



The Dow Link

Dow Graduate Association of North America

PRESIDENT'S MESSAGE



PRESIDENT
Ahsan Rashid, MD
Newport Beach, CA
(949) 753-1522
ahsancaus@yahoo.com

PRESIDENT-ELECT
Farid U. Qazi, MD
Dublin, GA
(478) 275-1111
fuqazi@bellsouth.net

PAST PRESIDENT
SYED ABDUS SAMAD, MD
Pine Bluff, AR
(870) 879-5705
arasamad@aol.com

SECRETARY/TREASURER
Nasar Qureshi, MD
Edison, NJ
(732) 901-7575
mnqureshi@lakewoodpath.com

COUNCILORS:
Kazi Salahuddin, MD
Lincoln, RI
(401) 276-4191
salahuddin@pol.net

Muhammad Aslam, MD
East Hill, NY
(516) 505-0900
MAslam5974@aol.com

Wajid Baig, MD
Barrington, RI
(508) 675-0369
downmed@aol.com

Nadeem Zafar, MD
Germantown, TN
(281) 374-8998
jogjogi99@yahoo.com

M. Sohail Khan, MD
Sterling, IL
(815) 535-9017
khan@essex1.com

Zafar Iqbal, MD
Las Vegas, NV
(928) 755-3140
ziqbal@lycos.com

Farrukh Hashmi, MD
Richland, WA
(509) 943-7228
hashmiff@hotmail.com

Muslim Jami, MD
Fresno, CA
(559) 433-8613
jami@comcast.net

Dear Fellow Dowites,

To take the leadership of DOGANA 2006 is a personal pleasure and honor. This organization has come a long way since the annual meeting in Los Angeles, when we had only about 30 members who attended the annual dinner that year. With the active interest of many of the Dowites in the past few years the organization has grown tremendously. It is now a vibrant, the most pro-active and the ambitious organization which has undertaken many new projects and bold long-term endeavors. We must be focused in our goals for 2006.

Membership in 2006 – Lets Bring Everyone Onboard

Our main focus in 2006 will on the membership drive. We have more than 2500 names and addresses of Dowites in USA yet we have total membership of only around 500-600. We request you to please help us in getting many more Dowites with in the fold of this organization this year. Our target, although lofty, but with your help we are confident that we will achieve our goal of bringing the membership total to 1000.

Communication – Keeping the Dow Days Alive

The spirit of active interaction of Dow days is alive and thriving among Dowites across the globe. With the effective and prolific use of the internet and emails we have been pioneers in creating Dow communities in USA, UK and other parts of the world. Indeed for Dowites the world is getting smaller. We feel that continued and effective use of this electronic media is a vital tool, and having the relevant information for alumni on the web site, an option for online membership, the interactive database and the list serve is essential.

Dow Endowment Fund – Our Commitment to our Alma Matar

For many years there has been a need to establish the endowment fund. In 2004, Dowites were proud to make this a reality and the milestone was achieved in 2005 when everyone saw the pledges amounting one million dollars. The biggest task now is to effectively organize the Dow Endowment Fund activities in 2006. Our target is to get the fund raising and fund collection more effective; outlining the projects that we will support at Dow; publishing donor's list and making the fund's annual reports available for everyone.

Giving Back to Dow - Class Project- Silver Jubilee

The spirit of "Giving back to Dow", the tradition started by the class of 1976 on their 25th anniversary gift to Dow has been a uniting force for many classes. DOGANA will play an active role in helping different classes build their projects. The continued class projects will eventually help our Alma matar.

We have a whole year in front of us. Our Dow alumni retreat 2006 is scheduled in April and our Northeast Meeting in New York is in May. The DOGANA annual Summer Meeting in Chicago is in July and finally our Winter Meeting in Dow is in December 2006. We should also get involved in continuing medical education seminars, and visiting faculty to Dow University of health sciences. This is indeed a tall order and we would not be able to accomplish without the same teamwork that we have had in the recent years. We have the brightest and the best amongst us. We can use the talent and we must make it happen!

We are a pro-active alumnus and I feel that we must work to bring to light the important issues facing Pakistani American communities here in US. We must play an active role in APNNA to having a voice on these important issues. I urge everyone of you to please take active role in alumni affairs. I am honored to have the opportunity to lead this great organization and equally grateful for the support that I have from my friends from Dow, from the General Membership and Executive Committee Members. Hope to see you all in all the meetings this year.

Thank You,

AHSAN RASHID, MD
President DOGANA 2006



EDITORIAL

DOGANA 2006

Publication Committee

EDITOR

M. Raza Khan, MD

Publication Committee

Farid U. Qazi, MD '83
Abdul Qadir Shaikh, MD '84
Muslim Jami, MD '85
Sohail Khan MD '88
Wajiha Karatela, MD '88
Nasir Shahab, MD '89
M. Raza Khan, MD '92
Zafar Iqbal, MD '95

ARTICLE SUBMISSION

DOGANA publishes quarterly newsletters. We encourage all Dowites to please submit their articles for the publication throughout 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 rizwan@karatela.com, in word document, pdf or plain email format will be acceptable. The Editor reserves the right to edit all the submitted material.

ADVERTISEMENT:

For advertisement information, rate and deadline for submission please email rizwan@karatela.com

CORRESPONDENCE:

11242 Edgewater Circle,
Wellington, FL 33414
TEL: (561)714-8656
FAX: (561)422-6018
Email: Rizwan@karatela.com
Web site: www.dowlaumni.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.

Some of us may be aware of a very disturbing recent article by Ardeshir Cowasjee published in the premier Pakistani Newspaper, The Dawn, in which he detailed the accounts of a six page letter sent to Professor Sir Graeme Catto, the president of the GMC of Britain. The letter was apparently authored by an anonymous Pakistani doctor.



The letter severely criticized the state of the training imparted to the junior doctors in various medical institutions in Pakistan and went as far as describing Karachi's Civil Hospital as in "complete shambles" and "a den of corruption" etc. The author also denounced PMDC, the College of Physicians and Surgeons of Pakistan (CPSP) and its perpetual president for twenty years for their lack of oversight while questioning the fitness of these Pakistani junior doctors to work in UK.

Quite obviously some of these assertions are highly contestable but the fact of the matter is that we do routinely lament the shortcomings of educational institutions in Pakistan and bemoan their various infirmities in comparison to the venerable educational institutions in western world.

Objective analysis reveals that the foremost cause of such despicable state of medical education is lack of resources allocated to health care and medical education by the successive governments, who focused on arming the state with high tech weaponry rather than arming it with highly educated people with the obvious results that we have one of the most strongest military in the world with equally frail health care and social sector. We however cannot just sit helplessly and let this become the destiny of Pakistan. Now what options do we have ?, since being expatriates we obviously cannot influence the political setup in the country to bring the much needed fundamental changes in the health care policy.

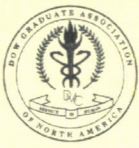
We however can certainly play a pivotal role in supporting an institution close to our hearts i.e. DMC now DUMS, by reverse exporting a culture of high professionalism, academic excellence, dedication, humanitarianism and thus reclaiming and transforming it back to the glorious institution it use to be in the past.

There are many ways to become involved in this most satisfying process including contributing to "EnDow" a million dollar endowment fund created in 2004 to support various projects in Dow, by becoming part of the visiting faculty of twice yearly DOGANA sponsored symposiums in Karachi, by assuming the role of mentors in US for Dowites seeking residencies in US, by implementing a class project to revamp a particular section of the Civil hospital etc. The details of all of these programs are posted on DOGANA web site.

I believe its incumbent upon all those of us saddened by the current pitiful state of affair to proactively participate in the solution to the problem so that years down the road when DOW will once again become an icon of higher medical education in Pakistan, we can proudly claim that we were one of those who heeded to the call.

M. RAZA KHAN, M.D

Dow Class of 1992



DOGANA

Third Annual Winter Meeting 2005

Report - Rizwan A. Karatela

The first DOGANA Annual winter meeting was held in 2003 with the idea of getting Dowites involved in Dow affairs in the spirit of giving back to Dow and to establish link with Dow faculty and its students. With each year the growing interest of Dowites visiting from abroad and equally enthusiastic response from the Dow faculty, house staff and the students is the testimony of the growing recognition of the important role Dow alumni can play for Dow. This year was the landmark year for Dowites as much was accomplished during this visit. Here we present a brief report highlighting some of the activities occurred in Dow. For detailed report please visit the web site.

Dow University of Health Sciences Symposium:

The theme of the symposium was *"changing priorities-journey from curative to preventive medicine"*. The second symposium organized the DUHS inaugurated on 27th December 2005. The inaugural ceremony was held in Moin auditorium. The distinguished professor Adib Rizvi was the keynote speaker.



Dr. Zia Moiz Ahmad has been involved in all the symposiums at Dow. Notably his help in cardiology workshop every year is greatly appreciated by the department of cardiology, CHK.

The overall quality of the symposium was excellent. The theme of the symposium was re-emphasized. The registration process was well organized. Arag auditorium, Moin auditorium, Anatomy museum and Hygiene building were the main venues for the lectures.

The technical expertise and level of presentation tools used were comparable to any medical convention and conferences one sees in USA. Dr. Fuad, class of 83 was the chief organizer of multimedia presentation and he did a marvelous job. While they did well in availability of presentation tools and computers, the timings of the talks will require some tuning in future so that one can adhere to the schedules and time through out the conferences.

Dow graduates from USA and UK were notably present this year and their help was greatly appreciated by the faculty. The notable speakers from North America included Professor Sultan Ahmed, Dr. Abdul Rahman, Dr. Zia Moiz Ahmad, Dr. Nasar Qureshi, Dr. Mirza Wajid Baig, Dr. Farid U Qazi, Dr. Raheel R. Khan, Dr. Salma Haider Khan. They were given ample time, feedback and full support in presenting their talks.

The program with topics presented is available for you to review in PDF format. The power point presentations of the talks given by the Dowites from USA will be posted on DOGANA web sites for everyone to download.



Professor I. B. Soomro presenting a shield to Dr. Mirza Wajid after a cardiology section of the symposium.

Pre-symposium Cardiology Workshop:

On December 26, 2005 a pre-symposium was organized by the Cardiology Department, CHK. Professor Khalida

DOGANA

Third Annual Winter Meeting 2005

Report - Rizwan A. Karatela



The
Dow Link
Dow Graduate Association of North America

Soomro. Her team did an outstanding job in developing this high tech event involving the live cases from the cath lab to the Arag Auditorium for the audience. The interactive and the live format was very unique. It required a team effort of cardiologists from UK and USA performing the procedure in the Cath lab and the expert panel delivering the live discussion in Arag auditorium. Prof Khalida Soomro and her team pre-selected the cases for the expert panelists and brief synopsis was presented before each case being performed.

DOGANA Executive Committee Meeting with Vice Chancellor of DUHS and Principal of Dow Medical College:

On December 29, 2005, DOGANA EC met with Professor Masood Hameed - VC of DUHS, Professor Salahuddin Afsar - Principal DMC. Professor Sultan Ahmed, President DOGANA Syed Samad, Executive Director DOGANA Rizwan A. Karatela, Past President Zia Moiz Ahmad, President-Elect DOGANA Ahsan Rasheed, President-Elect 2006 Farid Qazi, Treasurer 2006 Nasar Qureshi, and Iqbal Jangda were present at the meeting.

Professor Masood Hameed started with an overview of the future master plans for the DUHS, outlining the development of the faculty locally and inviting visiting faculty from abroad. The initial criteria for applying for the visiting faculty position were discussed in detail. The university will be posting the criteria and additional information on the DUHS web site soon. It was very encouraging to note a very comprehensive approach in long-term planning for DUHS. In addition to improving the curriculum for the medical students, the administration is diligently working towards the development of community and health care education for

the public. The expanding scope of the medical education as well as the services for the patients at the institutions was laid out by Professor Masood Hameed and he stressed on the need to have a master plan "Year 2020".

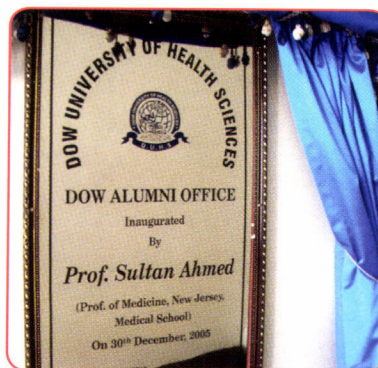
Dow Alumni Office Inaugurated in Dow Medical College.

On December 30, 2005 office for Dow Alumni was inaugurated. Graduate of Dow class of 1963, Dr. Sultan



Professor Sultan Ahmed with VC DUHS Prof Masood Hameed, President of DOGANA Syed Samad and President of DOGANE Umar Daraz

Ahmed was the most senior DOGANA member visiting Dow this winter. Forty two years after graduating, he was delighted to be part of this historic event in Dow. It was indeed a major event in Dow's history to have an office dedicated to Dow Alumni.



The inscription on the wall outside the newly inaugurated Dow Alumni Office at Dow Medical College

While DOGANA EC has been working to get such a setup for few years, it was indeed gratifying for Dowites to have such facility in place. We agreed that the office should be called **Dow Alumni Office** to accommodate all the Dow alumni residing in various geographical locations, namely North America, UK and middle east and elsewhere. The full report in this newsletter and on the web site.



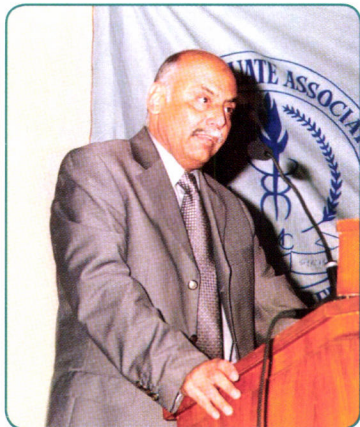
DOGANA Third Annual Dinner in honor of Dow Faculty:

The third annual DOGANA dinner honoring the Dow faculty was held on December 30th 2005 in Dow Medical College premises. The opening ceremony was held inside the Arag Auditorium followed by a very elegant dinner reception arranged outside the auditorium. The cool breeze of Karachi nights and a pleasant winter weather added to the perfection. The program opened with the DVD presentation prepared by DOGANA giving tribute to Dow teachers and professors. With each photograph presented the emotions shown by the Dowites present in Arag was a very delightful sight.



Professor Masood Hameed was invited to address the audience. He welcomed all Dowites and urged everyone to take active role in matters related to Dow.

Professor Masood Hameed addressed the gathering of many Dowites from USA, Canada and UK. Many Dowites practicing in Karachi were also present.



Professor Salabuddin Afsar Principal of Dow addressed inviting Dowites to visit Dow and see the major changes occurring at Dow and how they can participate in the process.

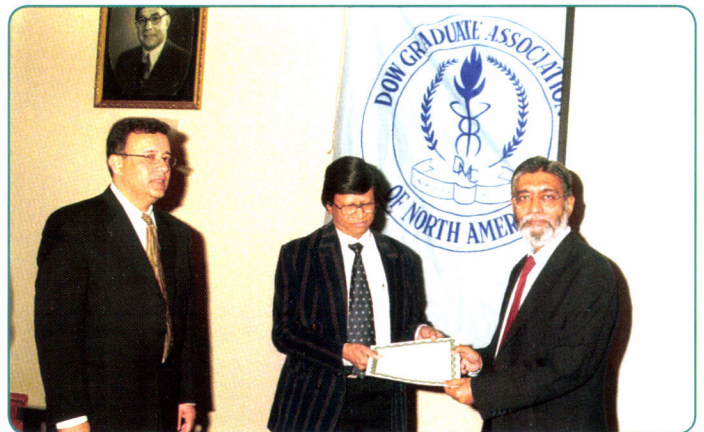
Professor Salauddin Afsar, the new Dow Principal welcomed the visiting Dowites and highlighted the plans for the bright future of our alma mater.

DOGANA annual Best Teacher Award 2005 was given to the one teacher from basic sciences and one from the clinical

science determined by the voting conducted earlier allowing students to vote for their choices.



Dr. Syed Samad and Professor Masood Hameed presenting DOGANA's Best Teacher Award 2005 (Basic Science) to Dr. Shoaib Taubeed



Dr. Syed Samad and Professor Masood Hameed presenting DOGANA's Best Teacher Award 2005 (Clinical Science) to Dr. Khalid Hasan.



Dr. Syed Samad (President DOGANA) with Nasar Qureshi (Treasurer DOGANA) presenting Donation to Cardiology Department and to Cardiac Surgery Unit at CHK.

DOGANA

Third Annual Dinner in honor of Dow Faculty:



The
Dow Link
Dow Graduate Association of North America



FRIENDS AT THE DOGANA DINNER 2005

From L-R (sitting): Sabina Sibli '89, Ayesha Idrees '87, Sabrina Hashmi '85. L-R (standing) Salma Haider Agba '87, Naila '87, Samina '85, Rana Tabassum '88 and Wajiba Karatela '88.



FRIENDS AT THE DOGANA DINNER 2005

From L-R: Zia Moiz Ahmad '82, Farid U Qazi '83 and Shoaib Taubeed '85



DOGANA LIFETIME ACHIEVEMENT AWARD 2005

President DOGANA Syed Samad presenting DOGANA Lifetime achievement award 2005 to Prof Nizam Ul Hasan '54



FRIENDS AT THE DOGANA DINNER 2005

Tariq Azam '83 and Farid U Qazi '83 had some serious catching up to do



FROM UNITED KINGDOM

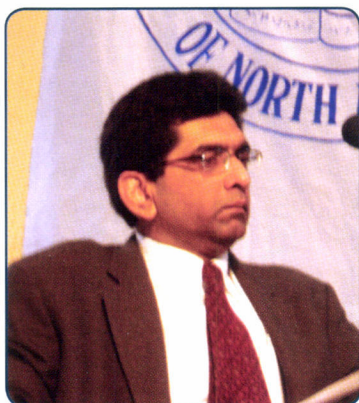
Dr. and Mrs Ovais Shafqat '77 also joined the Dinner at the late hours just to meet with the old friends.



FRIENDS AT THE DOGANA DINNER 2005

A group photo of class of 85 with the friends from class of 86 and 87 sitting on the same steps again after so many years – what a delightful experience it was.

This was the third year that DOGANA held its annual winter meeting in Dow. With each year the participation of Dowites from USA and Canada and the house staff and students in Dow has been steadily increasing. Keeping with the interests shown previously, this year's main theme was geared towards addressing the need to provide insight into the whole process and prospect of the post graduate training in North America and UK.



M. Nasar Qureshi, MD,PHD did a wonderful job in conducting the program. The slides and discussion later were very informative

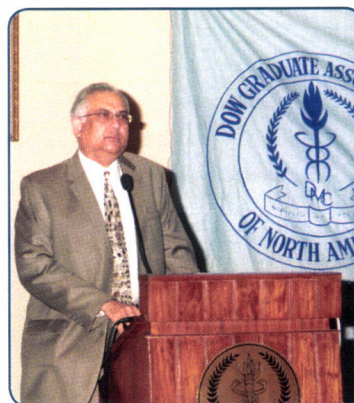
The panelists provided an overview of the various aspects of the post-graduate training abroad. With very informative slides and their experiences, the speakers were able to provide a comprehensive outlook on the subject.



Prof. Sultan Ahmed presented a very comprehensive overview of the realities of post graduate training in US institutions.

Residency Training in the US: Basic Requirements

S. Sultan Ahmed, MD, FRCP(C), SQA: Requirements for training in the US were presented in detail along with data of visa status for IMGs with specific reference to Pakistanis. Dr. Sultan Ahmed presented an over view of the process of fulfilling the requirement for post graduate training.



M Wajid Baig, MD, FACC presented a very informative and practical overview of the prospects and alternatives of post graduate training in US institutions.

Alternate pathways to residency training programs

M. Wajid Baig, MD, FACC. The spectrum of alternate pathways such as Masters and PhD programs, MPH and research options were presented. The pro and cons of this approach was discussed. It was a very powerful presentation outlining the prospect of post graduate training in USA. The references were given for the students and house staff to explore. The presentation in power point can be downloaded from the Dogana



APPNA efforts in securing Visas for foreign medical graduates from Pakistan: An update Abdul Piracha, MD, FACC

APPNA president Dr. Rasheed Pirach's topic was very relevant. It provided the information badly needed by the prospective candidates. The current overview of the difficulties facing medical graduates from Pakistan in securing positions in residency training programs and in securing visas to join the programs were discussed. Current status of the efforts of APPNA Young Physicians Task force and their interactions with US embassy in Pakistan and legislators in United States were elaborated.

DOGANA

Third Winter Symposium in Arag Auditorium December 30, 2005



The
Dow Link
Dow Graduate Association of North America

Panel Discussion:

Following the formal presentation an interactive one to one panel discussion was opened to allow audience to ask questions they had.

Panel:Participants:

Prof Sultan Ahmed, Dr. Rasheed Piracha, Mirza Wajid Baig, Syed Samad, Zia Moiz Ahmad, Raheel Rasheed Khan, Umar Daraz Khan from UK



THE PANEL

Nasar Qureshi moderating the session. L-R: Dr. Umar Daraz Khan, Dr. Mirza Wajid Baig, Dr. Rasheed Piracha, Dr. Syed Samad, Dr. Sultan Ahmad, Dr. Rabeel R. Khan

Dr. Rasheed Piracha, President APPNA further elaborated on the questions about the work done by APPNA in the area of visa difficulty etc. He referred to the work of Young Physician Task Force. He praised the efforts of many APPNA members in this particularly the effort of Rizwan Khalid from NY and others on this subject.



Rabeel R. Khan, Program Director of Pediatric Residency Training, University of West Virginia joined in the panel discussion and shed light on the process of selection and ways to prepare for the residency application process.

The panel of experts entertained the questions from the audiences which provided the opportunity for more detailed discussions on the various aspects of post graduate training.

Many students and house staff members asked questions pertaining to their difficulties in getting the correct

information. They were given the opportunity to discuss the misconception they had. Many students stated that this was indeed a very informative session they had and thanked DOGANA for arranging this event. In the end emails were exchanged and students and house staff were encouraged to stay in touch.



THE TEE WORKSHOP

Mirza Wajid Baig instructed a very successful TEE workshop for the house staff and the faculty.

DUHS SYMPOSIUM DINNER AT CPSP

The symposium dinner of DUHS was held in the lawns of College of Physicians and Surgeons Pakistan. The organizing committees, house staff and faculty were thanked for holding such a successful symposium. Professor Masood Hameed recognized the active participation of many Dowites visiting from North America, UK and Middle east. Anwar Maqsood and Moin Akhtar with their famous "loose talk" was the highlight of the evening. The food was superb and the musical arrangement with live violinist roaming around the tables was a surprising treat specially for the folks visiting from abroad.



Dr. Nasar Qureshi and Dr. Mirza Wajid Baig at the dinner.



LIVING IN USA KNOW THE LAWS AND YOUR RIGHTS NASIR SHAHAB MD FACP



Post 9/11 the importance of improving security is understandable.

This process certainly will affect some civil liberties that are so dear to our hearts. It is onus on US Congress to draft sensible laws to ensure basic civil rights of individual citizens are not affected under the cover of enhancing security. However, the recent revelation of unsupervised National Security Agency (NSA) wire tapping of international calls is a cause for serious concern to all of us.

In order to understand the legality of the laws, it is imperative to have knowledge about US constitution and bill of rights. United States is a republic and its constitution guarantees people certain inalienable rights including the fourth amendment protection against unreasonable searches.

The amendment states: ‘The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no warrants shall issue, but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.’

However, to intercept suspicious communications, US Congress had already passed the Foreign Intelligence Surveillance Act (FISA) that authorizes the government to conduct electronic surveillance after obtaining warrant from an independent Foreign Intelligence Surveillance Court. This oversight ensures that ordinary law abiding innocent Americans are not spied upon. Moreover, in an emergent situation, FISA even allows wiretapping without a court order provided that the court is notified within 72 hours. This is a very sensible and rationale law.

With this background it seems clear that unsupervised wiretappings are in clear violation of constitutional protections. Government eavesdropping on Americans without any court

oversight is an extremely serious matter. As expatriates, many of us communicate daily with our family in Pakistan and thus are vulnerable to intrusion in our private conversation. The information gathered could be taken out of context and used to ruin an individual. As lawful concerned residents, we have civil responsibility to voice concern by asking our congress representatives to protect our privacy and rights. Many civil rights organizations like CAIR and ACLU have already taken the fight to the US courts. Together we can make America, our new home, a safer place to live while we still enjoy our freedom.

NEWS: DOW GRADUATES IN US

Recently, Dr Nadeem Hassan, a Dow graduate of 1989 had to leave US in unusual and sad circumstances. Dr Hassan had lived in the United States since 1989, and practiced internal medicine and gastroenterology at Maricopa Medical Center, Arizona under a temporary-work permit while his green card was under process. He and his wife, Amber, recently traveled to Mecca for the Hajj on advance parole. While they were still overseas, Citizenship and Immigration Services, denied the green card application and revoked their travel authorization, leaving them stranded. When the Hassans returned Jan. 18 to JFK, they were held by Customs and Border Protection agents who threatened to jail them unless they voluntarily left the country. They flew to Pakistan. Hassan’s immigration attorney Eric Bjoertvedt, is continuing legal efforts to bring him back home. Dogana and APPNA officials are working with authorities to help Dr Hassan’s case. Dogana News.

Submit your articles, news items and report related to Dow by email.

Visit the web site at www.dowalumni.com.

Please become DOGANA member today

IF THEY CAN DO IT, YOU CAN DO IT. M. SOHAIL KHAN CLASS OF 88



The Dow Link
Dow Graduate Association of North America



Recently five female Pakistani American physicians embarked on a historic journey to serve in the earthquake-devastated areas of Pakistan. Their self financed trip was greatly facilitated by Dr Naheed Quyyum of HDF . According to them their journey was a response to a desire not

only to help the victims but also repay in some way to the land and its people where they were born, raised, educated to become physicians. I want to present their experience so that it may inspire others to embark on similar ventures.



Rabeela Hafeez MD (DMC) Pediatrics Dallas, TX, Jabeen Fatima MD (DMC 1988) Family Practice Leesville LA, Sbazia Malik MD (DMC 1988) Adult Psychiatry, St Louis, MO, Niala Khateeb MD (SMC 1988) Pediatric Endocrinology Leesville, LA, Anita Afzal MD, (DMC 1990), Child Psychiatry, Lake Charles, LA

Here is an overview of their activities

- Provided outpatient care at Bhugna Village, District of Muzaffarebad. This was the only medical facility serving a large population.
- Worked with Alaskan team members from the U.S. The Alaskan project was to provide temporary shelter to the earthquake victims in the form of “special winterized tents” which could last for 15 years.
- Provided medical care to people living in hardly accessible areas of Kashmir. They were able to reach out there by driving for hours high up in the mountains and then climbing down the slopes on foot estimated to be 1500 feet. In this area, there was no medical help available except for after the first two to three days of earthquake.
- Provided mass immunization with Tetanus and MMR to children and adults with self purchased vaccines.

- Psychiatric care to the nursing and paramedical staff, outpatients and inpatients at Abbas Hospitals Muzaffarabad. This was the only hospital standing intact and providing service to the entire city of Muzaffarabad.
- Medical care to the earthquake victims in the “tent cities” surrounding Balakot.
- Collected about 25,000 U.S. dollars for the earthquake victims. Collected medicines worth 15,000 -20,000 dollars in donations from pharmaceutical companies and other donating physician offices in the U.S.
- Distributed, kids winter clothes, caps, socks, shoes, and warm shawls for men and women.
- Supported the rebuilding of local elementary schools in the form of monetary donation.
- Monetary donation to the Abbas Hospital Nursing Hostel, to purchase the linens, utensils and day-to-day essentials. This was the only place providing accommodations to the female volunteer nurses, paramedical staff and doctors helping out the earthquake victims in Muzzafarabad.
- Also identified EQ victim in desperate need of money and helped them directly and on care-to-care basis.
- Organized and trained the personnel at Bhugna to maintain and run the pharmacy. Also trained the paramedical staff at Bhugna clinic, the disposal of hazardous wastes including sharps and needles, and the maintenance of patient records.
- Lecture for the residents, students, volunteer physicians at Abbas Hospital, on Post Traumatic Stress Disorder management and other important psychiatric issues relevant to the situation.

All five stayed in Muree, traveled via high roof Suzuki van provided by HDF a 2-1/2 hour commute each way. Usually they would leave the hotel at 8 AM after breakfast & come back to the hotel around 9-10 PM. There was no lunch or lunch breaks except for the tea provided by the local volunteers. The usual dinners were at 11 PM when they got back to the hotel. On November 30th they returned back to the US.

It is very inspiring to see these hard working and dedicated individuals. They have clearly shown how a focused and determined effort to help people in need can truly be a most satisfying experience. In order to capture their visit, I asked each individual few questions, their responses give us insight of their work and will inspire many to do the same in future. Please visit www.dowalumni.com for their responses and the full version of this article.

I call them the Courageous Five.



Candidate President-elect 2007

Mahmood Alam, MD, FACP, FACC

Dear APPNA Members, Assalamu-Alaikum: Thank you for electing me as the Secretary of the Association this year. I am humbled by the trust you placed in me. I have tried my best to live up to my commitment as **APPNA Treasurer 2005**.

MY ACHIEVEMENTS AS TREASURER 2005

Hiring of new accountant, accounting transition & consolidation completed.

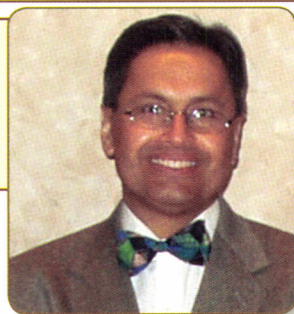
Audits for pending APPNA Financial statements for 2003 & 2004 accomplished.

A record number of disbursements were made due to Relief efforts for, Tsunami, Katrina, and Earthquake.

Change from Cash base to Accrual type accounting for 2006.

Dear Friends, We are moving forward despite many challenges we faced this past year. We came out stronger than ever with the tremendous work done by the volunteers of different committees to achieve our goals. I am proud to be part of this selfless team of volunteers. I have great trust in the strengths of APPNA. Let us work together to make APPNA a more representative, vibrant,

and progressive organization of Pakistani-Americans. I have demonstrated my ability to lead with a track record of a decade of services to APPNA. I seek your continued support as I rise thru the ranks and announce my candidacy for the President-Elect 2007. Together we can make a difference.



Rizwan C. Naeem

Diplomate American Board of Medical Genetics
CANDIDATE TREASURER APPNA 2007

I am a graduate of Sindh Medical College Karachi (85).

I completed my Clinical Cytogenetics fellowships from the Boston University, and Molecular Genetics fellowship from the Harvard University in Boston MA.

From 1993-2001 I was an Assistant Professor of Pathology and the Director, Division of Molecular Pathology and Genetics at The Tuft University School of Medicine in MA.

Since 2001, I am an Associate Professor of Pediatrics and Pathology at the Baylor College of Medicine and the Director of Cytogenetics/Molecular Laboratory at the Texas Children Hospital in Houston, TX

While student in Karachi first I was elected as the Literary and Debating Secretary (1980-81) and then again as the President of the Student Union (1983-84).

I have served SMC Alumni as its first newsletter editor, as a General Secretary, Vice President, and President. Currently, I am a member of the Board of Trustees.

As the President of SMC Alumni I continued BLS/ACLS training program in Pakistan. I started a "Social Dialogue" program similar to the Dow Alumni. In 2003 I organized an annual Cricket match between SMC and DMC Graduates.

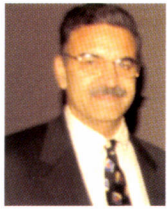
Currently I am helping to establish Genetic Laboratories at the National Institute of Child Health and SIUT in Karachi for the public sector. Most recently I have been in the forefront to help Katrina and Earth Quake victims.

Brief highlights of my volunteer services to APPNA:

- 1/ In 2006 I am the Co-Chair of APPNA membership Committee. In addition I serve in social welfare, communication, publication and Finance committees.
- 2/ I was the Co-Chair of APPNA 2005 Summer Convention in Houston.
- 3/ Since 2005 I am the Co-Chair of APPNA Research Education and Scientific Affair committee.
- 4/ In 2004 and 2005 I served as the Editor of APPNA publications
- 5/ In 2005 I was the Chair of APPNA CME program for the India trip and for the Houston summer meeting.
- 6/ In 2003 I was the Co-chair of APPNA winter meeting in Karachi.
- 7/ In 2003 I was the Co-chair of the APPNA fall meeting in Houston.

I present a clear choice with Broad experience of Management, Social work, and Commitment to Education. I need your help, please become an APPNA member.

Tel: 832-646-4363 Email: rizwannaeem@yahoo.com



VOTE FOR DR. AZAM KHAN AS APPNA TREASURER



AN INDEPENDENT VOICE OF REASON TO IMPROVE APPNA

SERVICES TO APPNA

- Life Member APPNA.....Since 1979
- Member Executive CouncilCurrent
- Co-Chairman Membership CommitteeCurrent
- ** Member Finance Committee APPNA2001 & Current
- President Arizona ChapterCurrent
- Volunteered Medical Services for EQ Relief in PakistanOct. & Dec. 2005
- Actively Participated in EQ Relief Fund Raisers Arizona, Texas, New York & California
- Co-Chairman Mushaira Committee for Houston Summer Meeting2005
- Speaker, CME Mumbai, India 'Septic Shock'2005
- Co-moderator CME Surgery Sections, Mumbai, India2005
- Member, Constitution & Bylaws Committee2005
- Chairman Host Committee AZ APPNA Summer Meeting2005
- Actively Supported the Cause of APPNA Sehat & Human Development Foundation
- Attended and Actively Participated In Many APPNA Meetings.....Since 1979

SERVICES TO KEMCAANA

- ** Treasurer KEMCAANACurrent
- Member Executive CouncilCurrent
- Chairmen Membership CommitteeCurrent
- ** Member Finance Committee KEMCAANA.....Current
- Member Host Committee KEMCAANA RETREATCurrent
- Active Member and Life MemberSince 1979

SERVICES TO COMMUNITY AT LARGE

- President of the Board, ASAFO Global Medical Trust - An Arizona Based 501-C Charitable International NON-Profit Corporations Actively Participating in Disaster Relief Activities in BOSNIA, TSUNAMI, KATRINA and PAKISTAN Earth Quake.Current
- Moderator & Spokesman of a TASK FORCE for the development of a future AMERICA MUSLIM HOSPITAL in USACurrent
- ** President, Council of the Pakistan-American Chamber of Commerce Arizona Chapter2004 - Current
- ** Community Director, Mohave State Bank of Arizona2001 - Current
- ** Member Governing Board Kingman Regional Medical Center1985-87 & 1995-1996
- ** Member Governing Board Misericordia Affiliation Hospitals Bronx, NY1974-1976
- Delegate to Arizona Medical Associations from Mohave County Medical Society1985
- President House Staff Associations Misericordia Affiliation Hospitals Bronx, NY1974-1976

PROFESSIONAL & MEDICAL STAFF ACTIVITIES

- Chief of Medical Staff, Kingman Regional Medical Center Kingman, AZ1985-1987
- Chief of Medical Staff, Kingman Regional Medical Center Kingman, AZ1995-1996
- Director of Surgery Kingman Regional Medical Center1983-1994
- Faculty Member, Residency Program Kingman Regional Medical CenterCurrent
- Faculty Member, Residency Program Misericordia Affiliation Hospitals, Bronx, NY1976-1977
- Certified & Recertified By American Board of Surgery1978, 1987, 1997
- Certified & Recertified by Surgical Critical Care, American Board of Surgery1991, 2001
- Resident General Surgery At Misericordia Affiliation Hospitals, Bronx, NY1972-1976
- Graduated King Edward Medical College Class of1970

FINANCIAL CREDENTIALS

- Refer to all asterisk items PLUS
- Owner and Manager of a General Surgery Medical Practice in Kingman, AZSince 1977
- Owner and Manager of Outpatient Surgery Center in Kingman, AZSince 1994
- Owner and Manger of Multi Specialty Medical Practice In Kingman and Bullhead City, AZSince 1982
- Owner and Manager of Urgent Care Center in Kingman, AZSince 1994
- Owner and Manager of a Real Estate Investment Company which has succesfully carried out development and/or Leasing of housing and commercial subdivisions in ArizonaSince 1980

AWARDS AND RECOGNITIONS

- Listed in "Who is Who" among the Medical SpecialistsSince 1979
- Listed in "Who is Who" in the West1983
- ** Nominated for Businessman of the Year by Chamber of Commerce, Kingman, AZ1994
- ** Listed as an Honored Member in "Who is Who" of Executives & Professionals1995
- ** Listed in Nationwide Registers of "Who is Who" in Executive & Business Proclamations.....2000
- Subject of Biography by Prime TV under Safer-e Pakistan.....2004



THE EXCEPTIONAL DOWITE WITH EXTRAORDINARY WORK

ZAFAR IQBAL, MD

Ibtida..... a beginning



Village Nilore, Pakistan, March 1999- in the dusty village of Nilore, 25km east of Islamabad, 19 children, both boys and girls, ranging in age between 5-11 years, gather in the garage of a private farmhouse. All of them belong to families living in Nilore or nearby villages.

They look intimidated, yet excited. It is the first ever day of school for all of them. Today is going to be different. the day is not going to be whiled away playing in the “gullis” and “nullas” of the village. None of them, except one, has ever seen the inside of a classroom.

Fast forward to 2006- the faces are the same but the smiles are wider and confident. Blue uniforms have replaced the tattered clothes and the feet are no longer bare. The school has progressed to the 7th grade. Instead of the garage, there is now a custom-built building with a playground, which is staffed by 10 teachers. The walls of the classroom are covered with the children’s artwork. Even a casual visitor to the room is bound to notice the similarity between these drawings and of those drawn by children from more affluent households; houses with smoke poring out of chimneys, clouds, butterflies, flowers... and of course, a likeness of Quaid-Azam (some things never change). Today, in a country where greater than



50% of children drop out of school within the first 5 years of enrollment, Nilore Junior has already beaten the statistics; the majority of that first class is in grade 7.

Nilore Junior School is the realization of a Dowite, Nuzhat Ahmad (1990), who along with a small

group of people, founded ibtida (www.ibtida.org), a US-based 501 (c)3 organization, that has a mission to promote quality education in rural areas of Pakistan through a grass roots effort . Ibtida had humble beginnings in village Nilore. However, today in addition to Nilore Junior School, two other schools have been started; Mansehra Model School in

Mansehra, and an all-girls school in Landi Arbab, a suburb of Peshawar.

Ibtida has a board of directors, who are all voluntary and bear their own administrative expenses. As a result, almost 96-97% of the money directly goes to the education projects that ibtida supports.

The emphasis in ibtida schools has been on a holistic approach to education incorporating human rights education, hygiene, environmental awareness, values of pluralism and gender sensitivity. Corporal punishment is strictly forbidden. The curriculum is supplemented with books by Oxford University Press, The Book Group and Human Rights Education of Pakistan. Computer classes have been in place since 2003. The children are charged a nominal fee so as to give the parents a sense of participation in their children’s education. Regular parent-teacher meetings are held, in addition to outreach programs by the teachers, who visit the local



communities to get them more involved in the education of their children.

Nuzhat, as the president of ibtida, takes considerable time out from her active academic life as Assistant Professor of Medicine in the Division of Gastroenterology at the University of Pennsylvania, to run the organization. She travels to the schools at least once a year and has spent several weeks teaching in some of the schools. Nuzhat firmly believes that literacy and education is not a privilege. It is a right and a responsibility, and that responsibility lies with each one of us.

Ibtida (www.ibtida.org) is a volunteer based, non-religious, non-profit and, non-political organization working to provide quality education to underprivileged children in the rural areas of Pakistan. Ibtida can be contacted at info@ibtida.org



Lakewood Pathology

ASSOCIATES

... a new era in
pathology services



Raza Bokhari, MD, MBA
President & Chief Executive Officer

M. Nasar Qureshi, MD, PhD, FCAP
Chairman & Chief Medical Officer

1200 River Avenue, Building 10 • Lakewood, NJ 08701
Phone: 732-901-7575 • 1-800-440-7284 • Fax: 732-901-1555
E-mail: info@lakewoodpath.com • www.lakewoodpath.com

A National, Full-Service, Multi-Disciplinary, Surgical Pathology Practice

LPA Diagnostic Services

- Cytopathology
- Gastrointestinal Pathology
- Urological Pathology
- Immunohistochemistry
- In-situ Hybridization
- Dermatopathology
- Hematopathology
- Breast Pathology
- Oral-maxillofacial Pathology



BATUTA

SAVES LIVES | SECURES INFORMATION | PROTECTS PROVIDERS

There may not have been an experience that demonstrated, for me or the country, more powerfully the need for electronic health records...than Katrina.

--Mike Leavitt

Secretary of Health and Human Services

Do you know if your Medical Records are HIPAA Compliant?

For a complete HIPAA solution using
HITACHI Biometric SmartCard®

Call (800) 775-5818



Designed with Providers in Mind...
Created with Patients at Heart

Visit www.Batuta.org

SMART HEALTH CARD SYSTEM



PULMONOLOGIST SLEEP POSITION AVAILABLE

Well established practice in
Houston/Humble, Texas looking for a
BC/BE pulmonologist with special interest
in sleep studies, preferably BE/BC in sleep
studies. Practice encompasses all aspects of
pulmonary/critical care medicine.
**Sleep lab and pulmonary rehabilitation
program available.**

Fax CV and inquiries to:
(281) 446-0449
or call
(281) 446-6803

ALI & CO., CPA, P.C.

CORPORATE TAXATION
INDIVIDUAL TAXATION
FINANCIAL PLANNING

*Serving physicians in all 50 states
for the past 15 years.*

NUSRAT Z. ALI
Certified Public Accountant

2260 Woodhaven Ct., Ann Arbor, MI 48105

Phone: **734-975-9390**
www.alicpa.com

\$100 Offer

Mention this advertisement to have your
tax return prepared only for \$100.00. New
customers only.



Do you want a better APPNA?

An APPNA with hope and faith for a brighter future. An APPNA believing in professionalism, dignity and compassion. An APPNA not blinded by regionalism or ethnicity. An APPNA which is striving to serve its real purpose. **Then vote for:**

Javed Suleman as Treasurer
ENERGY ENTHUSIASM EXCELLENCE

PERSONAL INFORMATION:

- Graduated from SMC in 1986.
- Internship and Residency from North Shore Medical Center – Salem Hospital.
- Cardiology Fellowship, Worcester Medical Center, University of Massachusetts Medical School, Worcester, Massachusetts.
- Interventional Cardiology Fellowship, Mount Sinai Medical Center, New York, NY.
- Three Board Certifications (Internal Medicine, Cardiology, Interventional Cardiology).
- Serving as Director, Cardiac Catheterization Labs. Jamaica Hospital Medical Center, Jamaica, New York.
- Interventional Cardiologist and Assist. Prof. of Medicine, Mount Sinai Medical Center.

Services to APPNA and Pakistani American Physicians:

- Active member of APPNA since early 90's.
- Life Members of APPNA (central) since 2002 and APPNA New York Chapter.
- One of the organizer's of APPNA project " Relief Center for 9/11 victims in New York".
- Co-Chairman, APPNA Fall Meeting of 2001 in New York City.
- Co-Chairman, APPNA Winter Meeting of 2003 in Karachi.
- Active member of APPNA's Research, Education and Scientific Committee (RESA) 2002 to present. Moderator / presenter of Cardiology Sections in many APPNA CME's since 2002.
- Chairman, Registration Committee, APPNA Summer Meeting of 2002 in New York.
- Councilor, New York Chapter of APPNA.
- Regional Councilor Area #2 (NY) and member Executive Council of APPNA 2003.
- One of the founding member's of SMC Alumni

(component society of APPNA). Served as its Treasurer, Secretary, Vice President in different cabinets, and finally its President in 2004. Member Executive Council of APPNA in 2004. Member, Board of Trustees, SMC Alumni.

- Actively worked for the "Earthquake Relief Efforts of Northern Pakistan" with the New York Chapter team.
- Chairman, Membership Committee in 2006.
- Member, Finance Committee in 2006.
- Has attended and actively participated in most of APPNA meetings in different cities of US since 1995.
- Founding President of the "Association of Pakistani-descent Cardiologists of North America" (APCNA), a purely professional organization, which was formed in March 2004, to have a platform of Pakistani American Cardiologists in US, and to contribute in cardiac related education and philanthropic work in Pakistan, realizing the fact that "cardiac diseases are the number killer disease in Pakistan".



The
Dow Link
Dow Graduate Association of North America

Dow Alumni Activity Calendar

Please visit the DOGANA web site for details and registration information.

DOW Alumni Retreat 2006

St. Louis, MO. April 28-30, 2006

Details on www.dowalumni.com

DOGANA Northeast Meeting 2006

Saturday, May 27, 2006 at 7:00 PM

Marriott Hotel, Laguardia, NY

Contacts:

Mohammad Aslam: MAslam5974@aol.com: 516 505-0900

Iqbal Jangda: ljangda@aol.com: 516 510-6959

Nasar Qureshi: NasqDogana@aol.com: 201 921-1297

A. Qader Sheikh: sheikhaq@hotmail.com: 516 225-7860

DOGANA Annual Summer Meeting 2006

Chicago, IL, Friday July 7, 2006

Details: www.dowalumni.com

DOGANA Annual

Winter Meeting 2006 in Karachi

Friday December 29, 2006

in Arag Auditorium, DMC

Dow Class '84 Reunion in Karachi

December 2006, (Last Week of December)

Contact: Rizwan Karatela: Cell: 561 714-8656 or

Iftikhar Hanif: Cell: 954 829-7091

Dow Class '86 Reunion in Karachi

December 2006, (Last Week of December)

Contact: Rizwan Jabir: Res: 724 349-3811, Cell: 724 388 3127,

Off: 724 349 6330 or Moeen Masood: 651 261 3638 and Zimran

Chowdhary 306 565-0868

SAVE the DATE

Dow Alumni Retreat 2006

St. Louis, MO

April 28-30, 2006

Time to reminisce and catch up with classmates

for **RESERVATIONS**

Doubletree Hotel & Conference Center

16625 Swingley Ridge Road

Chesterfield, Missouri 63017

Direct Dial: **636-299-9845**

Fax: 636-532-9173

www.dowalumni.com

With compliments from

INTERNAL MEDICINE

ASSOCIATES OF

SAND CANYON

16100 SAND CANYON AVE # 310,

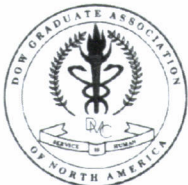
IRVINE CA 92618

Ahsan Rashid, MD, FACP

Nazema Gosla, PA-C

(949) 753 1522

Association of Pakistani Physicians Of North America



The
Dow Link
Dow Graduate Association of North America

6414 S. Cass Avenue.
Westmont, IL 60559

Non-Profit Org.
U.S. Postage
PAID
Garland, TX
Permit # 771

AUTO**3-DIGIT 076
PC : AXP-J12624-160
MOHAMMAD QURESHI
11 ELLINGTON PL
ENGLEWOOD CLIFFS NJ 07632-2014

2
6

