



1977 *40th Anniversary* 2017

APPNA FALL MEETING 2017



October 26-29, 2017 Cincinnati, Ohio



Civic Engagement Through Community Service

APPNA

Association of Physicians of Pakistani Descent of North America
6414 South Cass Avenue, Westmont, IL 60559-3209, USA



Editorial

APPNA has been up to the task

Times have recently been tough for our country. We have experienced not only improbable natural disasters causing widespread destruction and human suffering, but also horrific acts of terror that resulted in the loss of numerous innocent lives and injured many others. It's times like these that test the mettle of any social organization and I am proud to say that APPNA has been up to the task.

While it's impossible to acknowledge all the volunteers and personnel who participated in these relief and recovery efforts, we have to give kudos to the current APPNA leadership for initiating and collaborating their exertions. Under their able guidance, relief and rehabilitation efforts are underway for victims of Hurricanes Harvey and Maria in Houston and Puerto Rico respectively. Numerous other social initiatives started over the years are also bearing fruit. Notable among them are the Need Based Limited Term Loan for Medical Graduates committee and the Committee on Young Physicians among others. Having been personally involved in some of these efforts, I can easily say that it's making a difference in the lives of numerous physicians of Pakistani descent, and hopefully these endeavors will translate into impacting the lives of hundreds of people around the world.

While it's easy to identify faults and criticize the politics of any organization, I urge you to be part of the solution. No organization is perfect and we humans are complicated social animals. Moreover, as immigrants our own experiences and insecurities add another layer of complexity to the equation. Nevertheless, we continue to strive and evolve as a social organization that provides an avenue to bring people together to impact lives in multiple ways around the world. For this reason, we welcome you to an exciting 2017 APPNA Fall meeting in Cincinnati from October 26-28. Our team has put together an event full of educational activities and entertainment and hope that you will bring your enthusiasm and partake in the events.

Farrukh Awan, MD
Chair Publication Committee Fall Meeting 2017



CHAIR HOST COMMITTEE MESSAGE

Dear APPNA Family,

On behalf of Host Committee members and myself I would like to extend my warmest welcome to you at APPNA Fall Meeting, October 26-29, 2017 – in historic city of Cincinnati, Ohio.

Cincinnati, the first purely “American” city (first major American city founded after Revolution), is famous for its historic architecture and food, founded in 1788 was an American boom town of 19th century, holding the position of America’s sixth largest City from 1840 until 1860. City’s rich history provides the entire family with wonderful opportunities for sightseeing and entertainment. You’ll find plenty of local attractions within walking distance such as Fountain Square, Freedom Center, shopping mall along with world-class theater and museums. So Welcome, meet old friends, participate in the meeting and discover why Cincy is one of the greatest cities in the world. I’m very confident that you and your families will enjoy your stay here in Cincinnati.

I would like to thank you Dr. Sajid Choudhary, President APPNA, 2017 and APPNA Executive Committee for their trust and giving us an opportunity to host the Fall meeting. I would also like to extend my gratitude and appreciation to our Host Committee Members who worked tirelessly and spent countless hours to make this happen. I want to thank you APPNA office staff Jennifer, Nicholas, Karolina, Tipu and Laiq who also worked so hard for making this possible.

I and the all the host committee members are looking forward to seeing you in Cincinnati and please don’t hesitate to let us know if we can be any help and make your stay comfortable and memorable. Please enjoy your stay!

Muhammad Aslam, MD
Chair Host Committee, APPNA Fall Meeting, 2017, Cincinnati, Ohio

HOST COMMITTEE



Muhammad Aslam, MD
Chair



Tahir Latif, MD
Co-Chair
President APPNA GC



Ghulam Mujtaba MD
Co-Chair
President APPNA Ohio

Sub-Committees



Rashid Khan, MD
Advocacy, Program & Sponsorship Committees



Tahir Sajjad, MD
Entertainment Committee



Nadeem Anwar, MD
CME Committee



Farrukh Awan, MD
Publication Committee



Tahir Latif, MD
Communication Committee



Khurram Bari, MD
Babysitting Committee



Tariq Khan
APPNA Bazaar



Shoaib Asghar, MD
Transport and Tours Committee



Shehzad Saeed, MD
Awards Committees



Anwer Siddiqui, MD
Finance Committee



Ali Usmani, MD
Food Committee



Naghma Malik, MD
Decoration Committee

Advisors



Aisha Zafar, MD
Indianapolis



Shahid Sheikh, MD
Columbus



Baber Cheema, MD
Louisville



Arif Baig, MD
Dayton



GOVERNOR & LIEUTENANT GOVERNOR'S MESSAGE



John R. Kasich and Mary Taylor
Governor and Lieutenant Governor of Ohio
do hereby officially recognize the

**ASSOCIATION OF PHYSICIANS OF
PAKISTANI DESCENT OF NORTH
AMERICA'S FALL MEETING
OCTOBER 27-28, 2017**

On behalf of the State of Ohio, we welcome all those attending the Association of Physicians of Pakistani Descent of North America's fall meeting in Cincinnati. Throughout the past four decades, the APPNA has grown to become an important resource for physicians of Pakistani descent, and we commend you for the significant impact you have made throughout our state and nation. Best wishes for a memorable and successful fall meeting!

On this 27th day of October 2017:

John R. Kasich
Governor

Mary Taylor
Lieutenant Governor



PROCLAMATION BY MAYOR OF CINCINNATI

Proclamation

City of Cincinnati

Be It Proclaimed:

Whereas, the Association of Physicians of Pakistani Descent of North America (APPNA) was founded in 1976 to promote excellence in healthcare, research, education, humanitarian activities, and to facilitate the transfer of healthcare expertise both at home and abroad; and,

Whereas, APPNA represents over 18,000 physicians of Pakistani descent and is the second largest International Medical Graduate association in the United States; and,

Whereas, APPNA annually unites its membership through charitable, educational, scientific projects rooted in values of compassion, trust, and dedication; and,

Whereas, APPNA members, representing an array of medical practices and specialties will convene in Cincinnati, Ohio, for its annual fall meeting October 26-29, 2017;

Now, Therefore, I, John Cranley,
Mayor of the City of Cincinnati do hereby proclaim October 26-29, 2017
as
"APPNA Fall Meeting Days"

in Cincinnati.



IN WITNESS WHEREOF, I have hereunto set my hand and caused this seal of the City of Cincinnati to be affixed this Twenty Sixth day of October in the year Two Thousand and Seventeen.

John Cranley
Mayor, City of Cincinnati



APPNA GC CHAPTER



APPNA OHIO CHAPTER

Welcome all delegates to First APPNA meeting in Ohio



Tahir Latif, MD
Co-Chair

It is a distinct pleasure for both of us to welcome all of you to an exciting fun packed weekend at APPNA 2017 Fall meeting in Cincinnati.

This meeting has the distinction of already setting several firsts in the history of APPNA, this is First APPNA meeting happening in Ohio in its 40 year history, this is also the first time, two chapters are hosting a meeting jointly, highlighting meeting and Cincinnati motto "Juncta Juvant" Latin for Strength in Unity.

Meeting will feature State of the Art CME on Friday and Saturday, Educational forum on Upcoming Challenges to Young Medical Graduates from Pakistan: an overview and solutions on NCFMEA and VISA issues, exhilarating Friday Entertainment by Rachel and Zoë Viccaji, and Cincinnati's Own band "Kaarma Nation", International Urdu Mushaira, Alliance function featuring fashion show and several cultural traditions of Pakistan and Saturday entertainment by wonderful Humaira Channa and Jawad Ahmad.

So get your running shoes on and immerse yourself into all the activities of this weekend; please do not hesitate to let us know if we can do anything to make your stay even more pleasant.

Tahir Latif, MD
Co-Chair
President APPNA GC Chapter

Ghulam Mujtaba, MD
Co-Chair
President APPNA Ohio Chapter



Ghulam Mujtaba, MD
Co-Chair



PRESIDENT'S MESSAGE

Dear APPNA Members,

With every passing day, the world seems a more unsettling place and multiple perils seem to loom over us. While we try to look for positive events in our lives there seems to be an unnerving negativity around us. Last one month alone has brought nothing but harsh news for us here in USA and neighboring states. Like me you must be following the NEWS of disaster and devastation in the wake of three major storms originating in the Atlantic and affecting millions of people in their path. News of genocide and plight of Rohingya refugees is equally distressing.

We as a physician community have tried to do our part in alleviating the pain and suffering in all shape and forms, wherever and whenever we can. I am humbled by the act of humanity by the physicians who are going on a Medical mission to Bangladesh to help the Rohingya refugees. APPNA is supporting this humanitarian venture through Medical Corps Committee. A group of 8 physicians will leave in a few days and stay in Bangladesh for a week on a medical relief task. Kudos to Dr. Mir Ali of Texas for leading this mission.

After hurricane Harvey the South Texas chapter and APPNA members had step up to assist in relief work in the affected areas in Houston and then the two more storms struck one after the other. Ten thousand dollars was spent by APPNA on provision of food and other items of daily need to affected people in Houston. Ten thousand dollars have been pledged for rehabilitation project in collaboration with Local organizations and The City of Houston. Currently, there is a substantial need for aid in Florida, Puerto Rico and other Caribbean Islands as thousands of people have lost power, damage to houses and lost businesses.

APPNA has two committees which do wonderful work for welfare of people under various circumstances. These are the Social Welfare & Disaster Relief committee and Medical Corps Committee. These committees were active after Harvey but the need for help in disaster stricken areas was so huge that we needed to consolidate our efforts and work with local APPNA chapters and local humanitarian organizations at different and widespread locations. Therefore, I have created an adhoc committee which includes APPNA members from the affected areas as well as the members of Social Welfare disaster relief, Medical Corps and Civic Engagement Committees. This adhoc committee is being chaired by Dr. Babar Rao. The committee has decided to send a container of food and water to St. Maarten Island as well as a medical mission in partnership with Helping Hands organization. Local Florida chapter held a fundraiser to collect money for this cause.

APPNA will also purchase Mobile health units which will be used to provide healthcare during any time of need and in any area where APPNA physicians can help. The unit will cost \$62000 each but it will surely be money well spent. As I said in the beginning of the year, the theme of this year is "Civic engagement through Community service". This theme was created to send the message that APPNA is ready to broaden its horizon and get actively involved in community projects throughout USA and engage local communities through provision of healthcare services, a friendly dialogue and foster a sense of brotherhood among fellow citizens.

We have been given an opportunity to be more visible and be recognized as people of peace and compassion. Our humanitarian deeds will not only change the stereotypes but also help to build a legacy of brotherhood and benevolence. I request your support and make your monetary contribution using the link below. <https://www.instantreg.com/appnateplate2/public-donations-2017>

May God keep us and our families safe from any misfortune. Ameen.

Sincerely,
Sajid Chaudhary, MD
President APPNA 2017
sajid_chaudhary@yahoo.com



APPNA Fall Meeting 2017

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PRESIDENT ELECT'S MESSAGE

It is my utmost pleasure to welcome you to APPNA Fall meeting.

40 years have gone by and APPNA has been maturing over the years. Like every year, 2017 is slowly slipping by and year 2018 is on the horizon. The preparation work for next year has been going on and the membership will have the opportunity to be a part of APPNA's theme, which is Healthcare, Education and Advocacy.

Starting next year, you will see a noticeable shift in the way we conduct our business. My goal is to bring everyone together and create camaraderie among everyone, from north to south and east to west.

I believe that the image of the organization is the most important feature. We will enhance it with our work and then utilize all forms of media to bring the members and community at large together.

APPNA has a true potential to lead all Pakistani-descent physician's organizations from around the world and will do so by reaching out to everyone to bring them under a global umbrella.

Our theme of Healthcare, Education and Advocacy will be at the forefront. We will have projects related to our commitment on both sides of the pond.

Here in the United States, it is about time that we do something for our future generations, so that they can be proud of their forefathers and heritage. Establishing a University in North America is one such goal where APPNA can take the lead and assume immortality.

You will see me working with my Executive Committee and Executive Council. We all are in it together and you will see the EC and the Council at the forefront more often than the President by himself.

I will not be able to achieve anything if the members do not buy into it. Your participation and sincere involvement will pave the way for a stronger and more professional organization of the future.

May Almighty bless you all.
May Almighty bless the USA & Pakistan.
May Almighty give us the courage to stand tall in every adversity.

Iqbal Zafar Hamid, MD
President-elect APPNA 2017



APPNA Fall Meeting 2017

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SECRETARY'S MESSAGE

Dear APPNA members,

Assalam-alaikum
It has been indeed a privilege serving as the secretary of APPNA for 2017.

At the outset of the year a fruitful meeting was conducted on strategic planning in Orlando. Under the guidance of professional moderators, a spirited discussion was conducted among the participants to review the organization's strengths and weaknesses. In addition, a productive council meeting was held in Philadelphia in March. This was followed by summer council and General body meeting in Orlando in July. The Executive Committee played a key role in working with the President, for planning efficient and productive fall council meeting in Cincinnati in October. We will be closing out the year with the Winter meeting in Lahore in December. All the members are encouraged to actively participate in these meetings. Please feel free to contact me for assistance in this regard.

As the secretary, I am assisting all the committee chairs in accomplishing their objectives and provide a bridge for smooth inter-committee coordination as well. The WebEx systemTM is functioning well, and the committees are using for conducting online meetings. The system allows minutes of all council meetings to be stored and accessed online. The main goal is for all council meetings to be accessible online on our website for members' review. One of the significant challenges we have faced recently is widespread J1 visa denials for at least 34 Pakistani physicians who had already matched in US residency programs. With the assistance of the advocacy committee and the committee of young physicians, a multiprong approach was devised and acted upon. Our efforts reached fruition and almost all our young physicians were able to join their respective programs. I sincerely appreciate the support we have received from APPNA membership as well.

Earlier in the year, the Executive Order on "Travel Ban" had created reverberations that have been felt across the length and breadth of our membership. APPNA's Leadership and Advocacy Committee convened without delay, to work on a rigorous plan of advocacy at the national level. They were also tasked to keep the members abreast of the changing landscape. Participation in these high visibility endeavors enabled me to acquire a comprehensive understanding of the advocacy process. In fact, it was gratifying to get involved during those difficult times and work diligently in providing timely updates to our membership.

Supporting activities of the Committee of Young Physicians is the most pressing matter for the organization. It is very close to my heart, since I have been actively involved in it for a number of years. This team is actively grooming future leaders in the organization and planning various Young Physician Seminars during the summer meeting. Another key activity is to continue Career Counseling in the US as well as in Pakistan. Work has been actively carried out to assist the Chair of the MERIT Committee to develop a curriculum for cardiovascular medicine in addition to Neurology. All medical colleges in Pakistan are being invited to participate in this program.

The President's vision for APPNA is to focus on civic engagement and participation in our local communities. I am truly convinced of the efficacy of this vision. APPNA's flagship projects in this respect are the clinics and food pantries that will be run by the local chapters. We had a successful APPNA National Health Care day on October 7 with dozens of free clinics, held concurrently across the country.

In conclusion, I request the membership to continue providing their guidance to engender a superior APPNA. See you all in Cincinnati!

God bless
M. Rizwan Khalid, MD
Secretary APPNA 2017



APPNA Fall Meeting 2017

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APPNA Fall Meeting 2017

October 26-29, 2017 Cincinnati, OH



TREASURER'S MESSAGE

Dear APPNA Members,
Welcome to APPNA Fall Convention 2017 and I hope you are enjoying. We are well on track towards strengthening the APPNA as institution, the finance committee and I have worked hard to solidify this goal.

Spring meeting APPNA Budget was presented and approved by the council some salient features are for your review. Few resolutions were passed at the spring meeting, summer meeting and are worth mentioning.

1) Finance and Asset committee's recommendation it was unanimously approved that 50% of APPNA Assets be moved in a large company and that after a year compare the performance of current management company Stephens (which have been managing APPNA assets for last few decades) with the new large company. This task has been given to APPNA BOT to assign and make distributions in accordance with the APPNA council resolution.

2) Money distribution from profits of Alumni meetings from summer convention: A formula to be evolved to give back due share to Alumni and so far no resolution to resolve this matter.

3) We have had unique and unusual challenges this year! With the current geopolitical situation that our community faces and APPNA is aggressively following up on all projects and fronts with fiscal responsibility, more so natural disasters like Harvey and Irma and new Legal challenges facing APPNA with 2 lawsuits.

4) I assure you I am working hard in my capacity towards APPNA's financial wellbeing and financial Transparency.

5) Finally APPNA is currently in good financial health with profitable Eastern Europe and Alaska Trip, a profitable Spring Meeting, Summer convention, Cuba Trip and fall meeting.
Great Things Happen When All Work Together As A Team!

Sincerely
M. Sohail Khan MD
Treasurer APPNA 2017

Approved 2017 Budget	3.25.17		Unrestricted Funds		
	2015 Budget	2015 Actual	2016 Budget	2016 Actual	2017 Budget
Revenue:					
Meetings Gain	\$ 212,065	\$ 273,170	\$ 265,000	\$ 429,585	\$ 250,000
Membership Dues (non-lifetime)	\$ 175,000	\$ 135,605	\$ 140,000	\$ 102,184	\$ 110,000
Election Fee Income	\$ 6,000	\$ 1,500	\$ 6,000	\$ 12,000	\$ 7,000
Advertising/Promotion	\$ 2,500	\$ 1,600	\$ 2,000	\$ 2,100	\$ -
World Pay Share-back			\$ 25,000	\$ 3,031	\$ 3,000
Keane Insurance Share-back			\$ 2,000	\$ 2,200	\$ 2,400
General Donations		\$ 575		\$ 1,654	\$ 2,500
Total Revenue	\$ 395,565	\$ 412,450	\$ 440,000	\$ 552,754	\$ 374,900
Expenses:					
Central Office Expenses:					
Wage Expense	\$ (190,000)	\$ (197,014)	\$ (210,120)	\$ (215,178)	\$ (215,178)
Repairs and Maintenance	\$ (11,356)	\$ (3,900)	\$ (9,095)	\$ (3,975)	\$ (4,134)
Telephone	\$ (9,249)	\$ (7,897)	\$ (8,292)	\$ (8,435)	\$ (8,772)
Equipment Leases	\$ (6,886)	\$ (6,444)	\$ (6,766)	\$ (6,444)	\$ (6,702)
Office Supplies & Expense	\$ (4,759)	\$ (2,866)	\$ (3,009)	\$ (3,309)	\$ (3,442)
Condo Dues	\$ (4,435)	\$ (4,435)	\$ (4,657)	\$ (4,496)	\$ (4,675)
Taxes and fees	\$ (3,514)	\$ (3,699)	\$ (3,884)	\$ (3,533)	\$ (3,674)
Utilities	\$ (3,320)	\$ (2,784)	\$ (2,923)	\$ (3,156)	\$ (3,283)
Total:	\$ (233,518)	\$ (229,039)	\$ (248,747)	\$ (248,526)	\$ (249,860)
APPNA House Rent and Expenses	\$ (63,600)	\$ (34,000)	\$ (12,000)	\$ (30,000)	\$ (10,000)
Election Services Expense	\$ (22,387)	\$ (8,390)	\$ (8,809)	\$ (14,479)	\$ (8,900)
Accounting and Audit Expenses	\$ (18,134)	\$ 27,234	\$ 28,596	\$ (12,216)	\$ (28,596)
National Healthcare Day	\$ (16,000)	\$ (9,144)	\$ (16,000)	\$ (13,430)	\$ (16,000)
MERIT Disbursements	\$ (11,594)	\$ (11,532)	\$ (12,109)	\$ (11,321)	\$ (15,000)
Legal and Professional Expenses	\$ (11,530)	\$ (870)	\$ (7,500)	\$ (27,672)	\$ (10,000)
Storage Unit	\$ (6,899)	\$ (4,561)	\$ (2,700)	\$ (2,745)	\$ (2,855)
Postage and Shipping Expense	\$ (4,820)	\$ (4,559)	\$ (5,000)	\$ (3,103)	\$ (3,300)
Insurance Expense	\$ (4,392)	\$ (3,632)	\$ (3,814)	\$ (2,212)	\$ (4,500)
Printing Expense	\$ (3,854)	\$ (15,182)	\$ (5,000)	\$ (1,120)	\$ (1,500)
IQVIS		\$ (7,190)	\$ (7,550)	\$ (11,050)	\$ (10,000)
Server Space (Web, IH Systems)		\$ (2,882)	\$ (3,026)	\$ (3,171)	\$ (3,300)
Constant Contact		\$ (1,158)	\$ (1,216)	\$ (1,147)	\$ (1,212)
VA IDEAS, Inc (Laiq Siddiqui)		\$ (7,814)	\$ (8,204)	\$ (21,441)	\$ (32,320)
Webex & Metro Fax		\$ (3,451)	\$ (3,624)	\$ (822)	\$ (1,546)
Publication Expense	\$ (25,000)	\$ (7,505)	\$ (25,000)	\$ -	\$ (25,000)
Donations - General	\$ (19,425)	\$ -	\$ (3,000)	\$ (5,523)	\$ (3,000)
Emergency Fund	\$ (10,000)	\$ -	\$ (10,000)	\$ -	\$ (10,000)
Misc. Expense Fund	\$ (10,000)	\$ -	\$ (10,000)	\$ -	\$ (10,000)
Advocacy Committee	\$ (70,000)	\$ (18,975)	\$ (30,000)	\$ -	\$ (30,000)
Healthcare Clinic	\$ (10,860)	\$ (10,347)	\$ (10,865)	\$ (10,761)	\$ (50,000)
Civic Engagement Projects	\$ -	\$ -	\$ -	\$ -	\$ (75,000)
Total Expense	\$ (542,013)	\$ (352,997)	\$ (405,566)	\$ (417,884)	\$ (598,919)
Unrestricted Gain/Loss	\$ (146,448)	\$ 59,453	\$ 34,434	\$ 134,870	\$ (224,019)
Funds to Replenish as Available:					
Reimbursement to Lifetime dues	\$ (28,600)	\$ (28,600)	\$ (28,600)	\$ -	\$ (28,600)
Addition to contingency fund	\$ (25,000)	\$ (25,000)	\$ (25,000)	\$ (20,000)	\$ (25,000)
Funds to begin new year	\$ (25,000)	\$ (25,000)	\$ (20,000)	\$ (20,000)	\$ (20,000)
Unrestricted Gain/Loss	\$ (200,048)	\$ 5,853	\$ (19,166)	\$ 114,870	\$ (277,619)
Depreciation Expense	\$ (20,002)	\$ (20,002)	\$ (20,002)	\$ (20,002)	\$ (20,002)

Account number (last 4 digits)	Title / Use for 2017	Status	Balance on 9/29/17	Balance on 10/6/17
9306	Cuba / Dominican Rep	Unrestricted	\$ 36,523.17	\$ 36,429.41
5606	Haji Trip	Unrestricted	\$ 100.00	\$ 100.00
0488	Summer Convention	Unrestricted	\$ 256,537.25	\$ 250,117.64
0603	Operations	Unrestricted	\$ 30,076.28	\$ 26,008.68
0629	Spring Meeting	Unrestricted	\$ 100.00	\$ 100.00
0730	Alaskan Cruise	Unrestricted	\$ 298.00	\$ 100.00
9995	Fall Meeting	Unrestricted	\$ 68,862.85	\$ 76,365.69
1717	Winter Meeting	Unrestricted	\$ 100.00	\$ 100.00
0611	Malaysia trip	Unrestricted	\$ 100.00	\$ 20,935.76
8350	Contingency- Projects Fund	Restricted / Unrestricted	\$ 306,940.62	\$ 309,347.15
0496	CME (fees account)	Restricted	\$ 100.00	\$ 6,386.49
0637	MERIT	Restricted	\$ 1,100.00	\$ 1,100.00
0645	SWDR	Restricted	\$ 170,450.79	\$ 166,190.36
5515	Lifetime	Restricted	\$ 139.19	\$ 3,934.18
2388	Foundation	Restricted	\$ 94,712.86	\$ 94,645.38
9040	Scholarship (Original-A	Restricted	\$ 9,538.62	\$ 61,682.55
TOTALS			\$ 975,679.63	\$ 1,053,543.29



IMMEDIATE PAST PRESIDENT'S MESSAGE

Dear APPNA family:

As another year for APPNA, it's 40th in existence, rushes towards its end; we have to ask the same question, what have achieved and how much has the organization moved forward?

- Have we in reality involved the young physicians?
- Have we been able to attract young American physicians of Pakistani descent?

- Have we strengthened the foundations of the organization?
- Have we effectively introduced long term programs to elevate the image of APPNA in the larger community?
- Have we actually ensured implementation of the long range plans, which we re-invent most years in our strategy meeting?
- Have we actually made a dent in the list of promises we hear every election season, and, will effectively continue to strengthen the gains?

If you can answer 50% (or more) of the questions in affirmative, then as an organization we all deserve congratulations.

If the answer is in the negative to more than 50% of the questions, then we as an organization have to wonder why? In that case we have to actively come together to ensure appropriate changes to strengthen the organization with a long term perspective, and, actually build a platform which can serve us as a spring board to build on our successes of the past 40 years.

The questions are earnest, we ask them every year, we do not need a retreat or highly paid consultants to find out what are the issues or how to address them. We do know the consensus answers, after multiple such events. If we need a retreat then it has to be focused on ensuring that we IMPLEMENT.

I will like to thank all of you, my friends, who have shown faith in me and supported me, and stood by me. My belief in the potential of our great organization - APPNA only grows stronger with every passing year. I have learned a lot through years of my association with APPNA and THANK YOU for enriching my life with you friendship and love. As far as I can, I will always be available to serve and continue to be a foot soldier of APPNA.

M. Nasar Qureshi, MD, PhD
Immediate Past President



CONNECTING THROUGH COMMUNICATION



Ten months will have gone by at the time of APPNA's Fall meeting in Cincinnati, Ohio. When I opted to volunteer for position of Chair of Communication Committee, I knew that it will be a challenge to keep APPNA members apprised and updated about the events, activities and meetings throughout the year. However, I had a team of great volunteers and my respected seniors who helped me in keeping up with the task. I am very thankful to Zeeshan Shah for his assistance, Dr. Zafar Jamil for his wisdom and skills and Dr. Shahid Yousuf for his wonderful mentorship and support throughout the year.

Communication Committee has been able to improve the art of communication over past many years. There are more than 8000 physicians in our database, who are kept in the loop by various means. This year we started a twitter account for APPNA, as it is a way to keep up with changing dynamics of social media. Members were kept up to date about all the activities in APPNA via the electronic newsletter, "APPNA NOW", each month. Every month a synopsis of the activities and news of the month is presented along with a new message from President APPNA, Dr. Sajid Chaudhary.

E-blast system is a wonderful way of communicating with members and almost all form of graphics can be used to make the content interesting, although I was notified in the beginning of the year, that simple color and text is advisable and easy on the eyes of the reader! A lot of work goes in creation of these emails and they usually contain very important information about almost everything that happens in central APPNA, it's committees and in the meetings. We have tried to keep the length of text short and simple and, used pictures and videos to make the content more noteworthy. It is the prerogative of the members whether they open the email or not. Sadly, on a given day, less than 24 % of these emails are read by the recipients. These are almost the same as numbers as in 2014.

Communication Committee arranged a seminar on "Humanitarian Journey of APPNA" at the APPNA summer meeting in Orlando, FL on July 7th. Five committees of APPNA (SWDRC, MERIT, Medical Corps, Civic Engagement, Free clinics Committees), which are involved in doing wonderful work presented a summary of their accomplishments and future goals to APPNA members. The seminar was well received and has been posted on APPNA's website and Facebook.

Highlights of all the meetings are presented in form of pictures and videos on both Facebook and blast emails. Various speeches by dignitaries, guests as well as seminars/programs have been archived on APPNA'S website and posted on Facebook for public viewing, education and enjoyment. Pictures and videos from the spring and summer meetings were shared with members and archived on APPNA's YouTube channel and the website. The Video of APPNA's journey through its 40 years was the highlight of the Saturday night banquet at summer meeting and can be viewed at: <https://www.youtube.com/watch?v=htEXQQVfT14&feature=youtu.be>

We can always make an excuse that physicians have limited time to read lengthy emails or keep up with abundance of happenings in life but no matter how you slice it, the communication from APPNA not only keeps you in the loop but also lets you have ownership of our wonderful organization. I want to take this opportunity to list different ways that members can access information/updates and encourage the readers to stay in touch with APPNA.

1. Website: www.appna.org.
2. Facebook@APPNA. (Look for our logo to authenticate)
3. Twitter@ Central-APPNA.
4. E-mails and e-newsletters (APPNA NOW).

Just send your email address to APPNA office at appnajennifer@gmail.com and stay informed and connected.

Rubina Inayat, MD
Chair, Communication Committee 2017



APPNA SCHOLARSHIP ENDOWMENT PROGRAM



Dear Friends and Colleagues,

APPNA Alumni Scholarship Project was started in 2013 with a pledge of generous donation by an alumni member in the amount of ONE MILLION DOLLARS. The Scholarship Program is intended to help deserving students enrolled at respective medical colleges in Pakistan to defray some of their educational expenses. This is a way for us to Thank God Almighty for all the blessings we have had and help future students with their studies. The money is distributed from the appreciation and income of invested funds and we are hoping that this program will be continued for years to come. The Scholarship Committee Members, in collaboration with the respective Alumni, have worked very hard to raise funds for this noble cause and have been able to raise 1.1 million dollars.

Funds as of August 31, 2017:

Nishtar Medical College:	\$ 1,087,216.78
King Edward Medical University:	\$ 552,289.82
Jinnah Sindh Medical University:	\$ 215,788.79
Quaid-I-Azam Medical College:	\$ 158,582.37
Rawalpindi Medical College:	\$ 138,921.46
Fatima Jinnah Medical College:	\$ 91,910.29
Khyber Medical College:	\$ 35,104.97
Bolan Medical College:	\$ 20,687.87
Total Funds Invested:	\$ 2,300,502.35

We made a second distribution to the respective Alumni in October of 2016.

Nishtar Medical College:	\$ 28,000.00
King Edward Medical College:	\$ 14,000.00
Jinna Sindh Medical College:	\$ 5,600.00
Quaid-I-Azam Medical College:	\$ 4,000.00
Rawalpindi Medical College:	\$ 3,500.00
Fatima Jinnah Medical College:	\$ 2,400.00
Khyber Medical College:	\$ 900.00

BECAUSE OF THIS PROGRAM SCHOLARSHIPS HAVE BEEN GIVEN TO 125 STUDENTS AT VARIOUS MEDICAL COLLEGES IN PAKISTAN.

We are pleased to announce ADDITIONAL MATCHING FUNDS ARE AVAILABLE to AIMC, DOW and LMC Alumni up to \$100,000.00 EACH PROVIDED THEY RAISE \$200,000.00.

The Scholarship Program is ongoing. All donations are TAX DEDUCTIBLE. Please visit www.appna.org to donate online or to download and print the pledge form to make your payment by check or credit card.

Respectfully Submitted,

M. Masood Akbar, M.D.
Chair - Scholarship Committee

Ghulam Qadir, M.D.
Co-Chair - Scholarship Committee



COMMITTEE FOR NEED BASED LIMITED TERM LOAN FOR MEDICAL GRADUATES



Dear APPNA Family,

Need Based Limited Term Loan for Medical Graduates Committee is comprised of twelve members from various alumni. All the applications are sent to all members and decision is made on consensus. No one including chair and co-chairs have any discretionary powers at all. So far all of the applicants have been given loans, since the restricted fund is established in mid-October 2016. To date, over \$30,000.00 has been disbursed and more are in process. All applicants that fulfilled the most criteria have been selected by committee with 80-90% consensus.

- # 1 Physician LMC \$4,000 by Rao Kamran Ali
- # 2 Physician KEMU \$2,000 by Aisha Zafar
- # 3 Physician NMC \$4,000 by Ahmed Saeed Khan
- # 4 Physician KEMU \$1,500 by Sarim Mir
- # 5 Physician AIMC \$2,000 by Raza Khan
- # 6 Physicians KEMC & KMC \$4,000 by Aisha Zafar & KMCAANA
- # 7 Physicians JSMU \$4,000 by M. Yaseen Abubaker & Rizwan Naeem
- # 8 Physician KEMC \$900 by Waqas Ahmed
- #9 Physician LMC \$900 by Rao Kamran Ali
- #10 Physician \$3000 by Najeeb Rehman
- #11 Physician JSMU \$3000 by Dr. Ijaz Ahmed

We have some applications under review and some are incomplete yet. We need alumni to participate in it actively since a few members can't help all physicians.

During fall meeting, APPNA members will be encouraging physicians from all government medical colleges to pursue for USMLE. Applications can be submitted at <http://appna.org/need-based-limited-term-loan-for-medical-graduates-nbltimg/>.

We, as the committee members, would like to request your help in generously lending to needy physicians and help strengthen APPNA and its affiliate chapters. To receive more information please contact any of the committee members.

Rao Kamran Ali, MD
Chair, Need Based Limited Term Loan for Medical Graduates

Co-Chairs:
Najeeb Rehman, MD
Aisha Zafar, MD

Members:
Ahmed Saeed Khan, MD Raza Khan, MD Waqas Ahmed, MD Farrukh Awan, MD Shahzad Iqbal, MD
Nadeem Sheikh, MD Faisal Jafri, MD Sarim Mir, MD Jalil Khan, MD Hassan Majeed, MD



APPNA QATRA FUND



*Qatra qatra darya ban jaata hai
Drops accumulate to form a river
Empowering APPNA together
One drop at a time*

APPNA has about 3000 members and if each member would donate \$50 or \$100 per month, APPNA would accumulate \$3 million in one year, \$18million in five years and over \$37 million in ten years. This accumulation would allow APPNA to become a financial powerhouse, gain immense social and financial clout and become an entity that matters in the United States.

The aim of the Qatra Fund is to ensure that APPNA is not threatened with financial stringency and also for us to be able to project APPNA's humanitarian and medical mission.

APPNA free clinics, young physicians houses, APPNA medical corps, soup kitchens and possibly a Pakistani-American university are some of the projects of the Qatra Fund. We are in the phase of accumulation of money; disbursement for projects will occur in the distant future.

The primary issue currently is for APPNA members to latch on to the idea of the Qatra Fund. The process has been a lot slower than the potential of the Qatra Fund had led us to believe. But our efforts continue and we look forward to the tipping point.

A seamless process has been created for donation to the Qatra Fund on the APPNA website. Please log onto appna.org/qatra-fund on your computer (and not your smartphone) and enter any donation amount that you are comfortable with, ensuring that you make it a recurrent donation. We are on the threshold of creating dramatic change in APPNA. And we know you want to be a part of it!

Respectfully submitted,
Mahjabeen Islam MD, FAAFP, FASAM
Director APPNA Qatra Fund

Dr. Mahjabeen Islam is board certified in addiction and family medicine and is in private practice in Toledo Ohio.





APPNA Fall Meeting 2017

October 26-29, 2017 Cincinnati, OH



APPNA Fall Meeting 2017

October 26-29, 2017 Cincinnati, OH

Thursday, October 26, 2017

Time	Room Name
7:30pm	Presidential Ballroom - Level 3
Welcome Reception	
5:00pm - 10:00pm	Taft Ballroom - Level 3
Exhibit Move-in	
5:00pm - 10:00pm	Garfield Room
Prayer Room	

Friday, October 27, 2017

7:00am	Foyer - Level 3
Registration	
7:00am - 11:00pm	Garfield Room
Prayer Room	
9:00am - 7:00pm	Taft Ballroom - Level 3
Bazaar	
7:30am - 9:00am	Presidential Ballroom III - Level 3
CME - Breakfast	
8:00am - 12:00pm	Presidential Ballroom III - Level 3
CME	
10:15am	Presidential Ballroom III - Level 3
CME - Coffee Break	
12:00pm	Presidential Ballroom III - Level 3
CME - Lunch	
1:00pm - 2:00pm	Tyler Davidson - Level 2
Jummah Prayer	
2:30pm - 4:00pm	Presidential Ballroom III - Level 3
Social Forum	
4:00pm- 6:00pm	Tyler Davidson - Level 2
ZT Wealth Presentation	
6:30pm	Presidential Ballroom - Level 3
Mughal Theme Dinner & Entertainment	
11:00pm	Tyler Davidson - Level 2
Mushaira	

Saturday, October 28, 2017

Time	Room Name
7:00am	Foyer - Level 3
Registration	
7:00am - 11:00pm	Garfield Room
Prayer Room	
9:00am - 7:00pm	Taft Ballroom - Level 3
Bazaar	
7:30am - 9:00am	Presidential Ballroom III - Level 3
CME & Council Meeting - Breakfast	
8:00am - 10:00am	Presidential Ballroom III - Level 3
CME	
10:00am - 4:30pm	Tyler Davidson - Level 2
Council Meeting	
5:00pm- 6:30pm	Tyler Davidson - Level 2
ZT Wealth Presentation	
10:30am	Back of Tyler Davidson Room
Council Meeting AM Break	
12:00pm - :100pm	Back of Tyler Davidson Room
CME & Council Meeting - Lunch	
1:30pm	Back of Tyler Davidson Room
Council Meeting PM Break	
1:30pm - 3:30pm	Presidential Ballroom III - Level 3
Alliance Program and Fashion Show	
7:00pm	Presidential Ballroom - Level 3
Banquet and Entertainment	

Sunday, October 29, 2017

9:00am - 11:00am	Presidential Ballroom - Level 3
Brunch / Halwa Puri	
9:00am - 12:00pm	Taft Ballroom - Level 3
Bazaar	



FALL MEETING HIGHLIGHTS CME



Dr. Nadeem Anwar
Chair CME Committee
Associate Professor
University of Cincinnati

CME Committee:
Sobia Yakub MD
Khurum Bari, MD
Shehzad Saeed, MD
Hina Jamali MD

Friday, October 27, 2017



8:30-9:00
Breast Cancer Screening
Dr. Elizabeth Shaughnessy
Professor, Breast Surgery
University of Cincinnati



10:15-10:45
Diabetic Nephropathy,
Diagnosis and Management
Dr. Kotagal Kant, Professor, Nephrology
University of Cincinnati



9:00-9:30
Colon Cancer Screening
Dr. Krishnamurthi Ramprasad
VA Medical Center, Cincinnati



10:45-11:15
Bariatric Surgery
Dr. Tayyab Diwan
Assistant Professor, Transplant Surgery
University of Cincinnati



9:30-10:00
Bone Marrow Transplant- an overview
Dr. Qaiser Bashir
Associate Professor
M D Anderson Cancer Center, TX



11:15-11:45
Structural Heart Disease
Dr. Imran Arif
Professor, Cardiology
University of Cincinnati

Saturday, October 28, 2017



8:00-8:30
Food Borne Allergies
Christopher McKnight, MD
Allergy & Immunology
Cincinnati VA Medical Center



9:00 – 9:30
Hypertension Treatment Guidelines Update
Dr. Charuhas V Thakar, Professor, Nephrology,
University of Cincinnati



8:30 – 9:00
Opioid Addiction
Michael Binder
Assistant Professor, Medicine
University of Cincinnati

FALL MEETING HIGHLIGHTS Entertainment



Tahir Sajjad, MD
Chair,
Entertainment
Committee

As chair of the APPNA Entertainment committee I'm excited to welcome you to the 2017 APPNA Fall meeting. Although there is never a bad time to visit Cincinnati but with milder days, crisp evenings and beautiful autumn colors on display, fall is the ideal time to be in the "Queen City". You will fall in love with the city as you immerse yourself in it's historic architecture, world class museums at walking distance from it's vibrant downtown with Fountain Square at its heart, the location of our meeting.

I'm pleased to announce that my team has worked hard to arrange for your pleasure an exciting program that will keep you enthralled and entertained throughout the weekend. Music by exciting Karma Nation Band, melodious Rachel and Zoe Viccaji and super stars Jawaad Ahmad and Humaira Channa, offer plenty to savor for connoisseurs of Pakistani Music. Friday night Mushaira promises to be the most memorable in APPNA's history as it features some of the most well known poets from India, Pakistan and the USA. As you indulge yourself in sumptuous banquet in a mughlai style ambience while reminiscing with old time friends, you will find yourself loving every moment of it. Eagerly look forward to welcoming you to the fall meeting.

Entertainment Committee: Abdul Qayyum, MD Ali Usamani, MD Tariq Khan Ikram Suddle

Social Forum

Upcoming Challenges to Young Medical Graduates from Pakistan: NCFMEA and VISA issues



Rashid Khan MD
Program Chair

New rules and regulations from NCFMEA are to be implemented regarding accreditation of foreign medical schools in near future. How will these new rules affect application of graduating medical students from Pakistan seeking residency slots, will it be more difficult to seek residency in the US? Are the existing medical institutions ready for these new challenges?



Shehzad Saeed MD
Moderator

Dr Atique Mirza will enlighten the attendees about these rules, followed by a presentation by Eric J. Warm MD, FACP. Dr Warm is the Richard W. Vilter Professor of Medicine, the Internal Medicine residency program director, and the medical director of the resident ambulatory practice at the University of Cincinnati. He will be sharing personal insights on what he focuses on when evaluating IMG applications for residency and how visa issues has affected his selection process. These presentations will be followed by a panel discussion on medical education in Pakistan. In addition to these esteemed academics, panelists will include Professor Khawar Jamali- Pro- Vice Chancellor, Dow University of Health Sciences, Karachi and Maj General Saleem Ahmed Khan, Principal Army Medical College, Rawalpindi, Shahzad Iqbal, MD and Rasheed Paracha-latter two very actively involved in visa issues for Pakistani medical graduates and Young Physician Committee of APPNA.

Alliance Activities

Ladies Fun and Fashion Show



Humaira Sajjad



Nazneen Khan



Shamila Malik

Although not traditionally part of spring or fall meeting, we are excited to bring to you a fun packed program on Saturday including a dance ensemble featuring both eastern and hip hop themes and a trendy fashion show boasting clothing from haute couture and jewelry from trend setting designers.

Ladies, you will not want to miss out.



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APPNA SOCIAL WELFARE & DISASTER RELIEF COMMITTEE (SWDRC)



SWDR committee is humanitarian arm of APPNA and our focus is helping needy with:

- Community work (Ramadan food pantries, Zakat funds, Munirabad village, Thar clean water wells project etc.
- Medical Education to improve health care: APPNA Institute of Public Health (Karachi), BCLS/ACLS courses for first responders etc.
- Collaborating with alumni and APPNA chapters on their projects (libraries, burn centers)

SWDRC have initiated and sustained multiple projects over time either independently or in collaboration with other reputable organizations. Services through our projects are free of cost to patients. Current projects include Muskan, Cornea transplant, LRBT (cataract surgeries). This year so far we have collected almost \$200,000.00 from our

membership in support of our projects for which we are thankful for the trust and confidence of our membership on our committee.

APPNA SWDRC projects are free of cost to the patient and families, there is no overhead cost as 100% of donation goes to cause and volunteers work free and there is strict oversight and regular updates to donors. This year we are continuing our ongoing projects such as Thar clean water wells/pumps project, Munirabad Village/School project, Friends of LRBT - Eye camps/cataract surgeries, Ramadan Food Packages and Zakat Fund.

This year we have launched two new projects which we hope will be our long term humanitarian projects, namely Muskan (Cleft Lip-Palate project) and Cornea transplant project.

1. Cornea transplant initiative is in collaboration with KEMU class of 2015 and Lions club with special thanks to Dr. Fawad Zafar. So far, we have collected more than \$80,000.00 and more than 200 transplants are already done successfully. Project is ongoing at Peshawar, Faisalabad, Lahore and Karachi. Cost/transplant \$250. Please continue to donate and bring sight to someone's life. Transplants are Free of cost to patients and their families

2. Muskan: Cleft Lip-Palate Initiative is in collaboration with Cincinnati/Ohio chapters and Punjab/Khyber medical college alumnus. So far, we have collected more than \$42,000.00 and more than 45 surgeries are already done successfully. Project is ongoing at Peshawar, Faisalabad, Quetta and Karachi. Cost/surgery \$250. Please continue to donate and change someone's life. Surgeries are free of cost to patients and their families Early detection and timely surgery is the key to help affected children but resources for poor are nonexistent. One surgery can change life of a child.

3. Thar clean water well/pumps project in collaboration with Liaquat Medical College Alumni with special thanks to Dr. Abdul Majeed Arain. Last year 84 wells installed and cost/well is \$500. So far we have collected about \$45,000.00 this year for this project. Please continue to donate and save lives

We have oversight on each program and will regularly update our donors. Please donate and change life of one person/child at a time. A noble use of your Zakat/donation.

How to donate:

1. Please go to www.appna.org or just follow the link below <https://www.instantreg.com/appnatemplate2/public-donations> (Please choose project for donation)
2. Send checks addressed to APPNA SWDR and in memo mention cleft lip/palate project and mail checks to:
APPNA,
6414 South Cass Avenue, Westmont, IL 60559-3209

Respectfully submitted
Shahid Sheikh, MD
Chair: SWDRC 2017

APPNA MERIT



This year APPNA MERIT has a bold new vision of specialty based and multiple projects focused partnership with Pakistani health institutions. We presented this vision in APPNA summer convention in Orlando where MERIT had arranged a symposium, "Spot light on Medical education in Pakistan". Basically it will be a spoke and hub model with APPNA MERIT facilitating different specialties to do their projects in Pakistan. The infrastructure will be the same namely arranging for US visiting faculty in Pakistan a safe, comfortable, meaningful and rewarding experience with the help of these institutions. On ground training will be supplemented by the ongoing online curriculum based education in a hybrid learning module. We started working with two partners in Pakistan since March of this year.

National University of Medical Sciences (NUMS) is a unique new national initiative with the vision of developing centers of excellence in basic science and research in addition to clinical care departments. It was started in 2015 and is developing a medical city in Islamabad in addition to guiding the medical schools and all Armed Forces institutes including Postgraduate level departments. Lt General Imran Majeed is Vice chancellor and especially came to APPNA summer convention in Orlando. He attended APPNA MERIT symposium, "Spot light on Medical education in Pakistan" and had many side meetings with APPNA leaderships. As a result APPNA MERIT is holding a special one-day program at NUMS Rawalpindi on 12/19/17 just before its winter conference in Lahore. An MOU will be signed with NUMS for future collaboration between APPNA MERIT and NUMS to enhance and compliment medical education in Pakistan, thus improving health care services and patient care in Pakistan. That is why APPNA MERIT was created 10 years ago.

Another important partner will be KPK province represented by Dr. Noshawan Burki who is the special advisor to the KPK government on health care. Dr. Burki is a professor of Medicine in Univ of Connecticut and was also present in Orlando meeting. APPNA MERIT had detailed discussions with Dr. Burki to understand the need and ground realities in KPK and agreed to work with KPK government. We will start working on two projects of immediate need in the province namely Neurology and ICU. These projects will start in Lady Reeding hospital in Peshawar and then later will extend to other parts of the province. Khyber Alumni Association of North America will be partnering with APPNA MERIT for these projects. Another MOU will be signed in winter meeting between APPNA MERIT and KPK government. Pakistan Society of Neurology and Pakistan International Neuroscience Society are partnering in these projects to ensure its success.

In addition to these two main institutional projects, we have been discussing with Higher Education Commission of Pakistan to renew the visiting faculty programs with USA academicians. APPNA MERIT has also engaged The College of Physicians and surgeon of Pakistan for subspecialty programs and fellowships such as Sleep Medicine as well as stroke centers development in various regions. Child Psychiatry fellowship approved in the past year was a big success of APPNA MERIT and now we have undertaken Child Psychiatry course for General Adult psychiatrist. Neurology chapter of APPNA MERIT has started a six months curriculum of Movement disorder on line for Neurology residents in Pakistan.

In the meantime our very popular weekly live lecture program on line is successfully teaching faculty and students alike various important topics in medicine.

The purpose of MOUs with these institution are to develop a viable and sustainable infra structure which will be used by different medical specialties to achieve mission of APPNA MERIT through a hybrid of online and on ground training of the trainers so that health services and patient care in Pakistan can be improved. Once pilot program this year will be successful it will be replicated with all different specialties through different chapters in APPNA MERIT and specialty network. Medical education in Pakistan is the sole focus of APPNA MERIT and our vision is that it will be helped by two other APPNA educational committees namely RESA and specialty network under long term goal of APPNA education.

This new vision and direction of APPNA MERIT is grand but is do able with the continued help from the future leadership of APPNA, as continuity is the key to the success of these programs. This vision will take many years of continued hard work to achieve its target goals.

Shahid Rafiq, MD
Chair APPNA MERIT Committee



APPNA MEMBERSHIP BENEFITS COMMITTEE



The APPNA membership benefits include discounts on hotels, car rentals, insurance and legal services. As a member of APPNA, you are invited to enjoy all of the benefits of APPNA membership. This membership benefit program has been designed exclusively to make your professional life a little easier.

Here are some of the benefits...

At Alamo, your membership provides terrific benefits including great deals for all your car rental needs. Choose from their wide selection of quality vehicles and take advantage of great savings and benefits.

National Car Rental is a premium brand for travelers with locations in major airports throughout North America, Mexico, the Caribbean, Latin America and Asia. National offers unlimited mileage and year-round discounts. These rates are available on all car types for daily, weekly, weekend and monthly rentals. Discounts are available at participating National locations.

With the largest fleet in North America and a wide variety of vehicles, Enterprise has it all wrapped up. Plus they're always nearby at more than 6,500 neighborhood and airport locations.

With over 5,000 physician clients and a dedicated staff of more than 60 experienced employees, The Keane Insurance Group is uniquely qualified to secure the most cost effective solutions for our clients.

Curran & Berger LLP is 100% devoted to U.S. immigration. Since 1985, they have assisted individuals from around the world in pursuing temporary and permanent visas for living and/or working in the United States. They offer the same spectrum of legal service one would expect from a large city firm, while remaining dedicated to a level of personal service that gives their clients the security that their individual needs are being served.

Wolfsdorf Rosenthal LLP is a full-service immigration law firm with thirty years of experience providing exceptional quality immigration services. With 20 lawyers and offices in Los Angeles and New York, they specialize in comprehensive immigration solutions for investors, multinational corporations, small businesses, hospitals, academic institutions, artists and individuals.

Discounts are also available for hotel in Pakistan including Karachi Marriott, Ramada Plaza Karachi, Avari Towers, Hotel One and Pearl Continental.

Please avail yourselves of these benefits today!

Chair:
Manzoor Tariq, MD

Co- Chair:
Raza Khan, MD

Members:
Safdar Ali, MD Asif Syed, MD Humeraa Qamar, MD
Maqbool Arshad, MD M. Khawar Ismail, MD Farhat Khan, MD

AIMCAANA

Allama Iqbal Medical College Alumni Association of North America



It is my distinct privilege to be serving as the President of our alumni association for 2017 and I welcome all Iqbalians to the APPNA Fall meeting. This is a special year for AIMCAANA as we are celebrating our 20th Anniversary. The theme of this year's AIMCAANA agenda has been inclusivity of the membership, improving collaborations with APPNA projects/committees and further our commitment to projects at our alma mater. We will continue the tradition of awarding AIMCAANA merit to professional exam position holders and research awards for best presentations at the Annual AIMCON meeting. Just as in previous years, we are committed to ongoing, successful programs such as the Jinnah Allama Iqbal Diabetes and Endocrinology (JAIDE) unit, ongoing support for free medicine, AIMCAANA MERIT awards to top AIMC graduates, IQBAL Loan project for graduates seeking GME in the US, etc.

We held our first AIMCAANA Retreat at the APPNA Spring Meeting held in Philadelphia, PA in April 2017. 25 Iqbalians attended the meeting and several new initiatives were discussed. This year, the immigrant community in the US is facing challenges it has not encountered in decades and would not have expected to do so in the 21st century. There was a wave of B1B2 and J1 visa rejections, like the scale that was perhaps seen in 2003. AIMCAANA has rallied around APPNA committees (YPC, Advocacy Committee, Civic Engagement Committee, etc.) to lend maximum support and very happy report all refusal were reversed with our advocacy efforts. For future, we will be starting an immigration fee support scheme for young Iqbalians seeking graduate medical education (GME) in the US. We have expanded the IQBAL loan scheme, by increasing number of recipients. We have also established an annual AIMCAANA Research Award for Iqbalians in US residencies and fellowships that will help bolster their academic careers (1-2 awards per year starting in 2018). In order to expand the scope of AIMCAANA healthcare empowerment initiatives in Pakistan, we are partnering with the Hashwani Foundation with assistance from Dr. Babar Cheema (past-President, AIMCAANA) on selected projects and utilizing our Citizen's Committee (under Mr. Aslam Khan's leadership in Pakistan) to identify long-term projects with practicing Iqbalians in Pakistan.

We have also revamped our website to make it more user-friendly. Current AIMCAANA members will be able to create their online profiles and pay dues online. Iqbalians who are interested in joining AIMCAANA would be able to do so using the online portal. Any donations via the website will generate an automated email with details about the 501c(3) status that can be utilized for tax-filing. We will also be helping our membership organize their landmark anniversary (10/15/20/25 year anniversaries, etc.) celebrations as part of the APPNA Winter meeting later this year. We had a very successful summer meeting in Orlando, our membership once again donated with open hearts raising over \$70k this year. Without these donations, execution of our planned projects will not be possible.

Yours sincerely,

Saad Z. Usmani, MD FACP
President AIMCAANA 2017
Email: saadzu@yahoo.com or saad.usmani@carolinashealthcare.org



FJMUAANA

Fatima Jinnah Medical University Alumni Association of North America



I am pleased to report that the FJMC ALUMNI ASSOCIATION has been following the aims, mission and objectives as set forth by the Association.

As in previous years, an effort has been made this year to strengthen FJMC Alumni by recruiting new members and increasing our endowment funds, which in turn, enable us to fulfill our commitment to provide scholarship funds for needy students at Fatima Jinnah Medical University, support FJOG (Hepatitis C clinics and other community projects), as well as various other endeavors.

Our activities this year:

- Throughout the year, teleconferences took place with the objective of achieving goals, objectives and planning for the future.
- Messages were sent out by e-mailed through our Yahoo group, WhatsApp and Facebook page for donations and requesting enrolment for membership.
- In summer meeting, Dr. Shagufta presented the president's report with special emphasis on recognition and acknowledgement of services from several past Alumni presidents. She endorsed continued improvement of our website fjmcna.com which undergoes periodic updates; she projected an ongoing improvement and maintenance of this website by Mr. Nicholas Suh, who has been handling it with lot of passion. She asked for suggestions from the attendee to improve website, increase membership and requested Alumni members to open their heart for donation. Dr. Shagufta highlighted the current charitable causes, need for finding more projects for donations and future direction of Alumni.
- Continue to maintain (501) c3 status for FJMC Alumni association.
- We continue to support an e-Library which was established at FJMC in 2009 by FJMC Alumni with the help of SWRDC to fulfill our goal of extending education and knowledge to 600 undergraduate students, 25 post graduates and 50 faculty members.
- The Supreme Court has given a decision in favor of upgrading Fatima Jinnah Medical College to a University status. We are excited and honored to be alumni of this great institution and are looking forward to strengthen our bond further with our Alma Mater.
- Our other major objectives are to continue increasing the endowment funds and contributing to APPNA scholarship funds which we started in 2014 with \$ 20,000 donation. Our Alumni have donated \$4000 this year. With this money, we are able to support other charitable projects. We have been directly contributing and supporting our Fatima Jinnah Medical University's needy students every year. We are planning to contribute 7000 \$ for year 2017. We have supported the WAPNA, SWDR and Rise for Equality by donations as much as our funds allowed us. This year we have also set aside \$1000 to support Hepatitis treatment program and other community programs in Pakistan through AFJOG (Association of Fatima Jinnah old graduates).
- I take pride to share that last year we honored Dr. Zeenat Anwar and her team for their incredible and continued commitment in the project of Human Development and donated \$3500 as direct fund raising for that cause.
- This year we had Dr. Shahnaz Khan as our guest speaker who did an amazing job addressing the attendee of the summer meeting. We also had door prizes and small table gifts for all the participants.

As the president of FJMCAA for 2017 and 2018, I along with the executive team will work sincerely and diligently to create and contribute to projects that support our alumni organization's core values. However, neither our prior accomplishment nor our future projects are possible without our member's involvement. Our hope is to leverage our individual successes and use FJMCAA as a platform to launch larger philanthropic endeavors.

Shagufta Jabeen, MD
President, FJMC Alumni Association



KEMCAANA

King Edward Medical College Alumni Association of North America



KEMCAANA Retreat on April 29th in the Boston area was a solid success. Many of you joined us for an outstanding CME session in the morning, highly productive and business-like discussions on KEMCAANA issues during the 6-hour strategic meeting, and a fun-filled evening dinner and entertainment held jointly with APPNA's NEW England Chapter (APPNE). Improving KEMCAANA governance was a key theme for discussions at this Retreat and we accomplished our Retreat objectives.

KEMCAANA General Body Meeting was held July 7' 2017 at the annual APPNA Summer Convention. KEMCAANA Constitution and By-Laws Committee presented the KEMCAANA council approved amendments to the membership. With some minor changes, the General Body approved the By-Laws amendments. Alumni Banquet was held that evening with

more than 350 attendees. The keynote speaker was Dr Adil Najam, Professor and Dean of Pardee School for Global Studies, Boston University. He is an eminent scholar who has authored nearly 100 papers and book chapters. He was a co-author of the Third and Fourth Assessments of the UN Intergovernmental Panel on Climate Change (IPCC), which was awarded the 2007 Nobel Peace Prize for advancing the public understanding of climate change science. In 2008 he was invited by the UN's Secretary General to serve on the UN Committee on Development (CDP). In 2010 he was awarded the Sitara-i-Imtiaz Pakistan. He also serves on the Advisory Board for the 2011 Human Development Report of the UNDP. He gave a riveting speech on "The Great World Disorder". Dr Mufiz Chauhan and Dr Mohammed Haseeb led a very successful fundraising effort that will strengthen our Alumni organization with all the humanitarian and scholarly projects it undertakes. The KEMCAANA Young Investigator Award was given to Dr Rizwan Ahmed. Dr Mubasher Rana was the recipient of KEMCAANA Lifetime award. The KEMCAANA Gold Medal Award was given to Dr Mohammed Haseeb for his consistent and dedicated services to his alumnus and KEMCAANA.

KEMCAANA's on-going projects include:

- 100+ undergraduate and post graduate scholarships
- Residential facility in Philadelphia for medical graduates and students preparing for a Residency in the US
- Young investigators awards
- Long-distance research training & mentorship programs for KEMU faculty
- Radiology technician training program at KEMU
- Visiting faculty program
- Hepatitis C awareness and education program
- Computer lab at KEMU with free internet access across KEMU/Mayo Hospital
- Free medicine program for indigent patients at Mayo Hospital.

All these KEMCAANA projects are true to our mission of education, research and service. They need to be continued through perpetuity as a Sadqa-e-Jaria.

Yours truly,

G. Naheed Usmani, MD
President KEMCAANA 2017
Professor of Pediatrics, Hematology/Oncology
University of Massachusetts, Worcester, MA
ghazalanaheedusmani@gmail.com



KMCAANA

Khyber Medical College Alumni Association of North America



KMCAANA has provided the largest platform of activities for KMC graduates in North America over the last several decades. Following is a snap shot of some of the recent activities.

Our ongoing KMC and completed KMCAANA projects include:

- Sponsoring 32 deserving KMC students with annual scholarships this year.
- Establishment of a \$130,000 endowment fund. The dividends to be used solely for sponsoring need based scholarships at KMC.
- A well-equipped BLS (Basic Life Support) and first aid lab was established at KMC.
- Young Khyberian Physicians committee to help our KMC graduates during their search for clinical observer-ships and residency application process.
- KMC alumni sponsored a Qraz Hasna program for KMC graduates.
- In coordination with APPNA SWDRC, members of KMCAANA are actively sponsoring a cornea transplant program. So far 25 high quality corneas have been sent from USA to Peshawar and successfully transplanted.
- KMCAANA members are also actively involved in supporting the APPNA "Muskan" (cleft palate and lip repair) project in Peshawar. Six cleft surgeries have been completed so far. Our goal is to sponsor 20 such surgeries.
- The Khyber Medical College-University of Toledo visiting professor program sponsored two KMC faculty members to this summer work in research for three months at the University of Toledo.

Our future Goals:

- Help develop a Center of Excellence in Neurology at Lady Reading Hospital Peshawar in collaboration with the APPNA MERIT committee.
- Raise another \$100,000.00 from our donors for the Khyber-APPNA scholarship endowment fund.
- Obtain AHA accreditation and ACLS capabilities for the BLS lab at KMC
- Establishment of visiting professor lecture and video conferencing lectures series.
- A Khyber Medical College retreat in 2018.

Respectfully submitted,

Humaira Ali, MD
President

Rashid Hanif, MD
Secretary

Muhammad T. Khan, MD
Treasurer

Sajjad Savul, MD
Past President

APPNA GREATER CINCINNATI CHAPTER



It gives me great pleasure to report the activities of our chapter for 2017. It is especially exciting year for our chapter as APPNA-GC is entering the 10th year of its existence and hosting first APPNA meeting in Ohio this year. In the last few years we have seen a prolific growth in the physician community in Greater Cincinnati & suburbs, Dayton and communities from adjoining Kentucky and Indiana. Keeping up with this growth the APPNA-GC chapter has reinigorated recently and is becoming an integral part of the community.

Our major accomplishment for the year include:

Successful hosting of APPNA Fall Meeting for 2017, I am certainly hoping you are having time of your life here. Dozens of volunteer members spent countless hours working on different aspects of meeting planning to make sure your stay here is comfortable.

Continuing the tradition of organizing an annual Mushaira in collaboration with the Aligarh alumni association. The 2017 Mushaira will be held on Friday and feature prominent poets from India, Pakistan, and USA.

We actively participated in the APPNA National Health Day by collaborating with local Muslim organization to organize health day and administered free flu shots provided by APPNA to our community members.

The chapter has launched its first APPNA-GC Facebook page and website at www.appnagc.com.

APPNA-GC hosted the 10th annual general body meeting on May 13th 2017. The evening was attended by almost 200 people and started with a scrumptious dinner after which Farhan Zaidi entertained the audience with his performance for hours.

Executive Committee and General body approved new Bylaws on May 13th 2017

Tahir Latif MD, MBA, FACP
President APPNA GC Chapter

APPNA MINNESOTA CHAPTER



MAPP continues to grow and participate actively in local community of Minnesota in various capacities. We participated in Appna food shelf drive this year, actively collected funds and now plan to organize and serve our thanksgiving dinner at local shelter Insha'Allah.

We celebrated 14th August, Pakistan's 70th Independence Day along with DCPA (Developmental council of Pakistani American) with great pride.

We participated in Appna National Health care day 2017, organized at Rehma community clinic (free clinic located in our local mosque) with great turn out of volunteers and served 75+ patients providing consults, vision screen, diabetes screen, free flu vaccine and health education lecture and much more.

We are planning to have our annual MAPP social / HDF annual fundraise rand it is scheduled on December 9th, 2017 to support educational projects in Pakistani rural areas. MAPP board and members are proud to be part of Appna.

Bushra Dar, MD
President MAPP (MN association of Pakistani descent physicians)



APPNA Fall Meeting 2017

October 26-29, 2017 Cincinnati, OH

APPNA HEALTH CARE DAY 2017

Highlights



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Infectious Disease Associates of Southwest Ohio

I would like to extend a warm welcome to all the participants and their guests attending the APPNA Fall Meeting in Cincinnati.

I encourage you to explore and discover some of the attractions that Greater Cincinnati has to offer including: The National Underground Railroad Freedom Center, Contemporary Arts Center, Taft Museum of Art, Cincinnati Art Museum, Newport Aquarium, Cincinnati Zoo and Botanical Garden, The American Sign Museum, Halloween Haunt at Kings Island, Krohn Conservatory.

My best wishes for an enjoyable and productive meeting with continued success in your careers



Dr. Anwer H. Siddiqui

Infectious Disease Consultant
Phone 513 770-4100
Fax 513 770-0420



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APPNA Fall Meeting 2017

October 26-29, 2017 Cincinnati, OH

APPNA Bazaar Exhibitors

Booth #	Room Name	Company Name
1	Jeweler	Sapna Creations Inc.
2	Financial	Ameriprise Financial
3	Healthcare	Aerolase
4	Clothing	Sughi's
5	Financial	Ascend BPO Services
6	Clothing	Mistrytrendz
7	Clothing	Embellished by Sadaf Amir
8	Jeweler	Shabnam Zahid
9	Jeweler	Arya Esha
10	Clothing & Jewelry	S & K Jewels
11	Jeweler	Haute India Jewelry
12	Entertainment	JadooTV Inc.
13	Clothing	Aaliya Fashions
14	Jeweler	HZ & M Style
15	Clothing	Uzma Jawad Couture
16	Clothing	Ittehad Textile Industries
17	RESERVED	
18	Clothing	Nickie Nina
19	Clothing	Rabia's
20	Clothing	Haute Couture
21	Clothing	Hania's Collection
22	Clothing & Jewelry	Firdaus Fashions
23	Healthcare	Compassus Hospice & Palliative Care
24	Clothing	Farida Qureshi
26	Clothing	Sania Maskatiya
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By joining with APPNA that mission is now globalized.

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we are a community empowerment firm with influence across the United States, and Pakistan. Together with APPNA, we will pursue projects benefitting those living in underserved Pakistani communities across the globe through access to healthcare and education that would otherwise be out of reach. Those initiatives include:

- Researching & developing telemedicine programs
- Free healthcare clinics in North America & Pakistan
- Financial aid for talented Pakistani medical students
- Internships at ZT Wealth in Houston, TX
- And more

In the coming months, be on the lookout for updates about new and ongoing projects. Once again, thank you for joining us for the beginning of this journey and hope to hear from you soon.

Sincerely,
The ZT Wealth Team

ZT COMPANIES



FOR MORE INFORMATION, PLEASE CONTACT
ZTMARKETING@ZTWEALTH.COM