alluded to above, are not always a priority, in a cutthroat corporate-based health insurance system.

France provides the best overall healthcare according to a WHO (World Health Organization) study in 2000. Public health finances come from taxes and compulsory social health insurance contributions from employers and employees. Social Security consists of several public organizations, distinct from the state government, with separate budgets that refunds patients for care in both private and public facilities. It generally refunds patients 70% of most health care costs, and 100% in case of costly or long-term ailments. Most doctors remain in private practice, while there are both private and public hospitals for the delivery of care.

The United Kingdom's healthcare system is predominately public sector with the majority of the funds coming from general taxation and some from national insurance contributions. About 11% of the population have supplementary private medical insurance, usually for reasons of faster access. Doctors are mostly government employees working in the public hospitals (89%) together with some private practice (11%). Canada has a similar public administration system but most doctors have private practices. It is funded by general and dedicated taxation and covers all medically necessary physician and hospital services.

ZIMRAN CHOWDHRY

For comments and discussions please contact me at: zimranc@yahoo.com

PRESIDENT'S MESSAGE

Shazia Malik, M.D.
763 South New Ballas Road + Suite 110
St. Louis, MO 6314



Dear Dowites:

Welcome to the Spring Retreat at St. Louis, Missouri. We are looking forward to an exciting Retreat and a productive year ahead.

The Host Committee at St. Louis has worked diligently towards holding a spectacular **Annual DOGANA Spring Retreat in St. Louis, Missouri from April 23 to April 25**. We plan on having a dialogue regarding the future direction of DOGANA. We will also have discussions with DUHS to further strengthen our ties with our alma mater, during which we plan on working toward furthering the collaboration between DOGANA and DUHS. This includes improving the visiting faculty program structure and mentoring programs for younger physicians.

The host committee at St. Louis has worked very hard to arrange this retreat for the fellow Dowites under the leadership of Dr. A. Malik, Chairperson, and Co-Chairs Dr. Mohd Tahir and Dr. Abid Nisar. The CME Committee, consisting of Dr. Khalid Naseer, Dr. Salma Kazmi and Zohair Karamally, have spent hours arranging the CME program. Dr. Hadi Zaidi, Dr. Ali Jawed, Dr. Lali Khan and Dr. Sabir are working diligently to make sure your hotel stay is comfortable.

Our Mushaira Committee, Drs. Hafeez-Ur-Rahman, Shahid Ali, Sohail Maqbool and Akhtar Raza have been instrumental in the arrangement of the outstanding Mushaira you will attend on Friday and Umair Ali has been actively engaged in arranging the event on Saturday.

You have in your hands the hard work of Dr. Hasan Ali and Dr. Shekhani, our Publication Committee, who have spent many hours in bringing about this publication. I also appreciate the help of Syed Junaid, Sajid Zafar, Shahid Mumtaz, Wajiha Karatela and others.

A special thanks to our St. Louis community at large for helping us out, especially Dr.'s Kalbani's, Moonzoor Tariq, Nuzhat and Farida Bajwa and Shahbaz Khan, who helped us during the process.

A new feature at the Spring Retreat this year is a resident and fellows program, which will address

issues, related to young physicians and their needs during and past their training.

The credit goes to Dr. Tariq Alam and Ali Javed.

Talking about Central DOGANA we have appointed responsible DOWITES with interests in their respective committees as I feel this is an important component to the success of each committee.

The CME Committee will be holding excellent CME at our meetings. As mentioned before, we will continue to build our visiting faculty program. We also plan on developing web based CME this year and also a Young Investigators Award in collaboration with our Young Physicians Task Force.

The Publication Committee is going to revive our magazine and we will have an Urdu Section, medically related articles and a Residents and Fellows Section. All are invited to submit their articles for consideration for publication to the committee. This year we have already started updating our existing membership database and new members have already started to enroll. The plan is for the Membership and Communication Committees to work in close collaboration so that easy access is available through our website for the membership.

The Communication Committee is working on enhancing and developing the website further to bring it to the next level and make it more interactive. We plan on having a link with DUHS APPNA and the DOGANA office at DUHS through our website. An adhoc Dogana office committee is working to streamline procedures for easy credentialing for the dowites.

CABL is going to have a Policies and Procedures sub-committee, which will work on the Policies and Procedures Manual in conjunction with the chairs of the respective committees. This is a much-needed issue.

BOT is planning on having regular quarterly meetings.

The Young Physician Task Force is very active this year and comprises of residents, fellows and young physicians. It will be focusing on the need and requirements of

the residents, fellows and medical students. We plan on instituting a Young Investigators Award, as well as Resident and Fellow of the Year Award.

We have selected very actively involved people for the social forum. This is a major event at the Summer Meeting. We hope, as always, it will exceed our expectations.

It is my sincere desire and hope that we will with hard work and diligence be able to achieve our goals, that DOGANA will work in unison and we will be able to take it to the next level passing on the workings of the organization to the younger leadership who will then take it to newer heights.

I am confident this will be a successful year for DOGANA Insha-Allah. Long live the Dow spirit!

Sincerely,

Shazia Malik, M.D., DFAPA

President, DOGANA 2010

MESSAGE FROM CHAIRMAN PUBLICATION COMMITTEE



Dear Fellow Dowites,

It is my pleasure to welcome you all to the DOGANA Retreat in St. Louis. The host committee has organized a wonderful program this year. I am pleased to present to you this combined retreat and *Dow Link* magazine. Shazia Malik has put together a great team for the publication and I am proud to chair it. We have undertaken the 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 will work hard to raise revenues from advertisement to achieve this goal. I am pleased that all have liked the first introductory *Dow Link*.

This year we plan to dedicate a section for the Residents and Fellows in training to make them an active part of this organization. We are also introducing an Urdu section in this issue. We have planned four issues of the newsletter this year and will distribute it electronically as a PDF file, which can be viewed by everyone on the e-mail list. Our committee is open to new ideas and topics; please contact us and submit your original articles for publication.

On behalf of the publication committee, Anwar Masood (co-chair), Zimran Chaudry (editor-in-chief), Qasim Ansari, Anita Shan, Syed Ehtasham (co-editors) and committee members Naseem Shekhani, Wasim Kagzi, Shamim Ahmad, Iqbal Jangda, Taj Ehsan, Yusuf Bhagani, Kausar Parveen and Shagufta Naz Naqvi, I thank Dr. Malik for giving us an opportunity to serve DOGANA this year.

I look forward to seeing you all in St. Louis.

Sincerely,

Hasan Ali Habib Ahmed, MD

Chairman, Publication Committee

JOIN DOGANA
Giving Back to DOW



SUPPORT Koohi Goth Hospital, Landhi Karachi.

RECIPIENT OF CLINTON GLOBAL INITIATIVE RECOGNITION AWARD

One of five recipients in world. (Year 2009)

DONATE VIA
PAYPAL



www.nhfus.org

Send contributions to:
NATIONAL HEALTH FORUM
PO BOX 240093
St. Louis, MO 63024

Advertisement paid by Naseem Shekhani, M.D.

MESSAGE FROM CHAIRMAN HOST COMMITTEE

Dear Dowites,

Welcome to St Louis and the spring retreat for DOGANA. We are expecting a large number of our Dow Graduates here, and have set up a well-rounded program for you.

St. Louis is one of the original cities established in what is now the USA. It is full of history, dating back to the Lewis and Clark Expedition. Exploration of "the West" began from here and later led to settling of the rest of the continent. The beautiful architecture is well preserved. In keeping with this we have arranged many activities, which will allow you to explore the city. Tours have been arranged to the famous Gateway to the West Arch of St. Louis and its very interesting museum.

One of the day programs is being held on the river cruise for the families. The hotel is not far from the Forrest Park, established in 1904 as a venue for the World Fair, the Art Museum and the conservatory The Jewel Box can be explored at this time and is certainly worth the effort. For the children, the City Museum is just a block away from the hotel and is a local favorite.

In addition to this we have evening entertainment including a dinner program and a Mushaira on Friday evening, which will be attended by national and international shuara including Iftikhar Arif and Mr Pirzada Qasim, VC Karachi University, Chief guest for the Mushaira will be the Honorable Ambassador of Pakistan, Mr Hussain Haqqani. Dr. Masood Hameed Khan VC Dow University will update us on the progress at our Alma mater DUHS. Saturday evening will include a music program by Sajjad Ali, and our Chief Guest for the evening will be Senator Claire McCaskill.

All of this is possible because of weeks of the hard work put in by the members of the host committee. They have worked relentlessly to make this an enjoyable and educational retreat for one of the largest alumni of APPNA.

While all the members have done their share, I

would specially like to acknowledge Drs Hafiz Ur Rahman, Shahid Ali, Sohail Maqbool and Akhtar Raza who have taken great pains in arranging a superb Mushaira.



The CME committee, under the leadership of Dr. Khalid Naseer and Dr. Salma Kazmi has planned a varied program with well-qualified experts in their respective fields. We hope that this will be a valuable learning experience for you.

The publication committee led by Drs. Hasan Ali, Sajid Zafar, and Dr. Naseem Shekhani and done tremendous job to put this beautiful publication in your hands.

The Registration and Welcome arrangements at the hotel have been coordinated by Drs Abid Nisar Mohammad Tahir who along with Drs Hadi Zaidi, Sabir Ethasham and Lalarukh Khan have also arranged the different outings.

Drs Umair Ali and Shahbaz Khan have enthusiastically put together the entertainment for Saturday evening, in keeping with the tradition for these meetings.

I must appreciate all the St Louis community members specially Drs. M. Qulbani and Manzoor Tariq and specially those Dowites who contributed towards the publication as you can see in the magazine.

Lastly I should acknowledge the staff at Center-Pointe Hospital in taking an active role, and one cannot forget the leader Dr. Shazia Malik President DOGANA who took personal interest and dedicated herself to the extent I have never seen, and her vision to create this unforgettable weekend retreat for all the Dowites and the St Louis community.

We hope that you will enjoy this weekend and that it will be a memorable one.

Azfar Malik, MD, MBA, DFAPA.
Chairman, Host Committee

DOGANA RETREAT COMMITTEE 2010 ST. LOUIS, MISSOURI



AZFAR MALIK
Chairman, Host Committee



HASAN ALI HABIB AHMED
Chairman, Publication



SAJID ZAFAR
Editor, Retreat Magazine

DOW RETREAT HOST COMMITTEE 2010



Left to right: Shahid Mumtaz, Zohair Karamali, Salma Kazmi, Hasan Ali H. Ahmed, Lalarukh Khan, Sabir Ehtesham, Azfar Malik, Syed Hadi Zaidi, Shazia Malik, S. Akhtar Raza, Hafeez-ur Rehman, Khalid Naseer and Mohammad Tahir.

DOGANA RETREAT COMMITTEE 2010 ST. LOUIS, MISSOURI



Syed Hadi Zaidi



Hafeez-ur-Rahman



Khalid Naseer



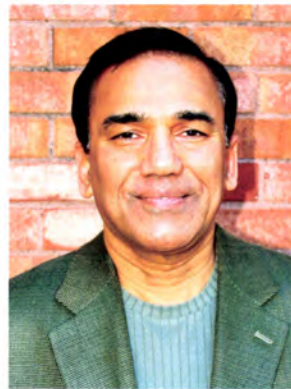
S. Akhtar Raza



Salma Kazmi



Fazle-Yasin



Shahid Mumtaz



Zohair Karamally



Sabir Ehtesham



Mohammad Tahir



Lalrukh Khan



Tariq Alam



CME, Committee Drs. Khalid Naseer,
Salma Kazmi and Zohair Karamally



Mushaira Committee Drs. S.
Akhtar Raza and Hafeez Rahman



Wajiha Karatela

With best wishes from
Mohammad Tahir MD
St. Louis Heart & Vascular

11155 Dunn Rd, St. Louis, MO 63136
Tel: 314-741-0911

Best Wishes from
Pakistan Club USA
St. Louis, Missouri

Best wishes from
**Karachi University
Alumni Association**
of St. Louis, Missouri

With Best Wishes From
Abdul Moheet, MD

Emergency Medicine
St. Luke's Hospital
232 S Woods Mill Rd
Chesterfield, MO 63017

(314) 434-1500

With Compliments from

**AIM
LABORATORIES**

11115 New Halls Ferry Rd.
Florissant, MO 63033

Contact Taukir Haider

50% Discount for all your Needs
on Laboratory Testing
for Uninsured Patients

**We accept most
insurances
including
Medicare
and Medicaid**



***Fast Results
delivered to
your Doctor**

Patient in Home Services

Monday - Friday

8 a.m. - 5 p.m.

Saturday 8 am - Noon

**Early Morning and Evening
Appointments available**

314-647-4327

With Best Compliments from

ZIA M. AHMAD, M.D., F.A.C.C.
PRACTICE LIMITED TO CARDIOLOGY

2355 DOUGHERTY FERRY RD, SUITE 440
SAINT LOUIS, MO 63122-3325

Tel: 314-835-0001

With Best Compliments from

Jawaid H. Siddiqui, MD

PRACTICE LIMITED TO CARDIOLOGY

11115 New Halls Ferry Rd

Metro Cardiovascular

Suite 301

Florissant, MO 63033

(314) 921-6200

Cyber Diagnostic Medicine

11901 West Florissant Avenue

Florissant, MO 63033-6778

Ph: (314) 839-9901

WITH BEST
COMPLIMENTS FROM

Syed Akhtar Raza, M.D.

PSYCH CARE CONSULTANTS
5000 Cedar Plaza, #350
St. Louis, MO 63128
Tel: 314-843-4333

WITH BEST
COMPLIMENTS FROM

Hashim Raza, MD

675 Old Ballas Road,
Saint Louis, MO 63141-7083
PH (314) 567-7090

WITH BEST
COMPLIMENTS FROM

Asim Raza
Attorney at Law

165 North Meramec Avenue,
Saint Louis, MO
(314) 727-2266

WITH BEST
COMPLIMENTS FROM

Fareesa Khan, MD
Urogynecology

4921 Parkview Place,
St Louis, MO
314-525-1800

WELCOME DOW PROFESSIONALS TO THE GATEWAY CITY OF U.S.A.

Mid East Market

HOME OF FRESH HALAL MEAT & VEGETABLES

Rashed Kazmi, President

Largest Pakistani, Indian, Bangladeshi Store In Midwest
Coming Soon: Carryout Foods and Boutique Shop

(636) 230 7018

e-mail@mideatmarket.net

ABID NISAR, MD

Hematology and Oncology

1224 Graham Road

Florissant, MO 63031-8028

(314) 830-0565

St. Louis Welcomes DOWNA

Dear Dowites,

Welcome to the city of St. Louis for your annual Dow Medical College Alumni Retreat! It is a pleasure to host you and your families in our hometown. I hope you enjoy the meeting and you have a pleasant time in St. Louis.

As the President-Elect of ASPA, I am working to uphold my duties to the best of my abilities and I look forward to serving you as President in 2011 with the Summer Meeting in St. Louis where we look forward to hosting you again!

Sincerely,

*Manzoor Tariq
ASPA President-Elect 2010
ASPA President 2011*



Welcome Dowites to St. Louis

PSYCH CARE CONSULTANT RESEARCH

5000 CEDAR PLAZA, #350

ST. LOUIS, MO 63128

TEL: 314-843-4333

CONTACT: DR. HADI ZAIDI.

With Compliments from

Talha Siddiqui



Tanveer Imam



Samira Zuberi



Zulfiqar Ahmed



Nasir Tufail



Arshad Saeed



Sajid Zafar



Kazi Salahuddin



M. Azeem Qureshi

With Best Wishes From
LONG TERM PSYCH CARE
Syed Junaid MD and Kulsoom Junaid, MD

3535 South Jefferson Ave, #104
Saint Louis, MO, 63118
Phone: (314) 498-9799

Can Sponsor J-1 Visa Candidates
in St. Louis, MO

***The Pepose Vision Institute...
A Vision For the Future.***

Experience.

A Lifetime Commitment

St. Louis' first and most experienced provider of LASIK Vision Correction.

Experience.

Leading Edge Technologies

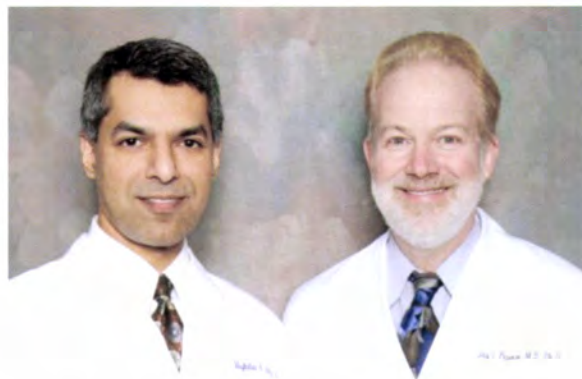
Advanced diagnostics and lasers to **customize treatment** to each patient's unique vision needs - for vision correction, cataract and cornea patients.

Ask about the latest lens implants to restore your youthful vision!

Experience.

Offering a Vision for the Future

Specialists in Laser Vision, Cataract, Cornea & External Diseases of the Eye.



Mujtaba A. Qazi, M.D. Jay S. Pepose, M.D., Ph.D



PeposeVision
INSTITUTE
www.peposevision.com

For Information Call:
636.728.0111 or
Toll-Free: 1.877.862.2020

OPENING MORE EYES TO CLEAR VISION

Words of Wisdom

Irfana Haq MD — Internal Medicine Resident,
Saint Louis University, St. Louis, Missouri

“Our greatest glory is not in never falling but in rising every time we fall.

—Confucius

“Knowing is not enough; we must apply.
Willing is not enough; we must do.”

—Johann Wolfgang von Goethe

“A failure is a man who has blundered, but is not able to cash in on the experience.”

—Elbert Hubbard

“Failures do what is tension relieving, while winners do what is goal achieving.”

—Dennis Waitley

“If you wish success in life, make perseverance your bosom friend, experience your wise counselor, caution your elder brother, and hope your guardian genius.”

—Joseph Addison

“The future belongs to those who believe in the beauty of their dreams.”

—Eleanor Roosevelt

COST CONSCIOUSNESS IN PATIENT CARE – WHAT IS MEDICAL EDUCATION’S RESPONSIBILITY?

by Molly Cooke, MD

Published March 31, 2010 on NEJM.org

In this *New England Journal of Medicine* article the author blames the unsupportable costs of medical care in the U.S. as largely due to the inadequate teaching and training of the medical students and residents on the role of costs in diagnostic and treatment strategies. She relates historical, philosophical, structural and cultural basis for this failure in education. Academia, she thinks, celebrates the high knowledge of medicine, rather than the intellectually low, real world concerns, such as costs, with the result that “Our country is remarkably generative in the development of new diagnostic tests, drugs and procedures – and remarkably undisciplined in their deployment.” Two thirds of the growth in health care expenditure may be due to use of these new diagnostic and therapeutic procedures.

Medical educators, she believes, have an obligation to address cost. This obligation derives from their responsibilities to the patients and as informed physician citizens in the larger society. She says teachers will be needed to train physicians to be cost aware and present cost consciousness as a positive professional value. Doctors must be provided with the skills to discuss value with patients honestly, effectively and compassionately. “Like the limitation of interventions at the end of life, consideration of cost must be explicit, transparent and consistent.”

M. Qasim Ansari, MD

Professor, Pathology

Director, Clinical Pathology

UT Southwestern Medical Center

Dallas, Texas

RESIDENTS AND FELLOWS

contact Publication Committees for views, news, photographs, articles and other contributions.

We are planning to compile a list of Dowites starting their Residency and fellowship on an annual basis.

JOIN
DOGANNA
www.dowalumni.com

With Best Wishes From

Iqbal M. Akhter, MD

Arthritis Clinic, Ltd

*Specializing in musculoskeletal
diseases such as*

Rheumatoid Arthritis	Osteoarthritis
Psoriatic Arthritis	Osteoporosis
Lupus	Gout

We accept most insurance

1007 S. 42 St, Bldg. A, Ste 4
Mt. Vernon
618-242-4626

With Compliments From

**Dr. Asif and
Arif Habib**

With Compliments From

Shahid Badar

763 S. New Ballas Rd, #350
St. Louis, MO 63131

With Compliments From

Pervez Alvi

APPNA'S MEMBERSHIP CRITERIA: A STICKY PROBLEM

by Naseem Shekhani

Every year as elections of APPNA roll along, the criteria of being a voter in APPNA elections becomes a hot topic as everyone tries to interpret the constitution as per their liking. During the APPNA fall meeting at Niagara Falls, a clarification was given by Constitution and Bylaws Committee.

The recommendations are as follows:

- ~ Physicians with an unrevoked license is self-explanatory.
- ~ Members in academics should be in a college or university setting or have a teaching degree, e.g. PhD, with the letter from the university provided included with the membership application.
- ~ Research must be IRB certified in university, private setting including the pharmaceutical industry. We are all aware that legitimate research always has supervisors or an overseeing body.
- ~ Members doing research must provide IRB copy with the letter from a supervisor.
- ~ Medical Management in a hospital, nursing home, state or city level public health certification or MS, must have a letter provided by a supervisor. The committee does not consider a physician working in an office as an office manager or other secretarial position, phlebotomist or technician qualifies them to be considered medical management.
- ~ A physician-in-training can be a voting member after paying annual dues and a letter from the program director is received.
- ~ As far as money orders are concerned, we think that if it is a legal form of payment and, therefore, cannot be denied unless they originate from one source and are serially numbered, then they can be denied, for which we have precedent in APPNA.
- ~ The committee strongly feels that in order to deny money orders in the future, there should be an appropriate change in the APPNA applications form, clearly stating that the money order will not be accepted as a form of payment.

~ The committee previously recommended that all new members provide a written affidavit. Knowing that there are more than 700–800 new members, it will be a daunting task to send and receive responses in such a short period of time. We are leaving an option to send letters only to those members whose documents are not in accordance with the existing guidelines.

~ Gift membership was declined.

It was recommended that to enfranchise all Pakistani physicians living in North America, APPNA should augment honorary, associate, emeritus members who otherwise do not fulfill the voter criteria.

The goal of this exercise was to streamline the membership criteria and finish the ambiguity that has led to confusion and litigation in the past. The current structure of APPNA gives the final say to the general membership. It is within the powers of the majority to bring about the necessary constitutional amendment to run the organization on democratic grounds.

There are approximately 12,000 licensed Pakistani physicians in the USA, out of which only 2500 are members of APPNA. There are approximately twice that are non-practicing physicians in USA are from Pakistan. Efforts need to be galvanized to attract the remainder of the 80% of the physician's workforce before the organization starts to claim to be a true representative of Pakistani Physicians of North America. In order for APPNA to stand as the flag bearer organization of Pakistani diaspora, its leadership needs to focus on the long term vitality of the organization, rather than short term gains.

ABOUT THE AUTHOR: Naseem Shekhani is a graduate of Dow Medical College (1982) and is a Chair of the Publication Committee 2009 and President of National Health Forum, Inc., a not-for-profit organization for the promotion of healthcare and healthcare issues in Pakistan.

With Best Compliments from
Humaira Naseer, MD
3009 North Ballas Road, St Louis,
MO 63131-2322
(314) 983-4092

Residents and Fellows Corner

Remembering Dow

by Dr. Ali Javed

I still remember that sunny day in 1995 when I set foot in DMC for the first time. The grandeur of the college was substantial, but what amazed me and held me in awe were the hundreds of people—people walking to lectures, walking from the college to the hospital and from the hospital back. Little did I know that this was the start of a love affair that will last all my life.

The years in DMC seemed to whiz by and before I knew it I was no longer an insider. Visiting college after graduation was so different. People eyed you as someone foreign, someone who did not belong. This was such a striking difference from the very recent past. The feelings of belonging, sitting wherever we wanted, however we wanted, eating at Waseem bhai's canteen, and just being there. It took a couple of visits to realize that it was not the college that had changed or the people—it was I. None of the people I knew were there anymore! A process of maturity had started.

I recently met the people at DOGANA and even though I had never seen them or met them before there was a clear connection between us. A feeling of belonging re-emerged... people who call themselves Dowites. I look forward to being a part of this family and to continue to give back to my alma mater.

ABOUT THE AUTHOR: Dr. Ali Javed is a fellow in critical Care and Pulmonary Medicine at St. Louis University program.

The Torchbearers of Tomorrow

by Tariq J. Alam, MD — Resident in Neurology, Saint Louis University, Missouri



Dow Medical College has a rich history of excellence and success. Its graduates are successful physicians in all parts of the world. DOGANA also has had a commendable presence in the United States where its alumni have achieved tremendous success both as healers as well as community leaders. From free clinics to political advocacy, DOGANA has beautifully nurtured the motto of DMC: Service is Human.

As young physicians, training and practicing medicine in this country, DOGANA has given us the platform to exhibit our leadership qualities and at the same time, contribute positively to our country of origin. Before these young physicians become the torchbearers of tomorrow, it is vital that we empower them and bring out the best in them, both in terms of capacity building and human development. The exclusive session on "Residents and Fellows" concurrently with the main program at the Saint Louis Retreat is the vision of the current DOGANA leaders in realizing that goal. It is for the first time that DOGANA has organized this unique session so as to promote, project and develop the potential of its future leaders. The young fellows, residents and medical students of Dow are eager to get involved in the main-

stream body of the Pakistani diaspora in the United States. They have in themselves, endless energy, passion and the motivation to contribute and 'give back' to their country. Our youth is our future and together with the support and guidance of our current seniors, we will be able to become a strong force ever ready to help our alma mater and Pakistan.

From The Desk Of ...

by Zohair Karmally, MD



It is my pleasure and honor to write a few lines for the upcoming DOGANA Summer Retreat in St. Louis, MO. More

so, I am happy and grateful to our current President, Shazia Malik, MD who has realized and felt the need to involve the fellows and residents. We sure are a big part of DOGANA.

As a part of the committee member for residents and fellows, I want to request all fellows and residents across the country, to come and part take in this retreat and give us ideas and input as to what we can do to make these retreats and meetings more productive and enjoyable for all of you. We plan to hold exclusive meetings with residents and fellows along with mentorship program. I assure you that all your requests will be discussed and each will be responded. Hope to see all of you in St. Louis.

Zohair Karmally, MD
Fellow-Critical Care Medicine
St. Johns Mercy Hospital,
St. Louis, MO



METROPOLITAN
UROLOGICAL SPECIALISTS



The doctors of Metropolitan Urological Specialists would like to introduce the newest member to our group.

Dr. Sameer Siddiqui –

Dr. Siddiqui graduated Phi Beta Kappa from Washington University. He graduated with honors from medical school at The University of Missouri – Columbia; he completed his urology residency at the Mayo Clinic and did his fellowship training in robotic surgery at the renowned Vattikuti Urology Institute in Detroit, Michigan. He successfully completed over 200 robotic cases prior to beginning at Metropolitan Urology. His field of expertise is prostate cancer, kidney cancer and kidney reconstruction; subjects in which he has published extensively. He currently writes a blog on the latest urology topics at www.midwestroboticsurgery.com, where you can also watch videos of his robotic surgeries.

Dr. Siddiqui will offer your patients that have been diagnosed with prostate cancer, bladder cancer or kidney mass an extended consultation. In addition, he treats all aspects of urology including stone disease, incontinence, laser surgery for enlarged prostate, erectile dysfunction, blood in the urine, and elevated PSA.

Dr. Siddiqui will be seeing patients at our office located at 607 S New Ballas, Suite 3100, St Louis, MO 63141 (314-315-9914) as well as our Big Bend office at 10296 Big Bend, St. Louis, MO (314-315-9911). He will be able to accommodate your patients with appointments within days of initial call.

He is the son of a Dow graduate and delighted to be back in St. Louis.

DOW ALUMNI RETREAT ST. LOUIS 2010

DOW GRADUATE ASSOCIATION OF NORTH AMERICA

AGENDA



SESSION 1:

FRIDAY APRIL 23, 2010

10:00 AM	Registration Booth opens
12:00- 4:00 PM	Hospitality Suite
1:00-2:00 PM	Prayers
2:30-3:00 PM	CME Lecture 1: Dr. Humaira Naseer – “ <i>Continuous Glucose Monitoring</i> ”
3:00-3:30 PM	CME Lecture 2: Attorney at Law Asim Raza – “ <i>EMR: What You Need to Know Now</i> ”
3:30-4:00 PM	CME Lecture 3: Dr. Zia Ahmad – “ <i>Peripheral Vascular Disease</i> ”
4:00-5:00 PM	Free Time
5:00-6:00 PM	Social hour
6:00-6:30 PM	CME Lecture 4: Dr. Mohammad Tahir – “ <i>Sudden Cardiac Death</i> ”
6.30-9.30PM	Keynote speaker, dinner and music
10:00-2:00AM	Mushaira



SESSION 2:

SATURDAY APRIL 24, 2010

7:30-8:30 AM	Sponsored Breakfast
8:30-9:00 AM	CME Lecture 5: Dr. S. Shiraz Hyder – “ <i>So You Want To Be a Physician Executive: Physician in Management</i> ”
9:00-9:30 AM	CME Lecture 6: Dr. Vasia Ahmad – “ <i>Primary Cancer Prevention and Screening</i> ”
9:30-10:00 AM	CME Lecture 7: Dr. Seema Khan – “ <i>Surgical Management in Breast Cancer</i> ”
10:00-10:30 AM	CME Lecture 8: Dr. Sameer Siddiqui – “ <i>Robotic Surgery in Urology</i> ”
10:30-12.30 NOON	Meeting with Vice Chancellor DUHS
12 NOON -3:00 PM	Session for Residents and Fellows
12:00-1:00 PM	Lunch
1:00-5:00 PM	Offsite event
5:00-5:30 PM	Return to hotel
5:30-7:00 PM	Free time
7:00-7:30 PM	CME Lecture 9: Dr. Azfar Malik – “ <i>Business of Medicine and Future of Healthcare</i> ”
7:30-9:30 PM	Meeting and Dinner
9:30-1:00 AM	Musical Entertainment



SESSION 3:

SUNDAY APRIL 25, 2010

8:30-10:00 AM	BREAKFAST
9:00-9:30 AM	CME Lecture 10: Dr. S. Masroor Hassan – “ <i>Venous Insufficiency and its treatment</i> ”
9:30-10:00 AM	CME Lecture 11: Dr. Fareesa Khan – “ <i>Advances in treatment of Incontinence / Prolapse</i> ”
10:00-12 NOON	DOW Related Topics

With Best Wishes From

Ashok Kumar

Premier Care

12639 Old Tesson Road
Suite 115
St. Louis, MO 63128

Phone: 314-849-0311
Fax: 314-849-2068

With Best Wishes From

Amjad Ali & Nighat Qadri

749 Kraffel Lane
Town and Country, MO 63017

With Best Wishes From

Shaukat Chowdhari, MD

Board Certified Anesthesiology
& Pain Management

Specializing in
Chronic Pain Management

14501 Bruce B Downs Blvd.
Tampa FL 33613

Tel. 813 977 2222
Fax. 813 977 4222

With Best Wishes From



Zafer Syed

RE/MAX Properties West
16100 Swingley Ridge Rd
Chesterfield, MO 63017
636-532-5900
314-323-7485

With Best Wishes From

NADEEM AHMED, MD

Critical Care Medicine,
Pulmonary Disease

777 Craig Rd, Suite 115
St. Louis, Mo 63141

With Best Wishes From

Asim Ali

3009 N. Ballas Rd, #100
St. Louis, MO 63131
Ph: 314-432-1111

With Best Wishes From

Khalid Naseer, MD, FACG

901 Patients First Dr.
Washington, MO 63090
(636) 239-7344

With Compliments From

**TRI-CITY
NEUROLOGY
ASSOCIATES, LTD**

Riaz A Naseer M.D.
Syed S. Ali M.D.

Tel : 314-868-7700

With Compliments from

Saad Khan, MD

777 Craig Rd,
St. Louis, MO 63141
(314) 569-6545

With Best Wishes From

Zafar Quader, MD

10004 Kennerly Road
Saint Louis, MO 63128

(314) 842-6333

With Compliments From

TARIQ HASSAN, MD

100 Village Square Shop Center
Hazelwood, MO 63042-1820

(314) 739-7793

With Best Wishes From

Nuzhat Nisar, MD
Pediatrics

300 1st Capitol Drive
Saint Charles, MO 63301

(636) 947-5000

With Best Wishes From

Mohammed Ashraf M.D.
HOMEBOUND
HEALTHCARE LLC

1622 BENTSHIRE COURT
ELLISVILLE, MO 63011
Tel: 314-503-2208

WELCOMING DOGANA TO ST. LOUIS

*"In the tumult of life, sometimes the
measure of strength is how much
Gup you can generate."*

HUGNA

(Human Urge for Gupshup in North America)

Our Glorious Motto:
LIFE IS SHORT, TALK IS LONG.
DO NOT PAUSE, KEEP TALKING
AND KEEP LAUGHING.

We specialize in:

- Incessant commentaries on all developments.
- Uninterrupted debates on known and unknown issues.
- Unsubstantiated claims.
- Baseless analyses.
- Continuous talking without listening.
- Conspiracy theories

BEST WISHES FROM HUGNA

Sultan Hayat – Chairperson
Azfar Malik – President
Rana Mohsin Bajwa – Analyst

Ameen Bajwa • Kasim Bajwa • Sikandar
Bajwa • Umair Ali • Shahid Hussain •
Mohammad M Vakassi • Mohammad
Tahir • Hafiz Abdul Razik • Khalid
Naseer • Inam Haider • Syed Hadi Zaidi
• Yasser Ashraf • Nadeem Rizvi • Faisal
Malik • Naseem Rao • Mashood

WITH COMPLIMENTS
FROM

Helal Ekramuddin M.D.
Seema Najam M.D.

2870 Netherton Dr.
St. Louis, MO 63136
Phone : 314-355-2700

WITH COMPLIMENTS
FROM

Zafar Rehmani, MD
PSYCH SOLUTIONS

3466 Bridgeland Drive, Suite # 150
Bridgeton, MO 63044
Tel: 314-209-8222

Talha Siddiqui, MD

**MAMAMEEK
ANESTHESIA SERVICES**

Reston, VA 20190

Tel: 703 435 1678



No matter where you are. Decorate your world with **47 paintings**. World music-themed art work, photographs, illustrations, the best of landscape art and interior kaleidoscope imagery. Works you have never seen before!

**Fine Arts Paintings By
Amna Pataudi and Sana Kazi**
www.47paintings.com

Donate generously to NHF:
www.nhfus.org

Sleep Medicine is *More* than a Sleep Study



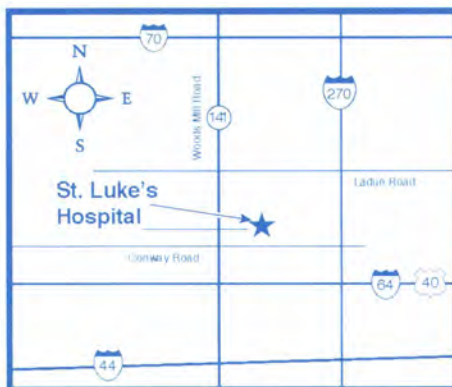
St. Luke's Sleep Medicine and Research Center is a full-service center providing:

- Treatment for ALL types of sleep disorders (patients six months through adults)
- Comprehensive evaluation, testing and treatment of chronic sleep disorders
- The area's only pediatric behavioral sleep medicine program
- Cognitive behavioral therapy for insomnia (as a supplement to or instead of pharmacologic treatment)
- CPAP equipment ordering and ongoing follow-up to maximize compliance
- Consultation for PROVENT™, an alternative to CPAP therapy (St. Luke's Sleep Medicine and Research Center is the only authorized provider in St. Louis.)
- Six board-certified sleep medicine specialists and a licensed clinical psychologist with more than 100 years combined experience
- Ongoing research in the field of sleep medicine

Referring physicians receive documentation after every evaluation, test and follow-up appointment.

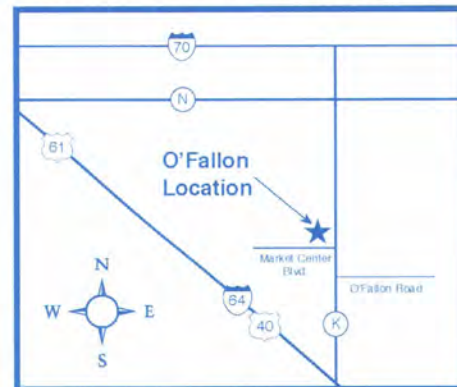
St. Luke's Hospital Location

232 S. Woods Mill Rd. • Chesterfield, MO 63017
314-205-6030 • 314-205-6025 (fax)



O'Fallon Location

1630 Market Center Blvd., Suite 201
O'Fallon, MO 63368
314-205-6777 • 636-300-3392 (fax)



For general information regarding our St. Luke's Hospital and O'Fallon locations, please call 314-205-6030 or visit www.stlukes-stl.com/sleep.

**Sleep Medicine
& Research Center**

 **St. Luke's
HOSPITAL**
Our specialty is you.
www.stlukes-stl.com

یہ ہماری ہی نہیں یہ ہیں تمہاری باتیں
اور کچھ وقت نے دکھلا دیں نرالی باتیں
یا تجربے نے سکھادی ہمیں عالی باتیں

یہی کچھ نصف صدی کی یہ پرانی باتیں
کچھ زمانے نے سکھادیں ہیں مثالی باتیں
ان کے پیچھے نہیں کچھ بھی۔ ہیں یہ خالی باتیں

ڈومینیکل کالج کلاس سال ۱۹۶۰ گولڈن جوبلی کی ریونیو میں ۱۰
اپریل ۲۰۱۰ کو ہیوسٹن میں منائی گئی : میرے یہ اشعار کالج
کو پچاس سال پیچھے کی طرف لیجانا چاہتے ہیں کیا یہ ممکن ہے
کہ وہ زمانہ آج کے زمانے سے بہتر تھا؟ شاید ایسا نہیں، لیکن
پھر بھی۔ دوڑ پیچھے کی طرف اے گردش ایام تو۔ حنیف الرحمان

بدلے ہوئے سب لوگ نظر آتے ہیں
خوشحال ہیں پیٹھ سے نظر آتے ہیں
بدلے گئے سب طور طریقے ان کے
بوڑھے بھی دل آویز نظر آتے ہیں
جو ہو گئے اللہ کو پیارے کچھ دوست
وہ یاد کی باموں سے اتر آتے ہیں

مجھ کو یہ خواب دگرگوں کیوں نظر آتے ہیں؟

کیوں پلٹتا ہے زمانہ میرے ماضی کی طرف

نوجواں دل تھا شرارت تھی شرارے کچھ تھے

مخفلیں تھیں وہ تماشے وہ خرابے کچھ تھے

دل بھجور نہ تھا پاس ہمارے کچھ تھے

کچھ امنگیں تھیں کنایے تھے اشارے کچھ تھے

کام سلسلے کا تھا یا پاس ستارے کچھ تھے

کچھ سیاست تھی عفاقت تھی نظارے کچھ تھے

یعنی تجدید اخوت کے بہانے کچھ تھے

زہن اور دل کے خزانے۔ وہ زمانے کچھ تھے

ملک سے ہو گئے بابر یا شہر سے بابر
سب کی دنیا بھی الگ ہو گئی ہونا ہی تھی

ہو گئے فارغ التحصیل تو در سے بابر
سب کی پرواز الگ ہو گئی ہونا ہی تھی



غزل

شگفتہ نقوی

اس کے غم سے نڈھال رکھتے ہیں
خود کو اسودہ حال رکھتے ہیں
پیار کرتے ہیں ہر صورت
ہم کہاں دل میں بال رکھتے ہیں
اسکے دل سے جواب ملنے تک
اپنی آنکھیں سوال رکھتے ہیں
اس کو دل توڑنے کا حق اور ہم
اسکا منصب بحال رکھتے ہیں

With Best Wishes From

**Syed Shahid
Mumtaz, M.D.**

**CHESTERFIELD VALLEY
PSYCHIATRY**

17269 Wildhorse Creek Rd.
Suite # 250
Chesterfield, MO 63005

Tel : 636-519-7404

WITH COMPLIMENTS FROM
SAJID ZAFAR, MD

Practice Limited to Gastroenterology

222 South Woods Mill Road Chesterfield, MO 63017



Getting Into Residency For Foreign Graduates

by Raheel R. Khan

International medical graduates make up approximately 25% of the U.S. physician workforce. According to AMA data, physicians from Pakistan account for 4.8% of the IMGs practicing in the U.S. in 2007. Only three other countries—India, Philippines and Mexico—contribute more to this pool of IMGs. With a concerted effort to increase enrollment in the U.S. medical schools, this proportion of IMGs is expected to decrease significantly over the next 5 years. Association of Physicians of Pakistani Descent of North America (APPNA) established a Young Pakistani Physicians Resource Center (YPPRC) to guide and assist the young Pakistani physicians in achieving their career goals in the U.S. For the past six years, the main focus of YPPRC is to expedite the security clearance and visa procurement for the Pakistani physicians already matched in various residency programs. YPPRC has conducted a number of seminars and one-on-one workshops to assist the young Pakistani physicians. A network of Pakistani physicians in influential academic positions has also been established to assist Pakistani physicians in securing observer ships and research and residency positions in the U.S. However, the number of such opportunities is limited and it is not possible to meet the needs of every deserving candidate. As a residency program director, I can attest that a good score on USMLE plays a pivotal role in getting an invitation for the residency interview. Most programs use a cutoff of 80 or 85 on each component of USMLE on the first attempt to be considered for an interview. Previous clinical or research experience, recommendation letters and visa status are the usual secondary criteria. Once an interview is secured, a lot depends on the candidate's interpersonal skills, language and cultural competence, and physical appearance. A comprehensive list of Dos and Don'ts of residency interview can be found at YPPRC's website (www.ypprc.org).

A huge responsibility lies on the shoulders of those who do get into a residency position. A good, conscientious, hard-working, friendly and likeable Pakistani resident can be a great ambassador for other Pakistani physicians

and can open doors for fellow Pakistani physicians in that program. However, this is not always the case. Just this past year, YPPRC spent countless hours and resources dealing with situations where Pakistani residents were placed on probation or expelled from the residency programs for various reasons, the majority of which could have been avoided. A solid academic performance can make up for a lot of deficits but unprofessional conduct and inability to get along with peers and patients is not tolerated in any program. At times it is wiser to swallow one's pride and be tactful to diffuse a situation. Every effort should be made to avoid getting on the wrong side of the residency program director or a faculty member. Most programs would not touch an applicant with a ten foot pole if he or she was expelled from a previous program.

ABOUT THE AUTHOR: Dr. Raheel Rasheed Khan is director of the pediatric residency program at WVU-Charleston. He was elected Chair of the Mid-America Region of the Association of Pediatric Program Directors at its annual meeting held in Toronto in 2007. He is currently serving as secretary/treasurer of the American Academy of Pediatrics—WV Chapter. Dr. Khan is a Graduate of Dow Medical College, Karachi, Pakistan.



VICE CHANCELLOR MEETS DOGANA MEMBERS



In January 2010, Professor Masood Hameed Khan, Vice Chancellor of Dow University of Health Sciences met with DOGANA members and Liaison of DOGANA and talked about streamlining the document process and making it easy for Dow graduates in North America.

ELECTED OFFICE BEARERS 2010



Shazia Malik, MD 1988
President



Farrukh Hashmi, MD 1985
Executive Director



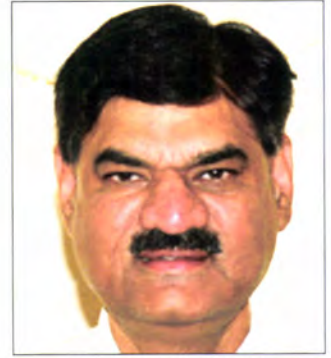
JAMI MD, 1985
Past President



Sohail Khan, MD 1988
President-Elect



Talha Siddiqui, MD 1989
Secretary



Kamran Qureshi 1984
Treasurer



Tanveer Imam, MD '87
Eastern Region



Samira Zoheri, MD '85
Central Region



Zulfikar Farouqi, MD '85
Mountain Region



Nasir Tufail, MD '90
Western Region



Arshad Saeed, MD '79
Canadian Region



Sajd Zafar, MD '89
Councilor-At-Large



M. Azim Qureshi, MD '89
Councilor-At-Large



Kazi Salahuddin, MD '85
Councilor-At-Large

WOES AND WONDERS OF MIGRATION

by Amin Gadit



The tradition of migration is common to humans as well as animals. The fascinating sight of migrating birds is a joy for onlookers. These journeys by birds of many species are undertaken for food searching, habitat and weather. These birds do return to their original place after a rough period is over at origin. However, this temporary migration is not without risk because of high stress, unforeseen circumstances in the new place and the heightened chances of predation. They may lose their way by flying past their destinations. Habitat destruction by humans is the biggest threat to the survival of the migratory birds.

This trend is also seen among human species albeit in a different way. The issues are in many ways similar, i.e. search for greener pastures, economic uplift, better living, education and employment. As the destination is alien, there are many risk factors involved in migration. Historians have documented this trend since earlier times when people used to migrate in large groups and had acquired their residence in a new soil.

A good example in Pakistan's perspective is the one in 1947 at the time of partition. One must recognize that a place where a person is born and raised is associated with strong bonding and attachment and remains in the memory chips of the brain for a lifetime. Any detachment may pose a substantial risk for anxiety and depression.

The CIA-World Fact book defines net migration rate as difference between the numbers of persons entering and leaving a country during the year per 1,000 people. An excess of persons entering the country is referred to as net immigration and an excess of persons leaving the country as net emigration. The current rate of emigration has affected the social fabric of Pakistan. The trend in Pakistan for migration remained an internal affair for a long time as people moved from rural to urban areas for better prospects. Later with growing economic problems, Pakistani laborers migrated to Middle East. This did give economic boost to the country but in return it gave a long-term separation and isolation to these workers who had to live away from their spouses and children for years.

A time came when people opted to migrate to western developed countries for temporary or permanent settlement. A large number of students went for higher education and many among them had acquired citizenship or permanent residence by virtue of getting married or in some cases by getting lucrative permanent jobs. Those who went on visit visas with the intention of settling there faced a number of social adversities and legal complications. A number of people chose to migrate to Canada as this country is rated as the best country of the world to live and raise family. I remember a poem where the poet said "come hither, as here shall you see no enemy but winter and rough weather," this description may well suit the lovely country, Canada.

Skilled workers are welcomed everywhere and there are great chances for progress in terms of economy and quality of life. With the existing situation in Pakistan, many people are contemplating to move abroad more so for safety reasons. It is worth mentioning that a large number of people have obtained political asylum in different countries on the grounds of harassment and victimization in the native country. The developed countries have a lot to offer and immigrants enjoy economic prosperity and are envied by peers back home. People do get adjusted to the new environment and get used to the weather eventually but ironically 'the grass is not all green.' There is an element of xenophobia that is manifested by the behavior of people belonging to the host country. The local populations feel threatened by new competitors in the job market and see the new settlers with suspicion. Hence, it is not surprising that people settled abroad for ages meet discrimination and harassment. They are often called with derogatory names on the streets.

Coming back to the 'migratory bird psychology' and 'attachment theories', people living in alien lands always crave for their original habitat. Leaving 5% of people aside, the majorities of people who are permanently settled abroad remain sad at heart and crave for repatriation. Looking at the bio-psycho-social-spiritual health of migrants, we come across a number of phases. The initial



Basic Sciences Block — Dow Medical College, Karachi, Pakistan

settling down phase is characterized by anxiety, culture shock, nostalgia and frank depression. With the passage of time, the frank depression gets subdued and becomes sub-threshold depression. Many housewives are the worst sufferers as they experience the sense of social isolation and chronic separation anxiety.

A number of coping strategies are then adopted by the Pakistani communities in the form of establishment of social clubs. There is a trend for organization of social events and 'pot-luck dinners' in order to address the social isolation. A number of people become over religious and follow stricter self made rules about following religion and resort to preaching behavior at times even under odd circumstances. A number of physical illnesses also appear as a complication of mental ill health. At the back of mind, there is always a desire to return back to home country after acquiring reasonable wealth in order to survive well at least financially. People remain anxious to know more and more about the prevailing condition of the country and follow the Pakistani satellite channels regularly. They are also affected by the predicament of the country more than those who live in Pakistan.

Social complications get deepened once the children grow up in foreign countries. These children do not maintain ties with Pakistan and are more influenced by west-

ern education and culture. Obviously, they do not find any attraction in going back to Pakistan. Many parents had tried to get their adult sons and daughters married off in Pakistan that resulted in fiasco. Parents find it very difficult to get matches for their children in the host countries and remain perplexed with the anticipated fear of social complications.

With the growing insecurity and turmoil in Pakistan, migrants find it difficult to repatriate. They desire Pakistan to become a safe haven where they can return back after the transitory migration but the threat of predation by suicide bombers, high inflation, unemployment and human right violation pose hurdles in decision making. I remember a Bollywood song that envied the luck of birds that have no boundary restrictions but I wonder about its applicability in present times. Choices are not simple as they were once upon a time. Poetically speaking, 'the birds do return to their original place after a rough period is over at origin'. The question is: When will the rough weather in Pakistan will be over? Let's take one day at a time and keep our fingers crossed for future of Pakistan.

About the author: Dr. Amin Gadit is a Professor of Psychiatry in Canada. Dr. Amin Gadit can be reached by email: amin.muhammad@med.mun.ca

Submission with the permission of HEALTH BEAT, a newsletter of National Health Forum

Don't rule out 401(k) plans for your small business

401(k) plans aren't just for large corporations. If you are your business' sole employee — or if it employs only you, your co-owners and spouses — you can take advantage of an Owner-Only 401(k) plan. Get higher contribution limits than SIMPLE or SEP IRAs in addition to annual catch-up contributions of up to \$5,500 if you're 50 or older.

Call today to find out if an Owner-Only 401(k) plan is right for you and your business.

Together we'll go far



Irshad R Sheikh, MBA, AAMS
Financial Advisor
14567 North Outer Forty Drive
Chesterfield, MO 63017
636-530-6111
irshad.sheikh@wfadvisors.com

Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value

Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company.
©2009 Wells Fargo Advisors, LLC. All rights reserved. 0609-0012a [74026-v1] A1145

Tariq F. Malik

Malik & Associates, P.C.

763 S. New Ballas Rd., Suite 300
St. Louis, MO 63141

Office: 314-862-4840
Fax: 314-446-2713
Cell: 314-503-6330



Congratulations on Annual DOGANA Retreat

*Mubasher Rana, MD, FACP
For Secretary APPNA 2011*

"Selfless Commitment to Service and Leadership you can Trust"

My record of service and dedication to APPNA speaks for itself:

Treasurer APPNA	2010
Chair Host Committee APPNA Summer Meeting	2009
Co-Chair APPNA Winter Meeting	2010
Co-Chair APPNA Winter Meeting	2008
Co-founder of the APPNA Northern California Chapter	
First President of Northern California Chapter	1999 & 2000
Co-Chair of the APPNA Fall meeting, San Francisco	2000
APPNA Councilor Region 8	2002 & 2003
Member APPNA MERIT	2008 & 2009
Member Elections and Nominations committee	2008
Member of the Membership committee	2007 & 2008
Member & Co-Chair APPNA Sehat committee	2005, 2006, 2008
Member Project Evaluations committee	2004
Lifetime Member	

Goals as Secretary of APPNA

- ❖ Utilize my experience and work with local host committees to help make all APPNA meetings successful
- ❖ Continue my current emphasis on strict fiscal responsibility in APPNA and decrease unnecessary expenses
- ❖ Provide members active and timely information on the activities of APPNA and its component societies
- ❖ Encourage increased participation of Young Physicians in committees and APPNA affairs
- ❖ Ensure implementation and continuation of Section Reform
- ❖ Ensure all constitutional requirements of APPNA EC and Council meetings are met

"APPNA First"

HEARTIEST WELCOME TO DOW GRADUATES FOR THEIR RETREAT IN ST. LOUIS

Wishing You A Memorable Event



M. HASEEB, MD
On behalf of
KEMCAANA



SAMRINA HASEEB
President APPNA Alliance
On behalf of APPNA Alliance

Saima Zafar for President-Elect APPNA 2011



Given the opportunity, I pledge to lead APPNA with new vigor, exemplary vision and a discipline deserving of this great association. I believe in winning to serve the membership with with dignity, humility and forthrightness.

I seek your support to make this vision a reality. I ask you to join hands with me in taking APPNA to new horizons.

Saima Zafar M.D.



Believer in honesty, integrity and winning with dignity

IT IS TIME TO MAKE THE RIGHT CHOICE!

www.saimazafar.com

ELECT SAIMA ZAFAR

For APPNA President- Elect 2011

CANDIDATE FOR TREASURER 2011

ASIF M. REHMAN, M.D., 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
Attending Invasive Cardiologist
St. Francis Hospital "The Heart Center" Long Island, NY*



President: APPNA NY Chapter 2009

Chair: Membership Committee
2007 and 2008

President: Association of Pakistani Descent
Cardiologists of North America 2009

President: Nishtar Medical College Alumni
of North America 2008

Co-Chair: Young Physicians Committee 2007

Member: Resource Committee 2009

Member: Committee on Advocacy, Legislative & Government
Affairs 2008

Chair: Constitution and Bylaws Committee "CABL" of APPNA
2009

Member: Research, Education and Scientific Affairs "RESA" 2007

- Revision of our financial policies to be consistent with current financial laws
- Focus on fiscal responsibility, budget neutral but equal opportunity for all chapters to host meetings
- Encourage distribution of funds to NGO's whose mission is purely service to the poor without political influence
- Explore different avenues and financial aids to support our ongoing projects like APPNA SEHAT, MERIT, CME programs, Young Physicians Committee and APPNA house
- Let's make APPNA a strong respectable institution with long term goals and policies
- Let's keep APPNA an organization which strengthens the image and role of Pakistani physicians worldwide
- Let's keep APPNA free of personal and national politics or hidden personal agendas
- Let's bring APPNA global recognition by our example of peace, unity, tolerance and humanitarian efforts
- Let's protect our future through APPNA by supporting our next generation of physicians and collaborating with other professional groups

For APPNA Treasurer 2011

"I believe that the next big challenge for APPNA is not only to continue its growth and attract new members from the Pakistani American community of physicians, but also to concentrate on effective and participatory membership of the existing members."

My name is Farid Qazi and I am running for the position of APPNA's Treasurer this year. I trained at Emory University and am a Hematologist and Oncologist practicing in Georgia.

I have been an active member of APPNA since 1993 and I have participated in the different affairs of the Association in various capacities.

Over the years I have volunteered much time and energy for APPNA. I do believe that APPNA has a lot of untapped potential and I am willing and able to work for the Association's betterment.

I am asking for your support in the upcoming elections so together we can take APPNA to the heights it deserves and realize its tremendous potential. I sincerely thank you for your time and consideration.

Farid Qazi, MD, FACP

**Farid Qazi,
MD, FACP**



Vision & Goals

As Treasurer of APPNA my goals will be to:

- Make APPNA a financially healthy and independent organization.
- Make all the functions and meetings of APPNA financially neutral, so as to provide the organization with funds to finance our educational and charitable activities.
- Closely monitor the support from pharmaceutical industry to ensure compliance with federal guidelines.
- Ensure meticulous accounting and book keeping.
- Ensure compliance with the current legal guidelines for funding of various charitable projects funded by APPNA.
- Harness the immense collective potential of APPNA membership for productive and meaningful activities rather than just social gatherings.
- Last but not least, strive to bring back civility and professionalism in APPNA.

I know that the vast and overwhelming majority of APPNA members want APPNA to proceed in precisely this direction. I am confident that all these goals are within our reach.

Leadership, Integrity, Transparency.

CHILD,
ADOLESCENT
& ADULT
BEHAVIORAL
HEALTH SERVICES



CenterPointe Hospital, located in St. Charles, Mo., is a private psychiatric hospital that serves the greater St. Louis metropolitan area as well as central and southeast Missouri, and southern Illinois.

All consultation and assessment services are confidential and are provided at no charge. For more information or to schedule an assessment, call **636-441-7300** or **800-345-5407**.



CenterPointe HOSPITAL

SEEKS QUALIFIED CANDIDATES FOR PSYCHIATRY POSITIONS

child/adolescent psychiatrists and adult psychiatrists including J- visa applicants

CenterPointe Hospital, a private, 104-bed behavioral health care provider in St. Louis, is **seeking qualified candidates for full- and part-time salaried and contract positions for child/adolescent psychiatrists and adult psychiatrists** for the following levels of care:

- acute care inpatient units
- partial hospitalization
- intensive outpatient (adult).

Responsibilities include admitting, attending and on-call services. On-call is required twice weekly and every third or fourth weekend.

Additional positions currently available include:

- child/adolescent medication management (in our on-site outpatient clinic)
- private practice with our affiliated behavioral health physician group
- research opportunities for various clinical trials.

CenterPointe Hospital provides a comprehensive continuum of behavioral health care for adults, adolescents and children including:

- inpatient psychiatric care
- adult residential chemical dependency care
- family services
- aftercare
- adult psychiatric, chemical dependency and dual diagnosis partial hospitalization
- adult psychiatric, chemical dependency and dual diagnosis intensive outpatient care
- child/adolescent outpatient care.



5931 HIGHWAY 94, SOUTH
ST. CHARLES, MISSOURI 63304
636-441-7300 ■ 800-345-5407
www.centerpointehospital.com

Association of Pakistani Physicians Of North America



**The
Dow Link**

Dow Graduate Association of North America
6414 S. Cass Avenue
Westmont, IL 60559