



# APPNA WINTER MEETING 2017



December 21-23, 2017

Lahore, Pakistan





## *Civic Engagement Through Community Service*

APPNA

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



# APPNA Winter Meeting 2017

December 21-23, 2017 Lahore, Pakistan



## Editorial

This year we are celebrating 40th anniversary of APPNA, in these last 40 years our association has morphed into one of the largest ethnic professional society of North America representing over 18000 Pakistan-decent medical graduates from its small humble beginning with just a handful members attending its first meeting in 1976. With every passing year, with every new challenge, opportunity or adversity APPNA has developed even more resilience just like our nation when

it comes to dealing with these challenges. Over the years APPNA has taken upon several daunting tasks depending upon the need of the time and strategic vision of its leader. However, no matter who is leading the organization, what kind of political environment or government exit, whenever a calamity hit, APPNA with all the collective strength of its member is always at the forefront of fighting the adversity, regardless if it is in our motherland or adoptive home. Some of the recent examples of excellent relief work APPNA and its members did include help of Tsunami victims in Southeast Asia (2004), Katrina victims in New Orleans, USA and earthquake victims in Pakistan (2005), victims of Sindh Floods (2007) and Pakistan Flood (2010), Thur water well project, Several Free clinics throughout United States, National Health Care Day, Corneal transplants, Fistula surgeries and Cleft Palate surgeries.

As a Pakistani medical graduate immigrating to USA, one APPNA characteristic I cherish the most is the platform it has provided to people like myself who want to give back to our motherland and serve their adopted communities. APPNA has facilitated and offered several ways we can give back, not only financially but also by volunteering our time and professional knowhow. Winter meetings is also another excellent tradition of APPNA that enable us to give back at several different levels. Meeting not only provide us opportunity to network with our colleagues in Pakistan, an excellent CME activity provide us the opportunity to educate our colleagues and young physicians. Several hands-on workshops will benefit hundreds of patients and dozens of bright postgraduate physicians by improving their clinical and procedural skills.

We have an excellent program planned for you throughout the meeting and welcome you to an exciting 2017 APPNA Winter meeting in Lahore Pakistan. Our team has put together an event full of educational activities and entertainment and certainly hopes that you will bring your enthusiasm to make this event memorable for years to come. An event of this magnitude could not be possible without hard work and leadership of dedicated people from APPNA executive committee, its central office members, and dozens of Host Committee volunteers. Please join me congratulating and thanking these individuals for their selfless service and commitment to APPNA.

Tahir Latif, MD  
Chair Publication



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## CHAIR HOST COMMITTEE MESSAGE

It is my honor to chair the annual winter meeting of the Association of Physicians of Pakistani Descent of North America (APPNA) to celebrate its 40th anniversary. Physicians of Pakistani origin have successfully put Pakistan's name on the map. The credit goes to the medical education system of Pakistan, our mentors, and their tireless efforts to advance the medical training and education along with our Alma Maters. As the founding President of Allama Iqbal Medical College

Alumni Association of North America (AIMCAANA), it is a matter of immense pleasure that APPNA's 40th anniversary is coinciding with AIMCAANA's 20th anniversary and that APPNA has decided to celebrate it with AIMCAANA, here on the grounds of my Alma Mater. I am also very excited that the Association of Pakistani-descent Cardiologists of North America (APCNA) is collaborating with APPNA's meeting to hold their conference in Lahore. APPNA, as well as its affiliate organizations APCNA & AIMCAANA, are all committed to advancing medical education and training, along with supporting Pakistani origin medical graduates pursuing higher education & clinical training throughout the world, especially in the US & UK.

I welcome all the delegates from all over the world and from Pakistan who have come to attend this historic meeting on the platform of AIMC for the exchange of knowledge and to learn from each other. This meeting will also give all of us an opportunity to interact with each other socially, to intensify our bonding as physicians of similar heritage, to find common grounds of philanthropy and charity, and to work together for the ailing humanity. I am optimistic that this will bring a change by sharing the common goals of fostering scientific development and medical education, by assisting physicians, nurses and technologists in enriching their professional development, and by promoting the general health & wellbeing of communities across the globe. Eventually, I hope that our collective efforts to organize state of art conferences like this will create an opportunity for improvement in the healthcare & medical education system in Pakistan.

I would like to thank my team for helping me to organize this event, especially my co-chairs Dr. Raza Khan, Dr. Mubashir Chaudhry and CME Chair Dr. Saad Usmani, Chair publication committee Dr. Tahir Latif, Chair APPNA communication committee Dr. Rubina Innayat, Chair entertainment committee Dr. Nasrum Iqbal, Chair young physicians' committee Dr. Shehzad Iqbal, Chair APPNA MERIT committee, Dr. Shahid Rafique and APCNA secretary Dr. Saquib Samee. This event would have not been possible without the full support and help of Allama Iqbal Medical College Lahore's Principal Dr. Rashid Zia and his organizing team led by Professors. Amtullah Zareen & Dr. Moazzam Tarar who have worked tirelessly to make this event a success and to give all of us a warm welcome.

Sincerely,

Atique Azam Mirza, MD., FACC., FASNC.  
Chairperson, APPNA Annual Winter Meeting 2017



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## HOST COMMITTEE



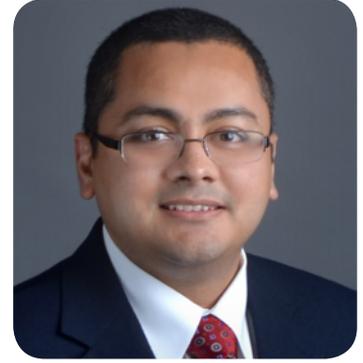
Atique A. Mirza, MD  
Chair



Raza Khan, MD  
Co-Chair



Mubashir Chaudhry, DrPH, MPH  
Co-Chair



Saad Usmani, MD  
CME Chair



Shehzad Iqbal, MD  
Chair Young APPNA Physicians



Nasrum Iqbal  
Chair Tours and Logistics



Tahir Latif, MD  
Chair Publication



Rubina Inayat, MD  
Chair Communication Committee



Shahid Rafique, MD  
Chair APPNA Merit Committee



Saquib Samee, MD  
Secretary APCNA  
Chair Scientific Cardiology Committee



Prof. Dr. Amtullah Zareen  
Organizing Secretary



Prof. Dr. Moazzam Tarar  
Organizing Committee Member



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Mamnoon Hussain  
President  
Islamic Republic of Pakistan

## PRESIDENT OF PAKISTAN MESSAGE



PRESIDENT'S SECRETARIAT (PUBLIC)  
Aiwan-e-Sadr  
ISLAMABAD

### **MESSAGE FROM THE PRESIDENT OF PAKISTAN FOR APPNA'S WINTER MEETING DECEMBER, 2017 AT LAHORE**

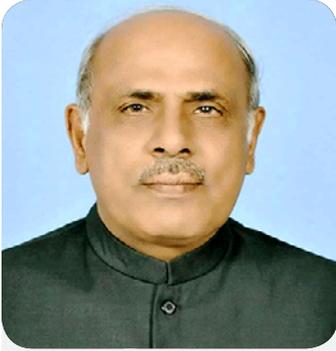
1. It is my pleasure to welcome the participants and organizers of the association of physicians of Pakistan descent of North America (APPNA) on the 40<sup>th</sup> Annual Winter meeting in Lahore, Pakistan. In the last 40 years, APPNA has made significant contributions to promote the exchange of advanced knowledge, medical education, training and healthcare initiatives for the people of Pakistan. APPNA's involvement in philanthropic and charitable endeavours for the community is praiseworthy.
2. The APPNA's physician's love for their country and people is evident from the persistence and the commitment with which members of the APPNA visit Pakistan every year to hold their annual meetings for the past many decades. The citizens of Pakistan, both civilians and in our government, remember APPNA's invariable role in the disaster relief efforts after the earthquake in 2005 and in the floods of 2010 and 2012. APPNA's prompt response to the needs of our people has been quiet impressive. They have always been there to provide medical, financial and logistic assistance in a timely fashion.
3. Over the past 40 years, APPNA has emerged as one of the largest organizations of Pakistanis living abroad. APPNA and its members are well respected and have earned their reputation globally. APPNA also has played an important role in the relationship between Pakistan and the United States.
4. I am confident that APPNA will continue to work hard to strengthen the relationship between the United States and Pakistan. Pakistan is the 6<sup>th</sup> largest country with one of the youngest population, having tremendous potential which can lead our country to join the developed world. We need to continue to strengthen our commitment to education, science and technology to achieve this. I hope you all have a successful meeting in Lahore, visit your family and friends, and a productive exchange of knowledge for the improvement of healthcare in Pakistan.

Pakistan Zindabad.



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Malik Muhammad  
Rafique Rajwana  
Governor of Punjab

## GOVERNOR PUNJAB MESSAGE



GOVERNOR PUNJAB

### MESSAGE

It is a matter of pleasure that the Association of Physicians of Pakistani Descent of North America (APPNA) is holding its 40<sup>th</sup> anniversary celebrations and annual winter meeting in Lahore, this year. I would like to welcome all the delegates to Lahore and hope that this annual meeting will certainly provide an opportunity to critically review and re-adjust plans and programmes aimed at helping those in need. I believe that being united in the cause of serving ailing community endows APPNA with an amiable disposition amongst its sister organizations.

It is heartening to note that APPNA's Medical missions to various countries, especially Pakistan is exemplary not only in provision of healthcare services but also transfer of knowledge and expertise to the Pakistani colleagues. These medical services were very well received by local hospitals and they have expressed keen interest in continuing future collaboration.

I sincerely appreciate the two great new endeavors initiated by APPNA this year; Cleft Palate Repair Projects with name of "Muskan" and Cornea Transplant in Lahore, Faisalabad, Karachi, Quetta and Peshawar. This generous contribution in bringing smile to innocent faces and providing vision to indigent persons is highly commendable.

I am also thankful that APPNA is playing pivotal role in helping young Pakistani doctors to fulfill their dream of advanced healthcare training in USA. Your work and passion for your country of birth has provided an opportunity to build an ongoing working relationship with the institutions and people in Pakistan, and for that I am extremely grateful.

This year was a true success for APPNA in terms of empowering civic engagement through community service. The organizers of the meeting both from the Country and abroad deserve praise for organizing this event. I look forward to what the next year will bring to us. May you all live long and prosper.

**MALIK MUHAMMAD RAFIQUE RAJWANA**  
**GOVERNOR PUNJAB**



# APPNA Winter Meeting 2017

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### PRINCIPLE AIMC MESSAGE

It is my pleasure that the Association of Physicians of Pakistani Descent of North America (APPNA) is holding its annual winter meeting at Allama Iqbal Medical College (AIMC) along with AIMCON 2017 to celebrate its 40th anniversary. This could not have been possible without the untiring efforts of the college faculty and the APPNA organizing committee. The AIMC faculty is one of the best in Pakistan, always endeavoring for the provision of quality medical education and leading the way to excellence for our graduates. This has helped, without a doubt, to maintain a rich and healthy tradition of producing excellent health professionals who are serving in Pakistan and all around the world with full zeal and fervor. Our alumni are leaving no stone unturned to brighten up the name of Pakistan at various International forums across the globe.

In the history of an institution, such an event is always a matter of pride as it provides a befitting occasion to acknowledge the achievements and distinctions attained by the students and hard work put in by its faculty. I am confident that with the present management and faculty, the Allama Iqbal Medical College is destined for a glorious future.

We are mainly focused on attitude and skill transformation for medical students and doctors for their successful careers. This noble objective can be achieved through a vibrant team having proper work ethic.

On this day, I take the opportunity to welcome our international delegates and congratulate the organizers, Academic Council, Faculty and Management of Allama Iqbal Medical College Lahore for holding this wonderful event.

Prof. Muhammad Rashid Zia  
CEO, Jinnah Hospital & Principal, Allama Iqbal Medical College, Lahore.

### 20 YEARS OF AIMCAANA

## Allama Iqbal Medical College Alumni Association of North America

Allama Iqbal Medical College Alumni Association of North America (AIMCAANA) was recognized in 1997 during the annual summer meeting of APPNA in New York. Dr. Atique A. Mirza in his hotel room called the alumni first unofficial meeting. Dr. Mirza was chosen as the founding president and continued to work as president for the first four years making his home as alumni 's first office and opened Alumni's first bank account.

Leadership of several key individuals Dr. Jalil A. Khan (2001), Dr. Mahmood Alam (2002), Dr Sajid Chaudhary (2003) ensured continued progress of AIMCAANA in its early years. Some of salient steps include, updated Website, new Bylaws, incorporation of trustees, and election of Dr. Jalil Khan as first Executive Director. Some projects of that era include Winter Meeting at AIMC 25 years, "Iqbalians Educational Trust Fund" advocacy for visa problems, and establishment of AIMCAANA Scholarship Fund and networking tool Iqbalian's E- list. Dr Asad Qamar (2006) or-



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### 20 YEARS OF AIMCAANA

chestrated one of the best fundraising in AIMCAANA annual dinner when within a few minutes AIMCAANA members pledged \$175,000 for Shaukat Khanum Memorial Cancer Hospital and Research Center. Dr. Ashraf Sabhat (2007) oversaw our alumni reaching another landmark when it conducted its first ever election using mail balloting.

A new group of volunteers in 2008-17 injected more vigor and energy in AIMCAANA, under the leadership of Dr Muhammad Baber Cheema (2008), Rizwan Akhter (2009), Tahir Latif (2010), Khurram Nazir (2011), Abid Hussain (2012) and Khadim Husain (2013), Asif Qadeer (2014), Raza Khan (2015), Shahram Malik (2016) and Saad Usmani (2017). AIMCAANA achieved several new milestones of collective social activism. Between 2008 to 2013 alumni contributed over \$250,000 and almost \$150, 000 were spent completing several projects not only in Pakistan but also in our adopted homeland. AIMCAANA achieved 501c3 status through IRS in 2014 and since then AIMCAANA has been independently maintaining its finances through professional CPA and fulfilling all the requirements of IRS. In 2015 AIMCAANA's Pakistan based team with the name of PAIWS (Pakistani American Iqbalian Welfare Society) was successfully registered as an NGO in Pakistan under the leadership of Mr Muhammad Aslam Khan who has done a tremendous amount of humanitarian work in Pakistan for AIMCAANA especially in Jinnah hospital and Allama Iqbal Medical College.



These projects include providing audience response system to enhance the learning of AIMC students, Scholarships to deserving and bright students, renovation of Doctors Library at Jinnah Hospital, Qurze- Hasna and continued support of Iqbalian house in Philadelphia to help young Iqbalians who come to US in pursuit of electives, exams, externships and residency interviews. An AIMC student Jawad Bhatti, who had suffered from Polio and is severely limited in her abilities to ambulate, was awarded a car, altered according to his physical needs and handed over to him recognizing his courage and determination that in spite of his physical handicap fulfilled his dream to be a physician. As appreciation to AIMC employees, books and winter blazers were provided to their kids at Jinnah public school. All the children at the school were protected from especially harsh winters last year. New mattresses for hospital beds were provided to OBGYN ward at Jinnah Hospital to improve patient care at Jinnah hospital Lahore and they will receive state-of-the-art machines to monitor the well being of fetuses during high-risk pregnancies. 2014 saw AIMCAANA establishing a transparent system of Zakat utilization to provide medicine free of cost to the needy patients in medical unit-I. Professor Dr Zafar Iqbal Chaudhary, head of the department of medical unit-I and his team assure that the free medicines are only provided to the needy patients. AIMCAANA sponsor and encourage academic and research activities at AIMC by establishing monitory and other reward mechanisms.

The two extraordinary projects that make us especially proud are establishment of the Jinnah Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE) and outpatient chemotherapy infusion room. These projects not only provide great educational and training opportunities to students, house officers and post graduate trainees but also provide great care to needy and deserving patients every day. Several of our members have devoted and volunteered their time to teach and train these students, house officers and postgraduate trainees during their vacations while visiting Pakistan.



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## PRESIDENT'S MESSAGE

Dear APPNA Members,

The Association of Physicians of Pakistani Descent of North America (APPNA) will be hosting its Annual winter meeting in Lahore this year. APPNA is celebrating its 40th anniversary this year and it is my distinct pleasure to bring the meeting to Lahore. Pakistani American doctors in USA have developed a wonderful relationship with our parent institutions and I am so proud of our alliances. We the expatriates feel the strong pull of our roots and love of our motherland is an eternal sentiment, a driving force to give back.

APPNA represents over 18,000 physicians of Pakistani descent and is the second largest International Medical Graduates (IMG), association in the United States. Since 1977, APPNA has united its membership through charitable, educational, research and scientific projects around the world. Its shared values of compassion, trust and dedication compel the association's membership to serve as model healthcare providers and exemplary citizens. APPNA promotes excellence in healthcare, research, education and humanitarian activities and facilitates the transfer of healthcare expertise and resources to deserving communities, both in USA and Pakistan. As a nonprofit organization, APPNA is the largest organization of professional Pakistani Diaspora in North America that is involved in a number of philanthropic projects in Pakistan and the United States. APPNA provides support and temporary housing and guidance to Pakistani doctors coming to USA for residencies.

We have given \$5200 in alumni scholarships to medical students in Pakistani medical colleges this year.

This year was the toughest year for young Pakistani doctors as 34 doctors were denied J-1 visa while 60 were delayed due to administrative processing at the level of state department. APPNA utilized its resources to directly engage the State Department and Congress in Washington. A Day on the Hill, meeting and petition to the State department, reaching out to ECFMG, and the US Ambassador in Pakistan, legal assistance to young doctors were some of the efforts. It took weeks and months of dedicated hard work by APPNA volunteers to turn the tide around in our doctor's favor.

I am very happy to say that due to our efforts, 30 of the 34 of the rejected residency visa were finally approved and all of 60 were cleared. These physicians have joined their residencies.

It has been the charter of APPNA to give back to the community in the form of education and healthcare benefit to the most needy of our people back home in Pakistan. APPNA members give yearly scholarships to those who are in need but also have shown excellence in academic endeavors and are aspiring to higher education in USA. Over the years many healthcare projects have been developed and sustained. The rehabilitation unit of RGH in Rawalpindi, Burn center at RGH, Institute of higher learning at Sindh Medical University, JAIDE at Jinnah Hospital, Lahore are just a few examples of such projects. The projects of Munirabad village, and school in 2012 were a good way of giving relief to folks of Munirabad who were rendered homeless after the floods.

This year APPNA started two great new projects in Pakistan: the Cleft Lip-Palate Repair "Muskan" and the corneal transplant project. To date, 50 Cleft Lip surgeries have been performed in Faisalabad, Quetta & Karachi. While more than 200 corneal transplants have been done in four cities in Pakistan in 2017.



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APPNA continues to work on clean water mission in Thar, where more new pumps are being installed this year to provide clean drinking water to local population. Currently, the project which was started in 2014, serves more than 7000 people.

APPNA provides Ramzan food packages every year since 2015. These are the endeavors to which APPNA members donate generously and their contributions resulting in the gift of a beautiful smile and precious vision to the indigent in Pakistan.

In addition, the APPNA MERIT committee is making an impact through its neurology and psychiatry education initiatives in Pakistan. The Child Psychiatry certification for adult psychiatrists will begin on line. It will become a specialty-focused partnership for educators in the U.S. over the next decade. We hope to add more specialties in the future. APPNA MERIT has also identified four institutions with which an MOU will be signed in APPNA Winter meeting in December 2017. National University of Medical Sciences (NUMS), KPK Government, Higher Education Commission Pakistan (HECP), College of Physicians and Surgeons. First project in that regard is the exchange of scientific and medical education and training for the local staff at Lady Reading Hospital, Peshawar ICU.

APPNA is giving \$50,000 to the Edhi Foundation for a healthcare clinic. A very generous friend of APPNA has donated the funds.

Each one of the above mentioned ventures would not be possible without the support and help of our local colleagues here in Pakistan. The mutual cooperation and collaboration has allowed us to make a difference in lives of many. So I would like to extend my heartfelt gratitude to the physicians, surgeons and the support staff who help us tremendously and make it easier for us in our mission. Pakistan is where our roots are and our deep connection to our motherland inspires us to give back. I would like to extend a special gratitude to Dr. Rashid Zia principal of Allama Iqbal Medical College, Lahore, for facilitating the meeting this year and for his continued support. I would also like to thank Dr. Amtullah Zareen and Dr. Moazzam Tarar for their hard work and hospitality.

Last but not the least Kudos and many thanks to the Dr. Atique Mirza, Chair and Dr. Raza Khan, Dr. Mubashir Chaudhry, Co-chairs of APPNA Winter meeting and all the committee members who made it happen from half way across the globe.

I know that APPNA and it's members will always have a deep relationship with Pakistan and their Alma-Matar. We hope to work together for the betterment of our people and have an ever-lasting relationship with each other. Let us keep working for a better tomorrow.

Please visit [www.appna.org](http://www.appna.org) for more information.

Sincerely,  
Sajid Chaudhary, MD  
President APPNA 2017  
[sajid\\_chaudhary@yahoo.com](mailto:sajid_chaudhary@yahoo.com)



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## EVENT PROGRAM

### Sunday, December 17, 2017

12:30pm-5:00pm

Lunch & High tea with

Allama Iqbal Medical College Lahore

(AIMC) Principal Dr. Rashid Zia Rash,

AIMC faculty and Lake City CEO Mr. Gohar Ejaz.

### Monday, December 18, 2017

7:00am

Travel to Rawalpindi

9:00am-2:00pm

Rawalpindi Medical University Scientific sessions & Workshops

12:00pm-5:00pm

National University of Medical Sciences strategic meetings with NUMS/Army Medical College (AMC).

2:00pm-6:00pm

RESA and NUMS collaborative SYMPOSIUM

Evening Dinner by AMC

### Tuesday, December 19, 2017

8:45am-3:00pm

CME/ Scientific sessions at AMC/NUMS

Evening Dinner meeting with NUMS/AMC

7:00pm

Travel back to Lahore

9am - 12pm

Workshop on OB/GYN

Allama Iqbal Medical College Lahore

Chairs: Prof. Dr. Amtullah Zarreen & Prof. Ahsen Chaudhry

1pm - 4pm

Workshop on Urology Procedure in Oncology Patients

Allama Iqbal Medical College Lahore

Chairs: Dr. Badar Mian - Albany Medical College, NY





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## Wednesday, December 20, 2017 (Lahore)

9:00am-5:00pm

APCNA Cardiology Scientific sessions & Workshops  
at Punjab Institute of Cardiology (See Page 18 for details)

1pm - 4pm

Workshop on Minimally Invasive Surgery  
Allama Iqbal Medical College Lahore  
Chairs: Dr. Mubashir Chaudhry - APPNA  
Prof. Dr. Zahid Niaz

1pm - 4pm

Workshop on Dermatologic Procedures  
Allama Iqbal Medical College Lahore  
Chairs: Prof. Suamira Aasi - Stanford University,  
Dr. Ayyaz Shah - Florida & Prof. Dr. Azim Jehangir - AIMC



## Thursday, December 21, 2017

8:45am-1:30pm

APPNA CME at Allama Iqbal Medical College Lahore (AIMC)  
(See Page 21 for details)

2:00pm-4:00pm

Formal Inauguration of  
APPNA Winter Annual Meeting 2017/AIMCON 17  
(See Page 21 for details)

## Friday, December 22, 2017

9:00am-1:30pm

APPNA CME at Allama Iqbal Medical College Lahore (AIMC)  
(See Page 21 for details)

6:00pm-11:00pm

Dinner hosted by AIMC Faculty at AIMC  
(See Page 21 for details)

## Saturday, December 23, 2017

8:00am-12:30pm

APPNA CME at Allama Iqbal Medical College Lahore (AIMC)  
(See Page 21 for details)

7:00am-12:00pm

Dinner at Pearl Continental Hotel hosted by APPNA  
(See Page 21 for details)

## Sunday, December 24, 2017

9:00am-2:00pm

Lahore Wall City Tour & Lunch  
(See Page 22 for details)



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## APPNA through 40 Years

Rubina Inayat, MD  
Chair Communication Committee

The journey of APPNA began from a concept in October 1976 at Dr. Zaheer Ahmad's house and Dr. Zaheer G. Ahmad was elected as It's first President in 1977. Since it's first formal meeting in Dearborn, Michigan, APPNA has gone through millstones and growth as it has progressed over time to become the second largest International Medical Graduates (IMG), association in the United States.

In the first decade of its inception, APPNA spearheaded lobbied and convinced the US congress to eliminate the amendment to the Budget Reconciliation Bill in 1986 that proposed elimination of all funding for Foreign Medical Graduate training in the US. Furthermore, it created the APPNA/KEMCAANA Post Graduate Education Program with donations of \$450,000. Dr. Arif Toor a graduate of King Edward Medical College started the program which enabled Pakistani graduates to be interviewed and accepted into Residency training program at University of Connecticut.

APPNA has initiated many charitable and healthcare related programs from its platform including the APPNA Sehat project, and the Human Development Foundation of North America (HDFNA) in 1990s. These were APPNA's gifts to the people of Pakistan. APPNA Sehat was recipient of "Richard and Hinda Rosenthal Award" by the American College of Physicians. While HDFNA has become an independent charitable non profit organization in its own right.

APPNA members have always endorsed and supported all the charitable ventures in Pakistan in the spirit of giving back to their motherland.

On October 8th, 2005 a major earthquake hit Pakistan and APPNA embarked on a major relief and rehabilitation operation in its aftermath. The cash donations poured in and crossed the \$ 2M mark. The money helped in funding of a rehabilitation center and an operation theatre for the Rawalpindi Medical College. APPNA also funded the Mansehra Rehabilitation Unit for the next three years. An operation theater at PIMS was renovated and equipped with C-Arm machine to take care of Orthopedic injuries due to the earthquake. Over and above this, in kind donations of medical supplies and equipment were at least three times the cash donations. Nearly, 200 physicians and medical students from North America volunteered and went to work on site in Pakistan. A girl's orphanage was funded in Rawalpindi with \$200,000.

Pakistan needed APPNA in it's worst time of need and APPNA was there on ground, helping as much as they could.

Since then, APPNA has provided relief to the victims of many calamities in, Pakistan. In 2008 APPNA built 58 new homes in one of the remotest villages in Ziarat, Baluchistan through its collaborators in Pakistan for the victims of Baluchistan earthquake. APPNA also adopted flood-affected Munirabad village to build 128 homes at a cost of \$1,000 per residence. A Dispensary and a primary school provide healthcare and primary education to its residents.



APPNA Earthquake Relief Efforts

Responding to the humanitarian crisis, many APPNA members rushed to Pakistan to render medical assistance. Dr. Tahmina Khan (CA) is being assisted in placing a plaster cast by a Malaysian doctor.



07/10/2011-07:02



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APPNA members have also donated funds to support LRBT (Layton Rehmatullah Benevolent Trust). The eye camps held in Pakistan provide the gift of vision to hundreds of poor patients annually.

APPNA Members raised millions for internally displaced Pakistanis (IDP) as a result of military operation in Swat. APPNA provided three state-of-the-art ACLS capable ambulances for the people of Peshawar and Swat during these humanitarian crises.

There is no limit to what we can do for our motherland, whether it is the Heat Wave crisis in Karachi in 2015, Floods in Sindh and Punjab in 2010 and 2011; APPNA members continue to respond to the need of the hour. That is why we rebuilt the village of Rahib Amaro in Sajawal Sindh in partnership with "Shine Humanity" and the village of Samar Bagh, in collaboration with the Human Development foundation (HDF). These have been shining examples of benevolence and humanitarian work.

APPNA's contribution in healthcare is ongoing through its projects of Polio Eradication, APPNA Telemedicine, Hepatitis C initiative and APPNA Institution of Higher Learning at JPMC.

APPNA SWDRC and LMC Alumni have also raised \$130,000 for the clean water project. Clean water supply through a pipeline was provided to 3 remote villages in Tharparker-Sindh, Pakistan. It benefits around 7,000 people in the area. In 2017, more Water wells are underway for Thar, which carry a budget of \$54000.

APPNA believes in giving back to the community. In USA, the local chapters come together in times of a disaster to help their neighbours through difficult times. To this end, APPNA has been involved in supporting the Fire Fighters Association and American Red Cross after 9/11, providing relief and rescue to victims of Katrina, Sandy, Harvey, Irma and Maria. APPNA contributed \$50,000 to Hurricane Sandy relief work in NY and NJ and \$91000 to Katrina victims in New Orleans. This year help was needed and provided to affected people in Texas, Florida and Caribbean. In 2017, APPNA will create a permanent resource through 3 Mobile health units which will be used to provide healthcare services in future as well.

Since, the First APPNA Community Health Clinic was inaugurated at APPNA headquarters in Westmont, IL in 2008. APPNA Free Clinics have been established in 11 more cities. In 2017, 3 new clinics were formed in Pennsylvania, Texas and Florida.

APPNA Medical Corps was organized to conduct volunteer medical missions by APPNA physicians during peace time and disaster. Starting from disaster relief work in Indonesia, APPNA members have been on ground in Nepal, Guatemala, Pakistan and most recently, APPNA mission travelled to Bangladesh to give health aid to Rohingya refugees.

Starting from the Task Force on Young Physicians in 2003, APPNA's assistance to incoming young physicians has been unrelenting. Help with visa refusal and delays has been ongoing through engaging the State Department, Congress, ECFMG, and the US Embassy in Pakistan, while APPNA houses in NY, Detroit, Chicago and Texas provide subsidized accommodation to young doctors. Seminars during



**APPNA KARACHI HEAT WAVE RELIEF 2015**  
KHUDDA KI BASTI, KATEE PAHARI, NEW KARACHI, BALDIA AND ORANGI  
FOOD DISTRIBUTION





# APPNA Winter Meeting 2017

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APPNA meetings and a new webinar program for young graduates provide coaching focused on residency applications and interview processes. Limited Term Loan Program for Need Based Support of Pakistani Physicians for USMLE Exams and Interview Process guarantees continuous support from donors year after year.

The proposed School of Allied Health based in Chicago with focus on Echocardiography and Ultrasound training is initially established. The APPNA Charitable Foundation was adopted in 2004, and revitalized in 2014 to raise endowment funds for education and healthcare in Pakistan and the United States. This year \$50,000 was added to the fund with help of APPNA SPONSORS.

APPNA Scholarship Fund of a million dollars by an anonymous donor was matched in funds by alumni associations. It is a permanent source of scholarship to Pakistani Medical students.

APPNA US College fund is a need-based scholarship fund for Pakistani descent students in the US colleges. In 2017, APPNA started two new with collaboration of Pakistani Surgeons to provide critical corneal and facial surgeries to indigent patients. The project of Corneal Transplant has been happening in 4 cities Karachi, Faisalabad, Quetta and Lahore. More than 300 people have benefitted from free surgeries in these cities. Second project is the cleft lip/palate repair project "MUSKAN" which has restored a smile for more than 50 young patients. Each surgery costs just \$250 and is completely free for the patients. These programs would not have been possible without mutual collaboration between APPNA and local doctors in Pakistan. This year a landmark achievement was the recognition of CME activity during the winter meeting by ACP.

The story of APPNA is that of initiative, resolve and benevolence. Its volunteers are the backbone of the organization and through their involvement APPNA has a positive impact at a global scale.



APPNA provided psychiatric help and Ambulance carts in aftermath of Peshawar school killing



# APPNA Winter Meeting 2017

December 21-23, 2017 Lahore, Pakistan

## MEETING HIGHLIGHTS

We welcome you to 2017 winter meeting in Pakistan. We are hoping you will enjoy this experience as much as we have tried to put it together for you. As you might have noticed, the CME activities will take place in two different cities and extend over almost a week in duration. This will give you a good idea of healthcare issues and the solutions being proposed for healthcare in Pakistan. Our special thanks to NUMS for this session.

This meeting has been put together with close collaboration of Allama Iqbal medical college and AIMCON. We are extremely thankful to the principal and the faculty of Allama Iqbal medical College for allowing us to work closely and use all the facilities for our winter meeting. Also, they have graciously hosted a dinner in the honor of attendees of APPNA winter meeting at Allama Iqbal medical college campus to extend the festivities of this meeting.

Dr. Saad Usmani and his team has worked long hours to put an excellent CME session for you.

Our team has worked under the guidance and leadership of APPNA President Dr. Sajid Chaudhary and Dr. Atique Mirza Chairperson of the Winter Meeting. Staff members of APPNA including Jennifer Wozniak, Nicholas Suh and our IT/technology consultant Laiq Siddiqui, have provided endless support to put this program together.

We have negotiated special rates for your stay at the Pearl Continental Hotel in Lahore, hoping you will enjoy her stay.

Proceedings of the program include, Banquet on Saturday night which will include traditional Pakistani dishes and accompaniments. This will be followed by entertainment program by 2 excellent young singers who enjoy singing the new songs and the golden oldies, alike.

Finally, we want you to take an opportunity to revisit your heritage and take a trip to the walled city Lahore, Badshahi Masjid and the Shahi Qilla. This trip will conclude with a lunch in the modern part of the city to give you all the flavors. Dr. Nusrum Iqbal, deserves a lot of credit to put this trip together.



All these publications have reached you through the time trusted expertise of Dr. Tahir Latif, as always, with his signature style and finesse.

Looking forwards to your trip!



Atique A. Mirza, MD  
Chair



Raza Khan, MD  
Co-Chair



Mubashir Chaudhry, DrPH, MPH  
Co-Chair



# APPNA Winter Meeting 2017

December 21-23, 2017 Lahore, Pakistan



## Association of Pakistani Descent Cardiologists of North America's Annual Scientific Conference & Workshops at Punjab Institute of Cardiology Lahore, Pakistan.

December 20, 2017

Inaugural Session:

8:30 am  
8:35am  
8:40 am  
8:50 am

Welcome address by Prof. Zubair Akram  
Welcome address by Prof. Amber Malik  
Inauguration address by Prof. Nadeem Hayat Mallick  
Inauguration address by APPNA President Dr. Sajid Chaudhry

### Scientific Lectures Sessions PIC Auditorium

December 20, 2017

Scientific Session 1:

9:00 am-9:10 am

#### Introduction of APCNA TEAM

Dr. Saquib Samee- Chair APCNA Organizing Committee

9:10 am- 9:35 am

#### New agents for the treatment of Hyperlipidemia

Dr. Atique Mirza- Invasive cardiologist, Past President APCNA

9:35 am-10:00 am

#### Post CABG Intervention

Prof Amber Malik - Sheikh Zayed Hospital Lahore.

10:00 am-10:25 am

#### Venous disease- Novel treatments

Dr. Rameez Sayyed- Interventional Cardiologist

10:25 am-10.50 am

#### Cardiovascular disease prevention: Recent advances and remaining challenges

Dr. Naheed Ali -Interventional and Nuclear cardiologist

10:50 am-11:05 am

#### Anti-Thrombotics in PCI an update

Prof. Zubair Akram Allama Iqbal Medical College, Jinnah Hospital Lahore.

11.05 am-11.30 am

#### Rotablation Indications and experience

Dr. Omar Aziz Rana Omar hospital Lahore

11:30 am-11:45 am

TEA BREAK



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## Scientific Session 2:

11:45 am-12:10 pm

### **Role of Left atrial appendage occlusion**

Dr. Raja Nazir- Interventional Cardiologist

12:10 am-12:35 pm

### **Trans aortic valve Replacement (TAVR)- Scope in Pakistan**

Dr. Osman Faheem-Interventional cardiologist

12:35 pm-1:00 pm

### **AV Junction ablation for the management of atrial fibrillation**

Dr. Farhat Mahmood- Electrophysiologist

1:00 pm-1:25 pm

### **Cardiac re synchronization therapy and updates**

Prof Ashraf Dar Punjab institute of cardiology Lahore.

## Hands on Workshops

December 21, 2017

09:00 am-11:00 am

### **Workshop 1: PIC Auditorium / Echo Department, Punjab Institute of Cardiology**

#### NON-INVASIVE WORKSHOP

Transthoracic and Transesophageal Echocardiograms Lecture.

Live Demonstration Case/ Simulator

Hand's on Cases done by local faculty

Dr. Atique Mirza, Dr. Rameez Tauqir, Dr. Saquib Samee, Dr. Osman Faheem,

Dr. Farhan Latif, Dr. Samra Haq, Dr. Abdul Wajid, Dr. Salman Munir

11:00 am-1:00 pm

### **Workshop 2: Catheterization Lab, Punjab Institute of Cardiology**

#### ELECTROPHYSIOLOGY WORKSHOP

Pacemaker, indication, implantation, follow up and trouble shooting

EKGs, Intra- cardiac electrograms

Hands on training of fellows on Medtronic simulator if available

Dr. Farhat Mahmood, Prof. Muhammad Ashraf Dar, Dr. Hafiz Abdul Manan

Dr. Imran Saleem, Dr. Mudassar

1:00 am-2:00 pm

### **Workshop 3: Catheterization Lab., Punjab Institute of Cardiology**

#### CORONARY, VENOUS, PERIPHERAL

Coronary, Venous, Peripheral and endovascular Interventions

Dr. Rameez Tauqir, Dr. Raja Nazir, Dr. Osman Faheem.

Dr. Aftab Ahmad Tarique, Dr. Khurram Shahzad, Dr. Imtiaz Salara

Dr. Ammar Rasheed, Dr. Anjum Rana, Dr. Irfan Tahir, Dr. Imran Abid

01:25

### **Concluding Remarks**

Dr. Atique Mirza

Chair APPNA ORGAANIZING COMMITTEE & PAST PRESIDENT APCNA



# APPNA Winter Meeting 2017

## December 21-23, 2017 Lahore, Pakistan

### 38th Annual APPNA Winter CME Meeting

Lahore, December 21-23, 2017

#### Course Chair and Program Committee:

**APPNA RESA Committee Chair:** Adeel Ajwad Butt, MD, MS, FACP, FIDSA  
Professor of Medicine and Healthcare Policy and Research, Weill Cornell Medical College  
Vice Chair, Department of Medicine, and Director, Clinical Epidemiology Research Unit, HMC

**AIMCON Patron:** Prof. Dr. Rashid Zia  
Professor of ENT, Jinnah Hospital, Lahore. Principal, Allama Iqbal Medical College, Lahore

**AIMCON Secretary:** Prof. Dr. Amtullah Zareen  
Professor of Gynecology & Obstetrics, Jinnah Hospital & Allama Iqbal Medical College, Lahore.

**Winter Meeting CME Co-Chairs:** Saad Z. Usmani, MD, FACP  
Clinical Professor of Medicine, Chief, Plasma Cell Disorders  
Director, Clinical Research in Hematologic Malignancies  
UNC-Chapel Hill School of Medicine & Levine Cancer Institute/Carolinas HealthCare System

Dr. Saira Mian  
Associate Professor of Gynecology & Obstetrics, Jinnah Hospital  
Allama Iqbal Medical College, Lahore.

#### Intent and Overview of the Meeting:

The conference is intended to provide the attendees with an understanding of the recent advances in practice of medicine, and discuss relevant topics in medical ethics and medical research. The special themes of the 2017 meeting include the risk, identification and management of cardiovascular diseases in the immigrant US populations, and infectious diseases in travelers and immigrants. There is also a specific emphasis on promoting original research in biomedical sciences among young physicians in the United States.

**Target Audience:** The conference is designed for physicians, physicians-in-training, medical students and allied health professionals who see patients in a variety of clinical settings, including academic medical practice, private practice and public health arenas, both in Pakistan and in the United States.

#### Conference Learning Objectives:

Participants in this conference would:

1. Learn about the epidemiology, presentation and management of under diagnosed and misdiagnosed diseases of particular importance to Pakistan
2. Learn about the epidemiology, presentation and management of common infectious diseases in Pakistan
3. Learn the indications and proper use of novel imaging and minimally invasive surgical modalities
4. Learn about national policies and response to major health challenges
5. Be updated on practice management issues in common medical diseases

**Accreditations Statement:** The Association of Physicians of Pakistani-descent in North America will seek CME accreditation through a provider accredited by the Accreditation Council for Continuing Medical Education. Category 1 CME credits will be provided for the attendees. This educational activity is designated for a maximum of 12.0 contact hours. Each attendee may claim only those hours where he/she actually attended.

**Disclosure Policy:** It is the policy of APPNA that the faculty and presenters disclose all real or apparent conflicts of interest relating to the topics they present at this conference, and also disclose discussions of unlabeled/unapproved use of drugs and devices during their presentation(s). APPNA and the Conference Committee have established guidelines in accordance with the ACCME guidelines to identify and resolve any and all conflicts of interest prior to this educational activity. Detailed disclosures are provided in this brochure, and will also be provided in the course handout materials as well as prior to each presentation.

To keep the content of this conference free of all bias, no direct commercial support from any entity has been sought or accepted for the educational component of the program. The program is funded solely by the CME fees paid by the attendees and APPNA educational funds.

**Special Needs:** APPNA encourages participants with special needs, in accordance with and in the spirit of Americans with Disabilities Act. To facilitate participation of any individual with special needs, please notify us of your special needs AT LEAST FOUR WEEKS IN ADVANCE of the meeting by calling or writing to us.



# APPNA Winter Meeting 2017

## December 21-23, 2017 Lahore, Pakistan

### THURSDAY DECEMBER 21 2017

8:45 – 9:00 AM

Inauguration, Welcome and Introduction  
APPNA President, AIMC Principal, Host and CME Committee Chairs

#### **THEME: Use of Imaging and Minimally Invasive Techniques**

**Session Chairs: Prof. Zahid Niaz (AIMC), Dr. Nasir Khan (APPNA)**

9:00 – 9:30 AM

Robotic Surgery – Emerging Techniques and Concepts - Kashaf Sherafghan (APPNA)

9:30 – 10:00 AM

Minimal access surgery - Prof. Zahid Niaz (AIMC)

10:00 – 10:30 AM

Micro vascular techniques in plastic surgery? - Prof. Moazam Tarar (AIMC)

10:30 – 11:00 AM

Video Capsule Endoscopy: A new tool to assess GI disorders - Prof. Shehzad Saeed RESA

11:00 – 11:30 AM

TEA BREAK

#### **THEME: Cardiovascular Disease      Session Chairs: Prof. Zubair Akram (AIMC),**

11:30 – 12:00 AM

How to Mend a Broken Heart: Managing Advanced Congestive Heart Failure - Dr. Farrukh Malik

12:00 – 12:30 PM

The Future of Preventing and Managing Cerebrovascular Disease: Promising But Costly-Dr. Ashfaq

Shuaib

12:30 – 1:00 PM

Coronary Artery Disease Among Young Adults - Prof. Zubair Akram

1:00 – 1:30 PM

Burden of Cardiovascular Disease during Pregnancy - Prof. Dr. Amtullah Zarreen

1:30PM

LUNCH

### FRIDAY, DECEMBER 22, 2017

#### **THEME: Underdiagnosed Diseases in Pakistan**

**Session Chairs:**

9:00 – 9:30 AM

Chronic Kidney Disease in Pakistan - Dr. Shafique Cheema PAK

9:30 – 10:00 AM

Cardiac Surgery for Communities in Need! Continuous Challenges for Delivering Global Humanitarian Health Program - Dr. Manzoor Elahi PAK

10:00 – 10:30 AM

Early Recognition and Management of Sepsis and Septic Shock - Dr. Nasrum Iqbal

10:30 – 11:00 AM

Chronic Non-Communicable Diseases & Epidemic of obesity in Pakistan Prof. Abbas Raza (PAK)

11:00 – 11:30 AM

TEA BREAK

#### **THEME: Hematology/Oncology      Session Chairs: Prof Akram (AIMC), Prof. Saad Usmani**

11:30 – 12:00 PM

Updates on Immune therapies in Hematologic Malignancies - Prof. Saad Usmani

12:00- 12:30 PM

Screening, Treatment and Outcomes for Breast Cancer in Pakistan - Prof. Zeba Aziz (PAK)

12:30 – 1:00 PM

Haplo-Identical Bone Marrow Transplant - Dr. Qaiser Bashir (MD Anderson)

1:00 – 1:30 PM

Role for Bone Marrow Transplant in Economically Constraints Regions-Prof. Tahir Shamsi (NIBT, Karachi)

1:30PM

LUNCH

### SATURDAY, DECEMBER 23, 2017

#### **THEME: Infectious Diseases**

**Session Chairs:**

8:00 – 8:30 AM

Rabies Surveillance and Control in Pakistan - Prof. Naseem Salahuddin

8:30 – 9:00 AM

Hepatitis C: What Else Does Treatment Buy Us Beyond the Liver? - Prof. Adeel A. Butt

9:00 – 9:30 AM

Tuberculosis: Time to ACT - Dr. Sobia Qazi

9:30 – 10:00 AM

HIV in Pakistan - Dr Zaman Khan PAK

10:00 – 10:30 AM

TEA BREAK

#### **THEME: Improving Medical Education and Practice      Session Chairs: Shahid Rafiq, Dr. S. Amjad Hussain and PAK CHAIR**

10:30 – 11:00 AM

US Training in Clinical Neurosciences: Successes & Challenges - Prof Inam Qureshi

11:00 – 11:30 AM

Medical Curricular Reforms to Enhance Patient Care in Pakistan - Prof Nadeem Butt

11:30 – 12:00 PM

Interventional Radiology – Under-represented Subspecialty in Pakistan - Dr. Ahmed Zia Butt (UK/SKMT)

12:00 – 12:30 PM

Role of Humanities in Medical Education - Prof. S. Amjad Hussain (APPNA)

12:30 PM

LUNCH

Endorsed by:





# APPNA Winter Meeting 2017

December 21-23, 2017 Lahore, Pakistan



## WINTER MEETING HIGHLIGHT

### City Tour by Dr. Nasrum Iqbal

As they say, "You have not been born until you have visited Lahore". Be ready to born again by joining a special city tour arranged by APPNA winter meeting host committee especially for you. The old city is a paraphernalia of grand architecture, let us take you to a tour of amazing culture, magnificent architecture, incredible food and passionate Lahori hospitality, will make

you fall in love with the city all over again. Tour will include a birds eye view of New Flyover Minar e Pakistan, Metro Bus track, Data Darbar, GC University, Nasir Bagh, City Hall, National College of Arts, Punjab University old campus, Anarkali, GPO, Lahore High Court, Cathedral Church, State Bank, Dayal Singh Mention, Masjid e Shuhada, Shah din building, Punjab Assembly Hall, Avari Hotel, Lahore Zoo, Alhamra Art Center, Governor House, and Lawrence Garden.

Sunday 24th December 2017

- 08.30 am Depart for Dehli Gate on Rangeela Rickshaw
- 09.00 am Arrive Delhi Gate/ leave for Wazir Khan Masjid
- 09.15 am Arrive Wazir Khan Masjid (sight seen)
- 10.00 am Leave for Shahi Hammam
- 10.20 am Arrive Shahi Hammam spend a few movements in inspiring interior
- 11.05 am Leave for Lahore Forte
- 10.25 am Arrive Lahore Forte sight seen Badshahi Mosque
- 01.30 pm Leave for lunch cum Hi-tea
- 02.00 pm Arrive hotel for Hi-Tea





*Civic Engagement Through Community Service*

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Each year, Medtronic helps alleviate pain, restore health and extend lives for millions of people around the world. In fact, two people every second are positively impacted by our breadth of medical technologies and therapies.

**Because every second counts.**