



1977 40th Anniversary 2017

APPNA

40TH ANNUAL CONVENTION 2017
JULY 5-9, 2017 ORLANDO, FLORIDA



Civic Engagement Through Community Service



Civic Engagement Through Community Service

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



Editor's Message



Asalamoaliakum,

Dear APPNA members, families and friends, I welcome you all to 40th Annual Summer Convention of APPNA in my city Orlando.

I am confident that you will enjoy this meeting as host committee under the leadership of Dr Aniq shaikh has put together a well balance program for members and their families. Ranging from world class entertainment with Rahat fateh Ali Khan and Atif Aslam to first class CME covering wide range of topics.

APPNA has been at the fore front when it comes to issues related to Pakistani community specially our young physicians, please find reports of APPNA's diverse committees their vision and hark work in this publication and make sure to help and join these committees and support APPNA.

An event of this magnitude could not be possible without hard work and leadership of dedicated people from APPNA executive committee to its central office members like Tipu Ahmad, Jennifer Wozniak and Laiq Siddiqui. I like to thank our president Dr. Sajid Chaudhary, host committee chair Dr. Aniq Shaikh and Dr Rubina Inayat from communication committee for their trust in me.

I wish and hope that you enjoy this meeting and remember for years to come.

Sincerely,
 Abid Rasool, MD
 Chair, Summer Convention Publication

Host Committee

Aniq Shaikh, MD
 Chair, Host Committee

Azhar Choudhry, MD
 Co-Chair Host Committee

Sajid Hafeez, MD
 Co-Chair Host Committee

COMMITTEE

Food
 Baby Sitting
 Alliance
 YPN
 Registration
 SAYA/CAPNA
 Alumni Events
 Entertainment
 CME
 Chapter night
 Transportation
 Booth/Stalls
 Publication
 Sports
 APPNA Idol

Sajid Chaudhary, MD
 President APPNA 2017

Shahid Usmani, MD
 Advisor, Host Committee

CHAIR

Sajid Hafeez
 Riffat Qureshi
 Maliha Shaikh
 Mussarrat Moon & Aamera Ahmed
 Naeem Moon
 Saadia Jaddon & Salim Afridi
 Roh Afza Afridi
 Rubina Inayat
 Irfan Aslam & Irfan Imami
 Faizan Zaidi
 Nasim Ahmed
 Sehba Joachim
 Abid Rasool
 Asif Mirza & Azhar Chaudhry
 Fawad Ahmed





APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

Chair Host Committee Message



My dear friends and colleagues,

On behalf of the Host Committee, I would like to personally welcome you all to the 40th Annual APPNA Summer Convention 2017, being held at the Shingle Creek Resort in Orlando, Florida.

It had first appeared to be a daunting task, when I took up the position of the Chair Host Committee. However, with the tremendous support and encouragement from my entire team, it has become a great experience for me to cherish. Celebrating our culture and heritage in Central Florida is a great source of pride and gratification for us and our community.

Keeping in mind the difficult times that our nation and Muslim Ummah is facing in United States, the theme of our meeting is 'Compassion and Civic Engagement through community service'. We have tried to incorporate programs during this event which would bring together, encourage and nurture interfaith groups and networks, while bringing a stronger positive image of Muslims to the nation and world at large. Our Keynote speaker Karen Armstrong, for the occasion, is a very well respected British author and commentator known for her books on comparative religion.

I have been extremely fortunate to spend the past year working with a team of very dedicated group of friends, who have volunteered many hours to make this event a delightful experience for you and your families. Under the guidance of our President, Dr. Sajid Chaudhary, we all have worked very hard to make it a memorable event, for years to come. During this convention, we have accomplished to bring together multiple events for your enjoyment, under one roof during this 5 day program – presenting a combination of great educational experience with CME lectures by very learned and talented experts of various specialties, social forums with world renowned speakers, showcasing multiple philanthropic projects of APPNA, extravagant selection of entertainers ranging from nationally televised stand-up comedians to internationally famous singers like Rahet Fateh Ali and Atif Aslam, Mushaira by many Pakistani, Canada-based and USA based poets, golf and cricket matches for our friends who enjoy out-door activities, Universal Studio trip with SAYA, Pakistani and non-Pakistani cuisines, fashions show as well as our ever famous Bazar which attract hundreds of Pakistani vendors to bring their products. In addition, Orlando by itself offers many world class attractions which would make this trip a great family vacation for all ages.

At the end, every member of my team and I, along with the President, is looking forward to make your stay as comfortable and enjoyable, as possible.

Sincerely,
Aniq Shaikh, MD
Chair Host Committee APPNA Convention 2017



OFFICE OF MAYOR BUDDY DYER



July 5, 2017

Greetings,

As Mayor of the City of Orlando, I would like to welcome you to the 40th Annual Summer Convention of the Association of Physicians of Pakistani Descent of North America.

Asian Pacific Americans play a pivotal role in today's competitive society. Having more Asian Pacific professionals in key leadership positions in both the public and private sectors, as well as in the health industry, benefits our workplace and economy.

For those of you who are first time visitors to our community, you will soon discover that Orlando is rich with opportunities for recreation, cultural entertainment, educational resources and business enterprises. In addition, our Medical City located at Lake Nona has become an international hub for life sciences and biotechnology companies with collective annual revenues of more than \$2.5 billion and more than 9,000 workers. You will also notice that when it comes to service, hospitality and health, Orlando is second to none.

Once again, thank you for visiting our community! I hope you enjoy your time here in the Orlando area and plan on visiting us again soon.

Sincerely,

Buddy Dyer
Mayor



President's Message



Dear APPNA Family, Greetings!

It gives me immense pleasure to welcome APPNA members and their families at annual convention in my hometown. We are celebrating 40th year of APPNA. It is the time to rejoice and celebrate the 40 years of APPNA volunteers and members who have committed their time and energy for the progress of our great organization. The Convention will highlight the wonderful accomplishments of last 40 years and will promise new beginnings.

The dynamics of the world and local politics is changing rapidly and it is affecting our societies as well. The changing times urge us to adjust our focus as well. Our priorities need to accommodate the demand of the day and redirect our attention to our local communities and re-introduce ourselves as people of peace and compassion to our neighbours. We need to build a legacy in our adopted homeland which will enable us and our children to live with pride and confidence. APPNA provides us with a wonderful platform to initiate and carry out such efforts. In keeping with the theme of this year "Civic Engagement Through Community service" our work has begun in the form of community projects throughout USA through provision of healthcare services by free clinics, medical mission and food pantry program. More programs are being added as we hope to foster a sense of brotherhood among fellow citizens.

This year may be unique in the way of acquiring sponsorship and collaboration with organizations which are inspired with APPNA's charitable accomplishments and will provide monetary support to our projects. This is how APPNA was able to start the Food Pantry program with \$25000 of matching grant to component societies who are undertaking this program in 5 states. I am proud of Drs. Habib Chotani and Rehan Khan who are spearheading this project, under the leadership of Dr. Babar Cheema; chair of Civic Engagement committee.

Similarly, Social Welfare Committee has started 2 new wonderful projects this year. The Cleft lip-palate Repair project and Corneal transplant project. Both of these projects underscore the dire need of healthcare services in Pakistan. To date 16 cleft Lip surgeries were performed in Faisalabad while 2 are planned in Quetta. The corneal transplants are being done in Karachi, Lahore, Faisalabad and Peshawar and 38,000 dollars have been raised so far. To date, 112 corneas have been successfully transplanted in patients in Pakistan. Each cornea costs around 200. It is heartening to see the contributions made by APPNA members and selfless work of SWDRC volunteers resulting in gift of a beautiful smile and precious vision to the indigent in Pakistan. I congratulate Dr. Shahid Shaikh and his wonderful team on a job well done.

APPNA MERIT committee is making waves through its neurology and psychiatry education initiatives in Pakistan. The Child Psychiatry certification for adult psychiatrist in Pakistan will start on line in July. It will become a specialty-focused partnership between educators in US and Pakistan to enhance medical education and health care in Pakistan in next decade. MERIT hopes to add more specialties in future. I commend Chair, Dr. Shahid Rafique and his co chair, Waqar Azeem for their hard work.

This year has been hard for young doctors from Pakistan due to 28 J-1 denials. Heart wrenching news met with unrelenting efforts of the Young physicians and Advocacy committees who have been working tirelessly to assist those young physicians. The Day on the Hill, Meeting with The State Department officials, Petition to the Secretary of State, obtaining legal help, highlighting the issue in the Media, contacts with US and Pakistani Ambassadors were some of the means that APPNA employed to rectify the refusals. Drs. Piracha and Shahzad Iqbal and their teams will continue their efforts until all physicians get their visa and, they have my complete support. I urge APPNA members to keep themselves informed and reach out to their legislators to advocate on behalf of the visa applicants. Together we can move the proverbial mountain and help the young physicians whose careers are online.

Often I am asked as to why APPNA spends a lot of money on events and entertainment why not just donate money to the poor. I tell them that it is not as simple as that. Fact is APPNA relies on the membership dues and revenues generated from its meetings to run the central office as well as conduct its charitable projects. Of course members donate but there are many projects which require additional funding. Our meetings attract a large number of people due to the entertainment programs and generate significant revenue which helps the organization financially. Just to give you an example, the sale of "preferred seats at Friday entertainment" this year will gave us \$25000 plus to fund our food pantry program.

I would also like to thank Dr. Aniq Shaikh and all members of the host committee for their relentless hard work of past 6 months in putting together the summer convention. They have been a model of harmony and collaboration which is a rare find.

I thank you for your support and any suggestions from you are always appreciated. I am looking forward to working with you throughout this year and in the years ahead.

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





APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

President Elect's Message



As your President-elect, it is my utmost pleasure to welcome you all to the 40th Annual APPNA Convention in Orlando, Florida. I am confident that the Host Committee has gone above and beyond to make your stay as enjoyable as possible.

When I was asked to write a message for the Summer Journal, multiple different thoughts crossed my mind, but in the end, I decided that it would be best to communicate to you the number of issues that plague our organization today.

My biggest request is for all of you to take a more active role in the functioning of the organization. When the members are involved, the leaders of the organization are held to a higher standard, and this will ensure that the leadership is functioning in accordance with the rules and bylaws of APPNA.

This brings me to my second point, which is to make sure that the Constitution and bylaws of APPNA are consistently implanted and executed. The founders and leaders of APPNA created these rules to ensure that all disputes and concerns are addressed within the APPNA arena. It is an injustice to the reputation of the organization to involve the court of law in resolving any issues a member of APPNA may have. The current leaders of APPNA have the responsibility of upholding these rules and ensuring that no member takes advantage of the system.

We also need to look at different modalities that will increase the stream of revenue for projects created by APPNA. We need to create partnerships among different organizations so that our combined efforts bring better results. To add onto this, we need the different projects by APPNA to be tangible and long lasting. Since these projects cannot be completed in one year, CONTINUITY of these projects by future leadership is essential.

Young physicians and women professionals should be encouraged to participate in the affairs of the organization, and this can be accomplished by giving them more leadership roles. Strengthening the structure and broadening the representation of the organization is vital to the future of APPNA.

We need to continue to project a positive image of our organization by utilizing paper, print and social media, and taking advantage of these resources to help APPNA reach its highest potential.

We need to change the misconception of APPNA being only a social club by diverting our energy to Education, Healthcare, Advocacy and Philanthropy.

In this day and age of political mayhem, we all have to stand together and start participating in the main stream political arena. We will have to support those who have the courage and will to stand tall and represent us.

Please help me create a culture of transparency and nonpartisanship among ourselves and help bring everyone together. We need to leave a legacy of excellence for our incoming future generations.

As far as all the routine activities of APPNA are concerned, rest assured that they are already in the final planning phase and will be brought to your knowledge, way in advance.

I look forward to working with you in 2018.

Iqbal Zafar Hamid, MD
President-elect 2017.



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

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. The Executive Committee played a key role in working with the President, for planning efficient and productive general body and council meetings in Orlando. The Fall council meeting will be the last meeting of the year in USA, to be held 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 system™ 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 32 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. We hope that these efforts reach fruition and our young physicians can join their respective programs on time. 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. 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. In conclusion, I request the membership to continue providing their guidance to engender a superior APPNA.

See you all in Orlando!

God bless
M. Rizwan Khalid, MD
Secretary APPNA 2017



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

Treasurer's Message



Dear APPNA Members,

Welcome to APPNA Summer 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 as below. Few resolutions were passed at the spring 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 President APPNA is working to resolve this matter.
 - 3) We have had unique and unusual challenges this year! With the current Geo political situation that our community faces and APPNA is aggressively following up on all projects and fronts with fiscal responsibility.
 - 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 and I anticipate record profit from summer convention.
- Great Things Happen When all Work Together As A Team!

Sincerely
M. Sohail Khan MD
Treasurer 2017

Approved 2017 Budget	
3.25.17	
Unrestricted Funds	
	2017 Budget
Revenue:	
Meetings Gain	\$ 250,000
Membership Dues (non-lifetime)	\$ 110,000
Election Fee Income	\$ 7,000
Advertising/ Promotion	\$ -
World Pay Share-back	\$ 3,000
Keane Insurance Share-back	\$ 2,400
General Donations	\$ 2,500
Total Revenue	\$ 374,900
Expenses:	
Central Office Expenses:	
Wage Expense	\$ (215,178)
Repairs and Maintenance	\$ (4,134)
Telephone	\$ (8,772)
Equipment Leases	\$ (6,702)
Office Supplies & Expense	\$ (3,442)
Condo Dues	\$ (4,675)
Taxes and fees	\$ (3,674)
Utilities	\$ (3,283)
Total:	\$ (249,860)
APPNA House Rent and Expenses	\$ (10,000)
Election Services Expense	\$ (8,900)
Accounting and Audit Expenses	\$ (28,596)
National Healthcare Day	\$ (16,000)
MERIT Disbursements	\$ (15,000)
Legal and Professional Expenses	\$ (10,000)
Storage Unit	\$ (2,855)
Postage and Shipping Expense	\$ (3,300)
Insurance Expense	\$ (4,500)
Printing Expense	\$ (1,500)
IQVIS	\$ (10,000)
Server Space (iWeb, IH Systems)	\$ (330)
Constant Contact	\$ (1,212)
V4 IDEAS, Inc (Laiq Siddiqui)	\$ (32,320)
Webex & Metro fax	\$ (1,546)
Publication Expense	\$ (25,000)
Donations - General	\$ (3,000)
Emergency Fund	\$ (10,000)
Misc. Expense Fund	\$ (10,000)
Advocacy Committee	\$ (30,000)
Healthcare Clinic	\$ (50,000)
Civic Engagement Projects	\$ (75,000)
Total Expense	\$ (598,919)
Unrestricted Gain/Loss	\$ (224,019)
Funds to Replenish as Available:	
Reimbursement to Lifetime dues	\$ (28,600)
Addition to contingency fund	\$ (25,000)
Funds to begin new year	\$ (20,000)
Unrestricted Gain/Loss	\$ (277,619)
Depreciation Expense	\$ (20,002)

*APPNA all accounts details as of 6-2-17 : Note the meetings accounts are not finalized and still with pending bills -these are not profits just the account balances "

Account number (last 4 digits)	Title / Use for 2017	Status	Balance on 5/26/17	Balance on 6/2/17	Amounts to still clear: (checks)	Accounts Receivable
9306	Umrah Trip	Unrestricted	\$ 100.00	\$ 100.00		
5606	Haji Trip	Unrestricted	\$ 100.00	\$ 100.00		
0488	Summer Convention	Unrestricted	\$ 763,231.27	\$ 787,708.33	\$ 33,681.66	\$ 65,578.50
0603	Operations	Unrestricted	\$ 41,687.06	\$ 42,888.92	\$ 10,299.07	
0629	Spring Meeting	Unrestricted	\$ 100,157.47	\$ 100,157.47		
0730	Alaskan Cruise	Unrestricted	\$ 584,889.76	\$ 96,475.33		
9995	Fall Meeting	Unrestricted	\$ 100.00	\$ 100.00		
1717	Winter Meeting	Unrestricted	\$ 100.00	\$ 100.00		
0611	Croatia trip	Unrestricted	\$ 1,941.60	\$ 1,141.60		
8350	Contingency- Projects Fund	Restricted / Unrestricted	\$ 180,055.99	\$ 181,072.09		
0496	CME (fees account)	Restricted	\$ 367.54	\$ 367.54	\$ 300.00	
0637	MERIT	Restricted	\$ 1,100.00	\$ 1,100.00		
0645	SWDR	Restricted	\$ 62,442.87	\$ 77,428.17		
5515	Lifetime	Restricted	\$ 15,712.95	\$ 17,587.95	\$ 15,000.00	
2388	Foundation	Restricted	\$ 39,785.03	\$ 44,785.03		
9040	Scholarship (Original-Alumni)	Restricted	\$ 4,078.08	\$ 4,078.19		
TOTALS			\$ 1,795,849.62	\$ 1,355,290.62	\$ 59,280.73	\$ 65,578.50



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

Immediate Past President's Message



Dear APPNA Family:

Please join me in congratulating the APPNA summer convention host committee on organizing a wonderful meeting. I along with you, look forward to a productive meeting, forwarding the agenda of APPNA.

While APPNA's strength maybe the democratic elections and a new team with fresh ideas every year, this may also be our main weakness. We all have expressed our concerns about continuity of efforts and projects in APPNA. If every great new effort taken up each year was consolidated and strengthened by teams to follow, APPNA today may have had a lot more to show for its years of existence. Luckily the idea of continuity has started to take strength in at least some

circles in APPNA and I do hope it becomes second nature for this organization – "Continuity does not rule our fresh approaches to fresh situations" (Dean Rusk).

We all remember the famous Steve Jobs quote "Great things in business are never done by one person. They're done by a team of people." Fortunately we have always had a great team of dedicated members who have given their time and talent whole heartedly to APPNA year after year. While we bring in fresh faces each year, we have to build mechanism to ensure involvement of those who initiated an idea and ensured its fruition. We also have to abandon the "one man" approach of leadership, if we would like to see the organization reach its full potential.

Generally this page is dedicated to recounting the past years achievements. While the exhaustive list have been shared with all of you previously, I will recount some of the key efforts which I hope this and future years leadership will continue to strengthen. To mention just a few;

- College scholarships for Pakistani Descent students in need of financial support
- Limited term loans for Pakistani Medical Graduates writing licensure exams and residency applications in USA
- Scholarships (tuition) for deserving medical students in public medical schools in Pakistan
- Establishing and furthering joint efforts with international organizations and private enterprises to further healthcare in Pakistan, such as the APPNA-USAID joint programs initiated last year

In the same vein I hope the future leadership will continue to strengthen this year's community effort – Involvement with Food Banks nationally.

The amount of monies which we sometimes spend on entertainment has always been a concern for me. I believe we can have a wonderful entertainment program at our meetings without breaking the bank. The membership has expressed their concerns on numerous occasions and the council has deliberated upon it extensively. The onus always remains on each year's leadership to ensure the same.

Wish you all a wonderful meeting and our families a fabulous time in Orlando.

Warm Regards,
Nasar Qureshi
Immediate Past President

Principled | Professional | Trustworthy | Voice for Change

M. Rizwan Khalid

M.D., F.A.C.P., F.A.C.C., F.S.C.A.I., F. H.R.S.
Cardiology Faculty, Kansas City University, Joplin, MO
AKU Alumnus – Class of 1999

Candidate for APPNA President-Elect 2018

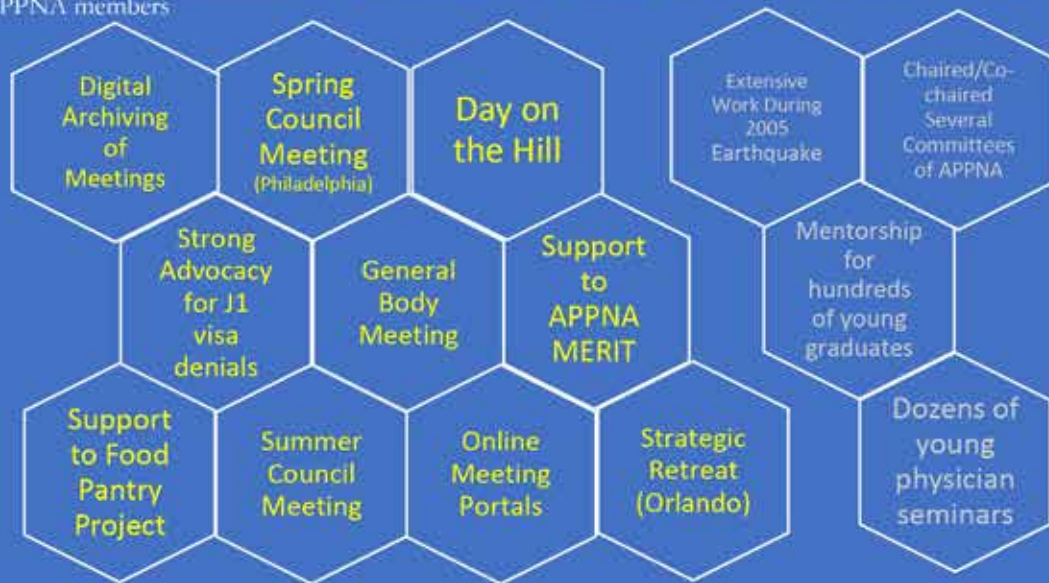
Leading with Sincerity,
Integrity and Vision for "APPNA United"



As PRESIDENT, APPNA, my AIMS will be:

- To work on making APPNA truly a professional organization.
- Make decisions on merit and merit alone.
- To improve the academic footprint of APPNA and emphasize on better educational programs for our membership including board review courses.
- To attract young leaders into APPNA including parallel programs for North American medical graduates.
- Further community involvement projects in the United States.
- Empowering the Treasurer, Secretary, President-elect and Regional Chapters (Devolution of power).
- Guaranteeing Continuity of policies from one year to the next and improved governance.
- Nominating at least one woman leader in every APPNA committee (Chair, Co-chair or Advisor).
- Strong voice in the Executive committee for Young Physicians, Social Welfare and Disaster Relief in the US and Pakistan, Research and Education and Advocacy for Pakistani Americans and Pakistani Physicians
- Early Career Attendings: To develop programs and guidance for early career attendings (less than 15 years in practice), who now constitute a significant part of Pakistani Physicians in the United States.
- Enhancing Telemedicine portal for providing free medical treatment to patients across Pakistan by APPNA members

Accomplishments as
Secretary APPNA 2017



Past Accomplishments

www.RizwanKhalid.com
rizwan_khalid@yahoo.com
Cell: (203) 892-5140

SINCERE LEADERSHIP DEVOTED SERVICE

DON'T JUST HOPE FOR A BETTER APPNA, VOTE FOR ONE

With wholehearted humility, I declare my candidacy for President Elect APPNA, 2018. APPNA is the leading representative organization of physicians of Pakistani descent with an unmatched depth of its intellectual pool and an unrealized potential for excellence. Our strength lies in unification to identify clear objectives and putting the full force of the organization in endeavors to achieve successful outcomes. No longer can we stay divided to serve the interests of individual alumni or regions. Let us work together for the betterment of APPNA.

As ambassadors of Pakistan, we need to enhance the image of Pakistan with forward looking ideas and reject those that tarnish Pakistan's image. If elected, my approach will be to listen to the membership and build consensus with a unified goal of improving the professional and personal lives of Pakistani-American community.

I hope my record of services and commitment to APPNA and Pakistan will earn me your trust and you will help me get elected to fulfill our common goals and aspirations.

Respectfully,

Naseem Azeem Shekhani, MD
Candidate for APPNA President Elect 2018

Naseem A. Shekhani, M.D.
for **APPNA**
President Elect
2018

NASEEM A. SHEKHANI - A LEGACY OF DEDICATED LEADERSHIP

- Recipient of DOGANA Presidential Award for Maternal and Child Health - 2017
- Founder Chairman and Executive Director, APPNA Foundation
- Recipient of APPNA Presidential Award for Political and Social Activism - 2014
- President and Founding Member APPNA St. Louis Chapter
- Chairman Communication Committee, APPNA Summer Meeting - 2011
- Founding Member DOW Endowment Fund (ENDOW)
- Recipient of Lifetime Achievement Award, DOGANA - 2013
- President and Founding Member National Health Forum, (NHF) ~\$200,000/year
- President DMC Student Union 1979 - 1980.

Goals & Vision

- Strengthen APPNA Governance and Management
- Increase Young Physician participation, especially U.S. Graduates
- Building Institution within APPNA Not personalities
- Quality Continued Medical Education
- Increase Membership and Membership Values
- Improve support resources for young physicians
- Groom future leadership based on quality and not on alumni affiliation

Leadership is not about a title or a designation. It's about impact, influence & inspiration. Impact involves getting results, influence is about spreading the passion you have for your work, and to inspire for a brighter future.



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

Advocacy and Legislative Affairs Committee Report



Advocacy Committee had multiple conf calls since the spring meeting. Originally we had planned to hold DAY ON THE HILL after summer meeting. We had also thought about collaborating with other civil liberty organizations to hold a combined meeting. The agenda was Muslim Ban and civil rights. However after March 15 match day once our matched residents started applying for visas at Islamabad and Karachi, it became alarmingly clear that many of them being refused not only B/1 and B2 but J1. So in an emergency meeting of ADV COM it was decided to hold a DAY ON THE HILL on May 16

It was a short time but Alhamdulillah it was a very successful and productive day. {The details of the day have already been sent to you by YPC}. About 40-50 members attended the meeting, we visited 15 congressional offices and 12 members of the congress and senate staff spoke at our luncheon meeting. Our main agenda was highlighting the J1 refusals and getting sponsorship for the Grad ACT.

Since our DOTH there has been an epidemic of J1 refusals, close to 25 as of this report. This is a very unfortunate situation and one that will not be resolved easily. I feel that it is not an official policy from the state department to refuse visas. That it is some rogue councilor who has taken upon himself and gotten others convinced to refuse visas under section 214. Councilor can refuse visa under this law that the applicant will not return to the country of origin and his decision is final. {At present there is legislation in senate to revoke 214}.

We have explained to the state department that no one J1 visa holder physician has ever disappeared and those who have stayed were are all legal. This is a hard fight.

So far this is what we have done:

1. Met with state department officials to explain and request that this trend should stop and the candidates given their visa without reapplying.
2. We are asking our representative to ask the state department to explain the reasons for this epidemic and reverse it and issue visas to our applicants.
3. We have circulated a petition to be signed by our members to be sent to secretary of state.
4. We have retained a lobbyist to facilitate our work at the congressional and state level.

WHAT CAN YOU ALL DO?

- Call your representative daily to ask them to get answers from the state dept and ask them to reverse the trend soon.
- Ask them to cosponsor the GRAD ACT.

Hopefully together we can achieve our goal as we did after 9/11 when we faced the same problem. Hopefully also by the time this report gets to you we may have made headways in this struggle.

Regards,
Abdul Rashid Piracha, MD, FACC
Chair Advocacy and Legislative Affairs Committee 2017



M. Sohail Khan MD for Secretary APPNA 2018

INDEPENDENT, DEPENDABLE
ALWAYS DELIVER. VISIONARY
SOLID TRACK RECORD
NONPARTISAN

- ✓ APPNA TREASURER '2017
- ✓ PRESIDENT PPS - APPNA ILLINOIS '2014
- ✓ PRESIDENT DOGANA - DOW ALUMNI '2011
- ✓ PRESIDENT ILLINOIS STATE COUNTY MEDICAL SOCIETY '2001
- Chair APPNA Institute of Clinical Research Training - Chair APPNA Finance & Asset Management Committee - Chair APPNA Committee on Institutions of Higher Learning & Medical Education - Co-Chair of E & N committee - APPNA PPS House in Chicago - APPNA Chapter of the Year Award to PPS - APPNA Elective Program for Alumni and Components- APPNA House Reservation Systems for NY house & PPS APPNA House Chicago

APPNA COMMITTEES - APPNA Office Management Committee 2007 / APPNA Local Host committee 2006 / APPNA Councils 2011, 2014 / Co-Chair Membership committee 2013 Election & Nomination Committee 2015 / APPNA Electives 2015, 2016 / APPNA CIHLME 2014, 2015, 2016, 2017 / Cochair APPNA Constitution & Bylaws Committee 2012 / APPNA CME / APPNA Volunteer Task Force / APPNA Disaster & Relief Committee / APPNA YPC / Social Forums / Election Debates 2015 / APPNA Merit, 2015, 2016 / APPNA Qitra Fund 2016 / APPNA & DOGANA Winter Meetings 2009, 2010, 2011 and 2013 **SERVICES TO APPNA ILLINOIS PAKISTANI-DESCENT PHYSICIAN SOCIETY PPS**: Member since 1994 E C member for years / Member Board 2015, 2016, 2017 / Past President 2015 / President 2014 / Improved PPS Assets from \$60,000 to more than half a Million US dollars - with Fund Raising for more than \$150,000 and financing / PPS APPNA House / PPS Electives / PPS Electronic Reservation System / APPNA PPS CS training program with Classes every Tuesday / First ever mini weekend getaway Indiana beach / First ever CME International Conference 2014 - Budapest-Vienna-Prague / Chair International CME Conference 2015 Turkey, Greece and Italy / Most Profitable and Trend setting PPS Spring, Annual Meetings and Ramadan Fundraiser / Improved Financial Transparency and Accounting / Annual Meeting with HDF **SERVICES TO OTHER ALUMNI & GROUPS**: First Ever Sindh Medical Alumni Retreat in 2011 / Helped Organize Nishtar Alumni Retreat 2015 in Chicago / Indus Hospital Fundraiser 2016 with >\$350,000 raised / Social Forums with Quaid e Azam Alumni on APPNA's Leadership development and Community Engagement 2011 and SMC Alumni with US Dept. of Homeland Security & Treasury Department & Office of Civil Rights and Civil Liberties 2009 / Observership program for Nishtar, SMC and Dow alumni, Khyber Alumni at Peshawar Tragedy 2015, HDF, Kohi Goat Hospital Fundraisers, Citizens Foundation, UPF, IMANA, PWA **DOGANA - DOW ALUMNI**: President, Secretary, Treasurer DOGANA / DOGANA Scholarship Fund / DOGANA Publications / DOW Retreat 2007 Dallas / Dow Retreat 2009 Chicago / Dow Retreat 2011 Chicago / First ever 3 day International conference on Spinal Cord Injury and Disorder in Karachi / Cardiology Conference with APCNA in Karachi / Convocation and Silver jubilee Project Dow Class 1988 in USA and Karachi 2013 / Patients Welfare Association Endowment set up with \$100,000 - 2013 / Renovation Aurag Auditorium 2013 / Redone Operation Theaters at CHK Karachi 2011 DOGANA website and Portal 2011 / Joplin Disaster Relief and rebuilt biology Lab at high school 2011 / DOGANA Office at Dow University / Established DOGANA Philanthropy & Giving 2011 / DOGANA Winter Meeting 2009, 2011, 2013 / Social forum 2007, 2009 & 2011 / DOGANA Past 5 years Audits and Compilation of Accounts from 2007-2011



Muhammad Yaqoob Shaikh, MD
For APPNA Secretary 2018

APPNA Volunteer with Commitment, Credibility, and Experience

- Over a decade of services to APPNA/ST Chapter/ Alumni/Community
- Served As APPNA Council member in 2005, 2006, and 2015
- Served as board member of APPNA ST Chapter, Islamic Medical Association of Houston, Pakistan American Council of Texas, APPNA Foundation, Shifa Foundation, Pakistan American Association of Texas.
- Organized 28th Annual Convention of APPNA in Houston while serving as Chapter President in 2005 and raised more than \$200,000.00 income.
- Chair and raised \$148,000.00 for APPNA Foundation.
- Started & chaired first ever Chapter night in Houston summer convention.
- Chair, Co-Chair, and member of various committees of APPNA, Chapter, and Alumni
- Served as Executive Director of APPNA Foundation and APPNA ST Chapter
- Organized, Chair, and raised funds for Education for All, HDF, Shoukat Khanum Memorial Hospital, 2008 Pakistan earthquake, and APPNA House Houston.
- Organizer and Participant of mobile clinic for Hurricane Katrina Victims and arranged free healthcare.
- Organized and raised funds for Hurricane Rita, Katrina, Islamic Relief, Helping Hands, Pakistan Kidney Institute, SIUT, Zindagi Trust, 1st Chair of Pakistan Studies in UT Austin.
- Organized and chair multiple community events and free health fairs.
- Renovated nephro-urology ward in Jinnah Post Graduate Medical Center.
- Awarded Multiple Congressional, and Mayor Appreciation Certificates for Community Services.

My vision is physician unity for medical, educational, and social issues. Listening to membership ideas, compiling ideas, and creating challenges to achieve goals. No to ethnicity, hate, and religious intolerance. I humbly request your trust and your vote.



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

Civic Engagement Committee



APPNA President Dr Sajid Choudhary organized APPNA Civic Engagement Committee (ACEC) to further his 2017 focus on community outreach through service during these trying times. APPNA Civic Engagement Committee is promoting following initiatives:

1- National Food Pantry Project:

ACEC is planning to support at least one food pantry in each state by the end of 2017 with assistance of local APPNA Chapters and component societies. APPNA will match the funds generated by local communities to a certain degree as well. Drs Habib Chotani and Rehan Khan are leading this initiative ACEC members.

2- Increasing awareness about drug abuse and addiction recovery

Due to epidemic of drug abuse and staggering death toll from drug overdoses, ACEC member Dr Maqsood Ahmad has put together a plan to involve APPNA chapters in increasing drug abuse awareness in their communities and to participate in addiction recovery programs.

3- Childhood Obesity education and breast cancer awareness

ACEC member Dr Lubna Naeem is leading this effort and is trying to expand to other communities.

4- Advanced directives and end of life discussion

ACEC has initiated this new project under the leadership of ACEC member Dr Lubna Naeem.

5- Free Dental Clinic in rural areas

ACEC member Dr Mohammad Arshad is spearheading this initiative and first free dental camp will be in Tensesse.

6- Serving food at Homeless shelters

ACEC member Dr Tabassum Saeed has initiated this project in Seattle and is looking for partners in other communities.

7- Free medical services to inner city clinic

Drs Kazim and Jamil Mohsin is spearheading this initiative and has already started providing services in few communities in New Jersey and Texas.

8- Charter of Compassion

ACEC is planning to involve members to start compassionate movements in their communities by encouraging city governments and local corporation to sign charter of compassion.

During summer meeting, ACEC is arranging a roundtable discussion to further ponder on the different ways of highlighting contributions of APPNA members in their individual communities.

ACEC hope that APPNA chapters and component societies will take ownership in above initiatives and will utilize these projects as tools to reach out to fellow citizens.

Respectfully submitted by,
Muhammad Babar Cheema
Chair Civic Engagement Committee

VOTE FOR

✓ CREDIBILITY ✓ TRANSPARENCY ✓ EXCELLENCE



Sajid Mehmood MD
FOR APPNA
TREASURER 2018

Service to APPNA & Community

- Chair, APPNA Free Clinics Committee 2017.
- President PDPS 2016, the largest chapter of APPNA.
- Co-Chair APPNA Scholarship committee 2013.
- Member BOT of PDPS 2013
- Treasurer DOGANA 2012, the largest Alumnus of APPNA.
- Co-Chair Host & Publication Committees of DOGANA Retreat 2011
- Served on Finance & Other committees DOGANA & PDPS.
- Assisted Rotary International in efforts to prevent polio in Pakistan.
- Arranged APPNA National Healthcare Day in collaboration with local chapter.
- Participated in Advocacy efforts for issues related to young physicians.
- Arranged various educational events related to latest Medical advancements & Research.

“Leaving No One Behind”

Lubna Naeem, M.D., for APPNA Treasurer

Physician Advocate for Responsible Use of Expertise and Influence to Advance Wellbeing of Communities

Leadership Awards and Community Service:

- President of National APPNA Fall Meeting 2016 Host Chapter with Record fundraising tied to Mobile Health Clinic
- Presidential Award for Outstanding Volunteer Services and Recognition from U.S. Surgeon General & Hillary Clinton for APPNA Childhood Obesity Awareness Campaign
- Chairperson APPNA Women and Children Affair Committee (Childhood Obesity, Breast Cancer and End of Life Care Awareness)
- Leadership Award for Outstanding Performance in Health Disparities Collaboratives (South Texas)
- Chairperson for CME DOGANA 2015 and APPNA Fall Meeting 2016
- Member Legislative Committee, APPNA Advocacy/Bexar County Medical Society/Texas Medical Association
- Young Physician Advocate: placement for residency, extern/internship & accommodation
- Author of text book chapter “Science of Aging,” publications and posters



“I am eager to serve the members of this great medical society and ask for your support.”
- Lubna Naeem, M.D.

www.facebook.com/lubsakki1



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

APPNA MERIT



Medical Education in Pakistan- APPNA MERIT vision for the next decade

Building on the success of the last decade, we have a vision to invigorate the training of physicians in the Pakistan. By coaching the physicians of tomorrow, we can bring about a change in how clinical care is delivered, how future generations will be trained and the way Research will be done in Pakistan. This can be achieved with specialty-based focus and collaborating with other APPNA initiatives and committees like RESA and specialty networks.

We would like to share our progress in chalking out a road map for the future and how you can help. On behalf of MERIT we had a detailed visit to brainstorm our vision and find the right partners in health care leadership in Pakistan. Shahid Rafiq MD, Chair MERIT and Danish Bhatti MD, Co-Chair MERIT Neurology met with leadership of Pakistan Society of Neurology (PSN) at

the annual Neurology conference in Lahore including Prof. Arsalan Ahmad, President of the society and many Executive council members. Discussions on collaborations in Neuroscience had a major focus on Education and training in Neurology. We reviewed the modern teaching methodology of blended learning – the hybrid model of interactive online distance learning and face-to-face teaching with a program of visiting faculty from USA under a curricular structure. We also explored observer ship/externship rotations of 3-6 months for the trainees from Pakistan with-in USA that can add highly valuable experience and enhance clinical care and research in Pakistan. These ideas were further explored in various settings including Neurology workshop in Benazir Bhutto hospital, Rawalpindi by Shahid Rafiq and 2-day teaching clinic on Movement disorders by Danish Bhatti in Shifa International Hospital, Islamabad. Another meeting took place in Pakistan Institute of Medical Science (PIMS) with the PSN leadership including president of Pakistan Stroke Society (PSS) and Head of Neurology at PIMS, Mazhar Badshah.

This vision was shared with Leadership of Pakistan International Neuroscience Society (PINS) during the annual neurology meeting in Boston. APPNA MERIT will collaborate with the education committee of PINS on Neurology Education projects in Pakistan. As a first pilot project Danish Bhatti is working with PSN and Movement Disorder Society of Pakistan (MDSP) under their leadership in developing a Movement Disorder course for Neurology residents in Pakistan using Blended learning. This will be a national course, vetted and owned by PSN and MDSP under full direction of Movement Disorders Faculty in USA. This will be a pilot project to explore possibilities of similar educational programs not only in Neurology but other specialties for Pakistan and has a potential to change the face of education.

Drs. Shahid Rafiq and Danish Bhatti vis also held meetings with the Surgeon General/ DGMS General Asif Sukhera at armed forces medical services in Rawalpindi and learned that they have signed an MOU with university of Birmingham for similar collaborations outside neurology. They appreciated APPNA's efforts and for reaching out to uplift for medical services in Pakistan. Our plan is to explore a similar MOU with APPNA MERIT program. Again a hybrid of digital distance learning and hands on training ideas were discussed and agreed upon. Dr. Shahid Rafiq had a follow-up meeting with assistant surgeon General/ DDMS Maj General Khawar Rehman, who agreed on visiting faculty program and promised to provide assistance to MERIT members in Rawalpindi region. In addition the IT facilitation for digital distance learning will be provided.

Shahid Rafiq visited the Neurology program in Army Medical College at Military Hospital with Brigadier Waseem Alamgir HOD of Neurology program and the Armed Forces Institute of Bone Marrow Transplant (AFIBMT) with Colonel Mehreen Gull. In addition to the tour of facility, a meeting was held with the head of AFIBMT, General Asif Satti and Head of AFIP. This is the first and largest state of the art center in the Pakistan. Col Mehreen has had an opportunity of three months rotation in MD Anderson and feels that more options like these for her and other colleagues will help fine-tune this center of excellence. Again the common theme of hybrid model of distance learning through digital media and the hands on workshop emerged as the best cost effective strategy.

Among other efforts, we had a video conference meeting with College of Physicians and Surgeons of Pakistan (CPSP) leadership including Senior Vice President Dr. Khalid Gondal, Vice President Dr. Mehmood Ayaz and Council member Dr. Abrar Ashraf. We gained much insight into fellowships and training programs in Pakistan that could be an exploration down the road, however will require a lot of teamwork and strong close collaboration. We are also exploring Stroke education in Pakistan starting with building the coalition of interested and respective physicians and working with PSS. One aspect of this will be PSN collaboration to identify potential tertiary care centers to establish the Stroke Units. We also met with the Leadership of Higher Education Commission (HEC) of Pakistan and newly formed National University of Medical Sciences (NUMS). Both institutions have a very optimistic forward looking vision for the next decade and seem very excited to work with APPNA MERIT on Medical Education in Pakistan.

The Child Psychiatry certification for adult psychiatrist in Pakistan will start on-line in July under program director and APPNA MERIT co chair, Waqar Azeem MD. Neurology and child psychiatry are piloting what will become a specialty-focused partnership between educators in US and Pakistan to enhance medical education and health care in Pakistan in next decade. We hope to soon bring in more specialties one by one over the next few years. While the weekly lecture on Monday morning in Pakistan will continue this year, it eventually will be replaced with more impactful specialty focused programs on-line.

APPNA MERIT is organizing a special symposium, "Spot light on Medical Education in Pakistan" with a panel of education Leaders from Pakistan including Gen Imran Majeed Vice chancellor of NUMS. We will be working closely with thought leaders to finalize the vision and direction of APPNA MERIT with special focus on sub-specialty education initiatives for the next decade during APPNA summer convention in Orlando. We need and request your help and input. Please attend the MERIT symposium as detailed in the program. We welcome all specialty leaders to contact us so that the initial steps taken for Neurology and Child Psychiatry can be replicated and made even better with your input.

Shahid Rafiq, MD
Chair APPNA MERIT

The Resource & Development Committee



As an honored member and CO-Chair of the Resource & Development Committee, our focus has been on outreach and partnership worldwide.

Having a presence with the American Heart Association, with specific attention to the "Ladies in Red" movement, has helped develop further resources in educating the women of our nation on the signs and symptoms of heart disease, and the preventable measures they can take to save their lives.

The greatest honor this year has been partnering with the United Nations Children's Fund. Formulating a plan to collaborate with this world-renowned organization has taken our efforts to the next level in resource development. This partnership is working through fundraising,

advocacy and education to provide health care, immunizations, clean water and sanitation, nutrition, education, emergency relief and more. UNICEF and Patient Benefit Foundation will be hosting a fundraising event in honor of the late philanthropist, Roger Moore to further these efforts.

Thank you,
Mubashir Chaudhry, MD
Co-Chair The Resource & Development Committee



APPNA Long Range Planning Committee



The following are the members of the committee:

Dr. Mohammad Suleman Chair, Dr. Sajid Chaudhary, Dr. Iqbal Zafar Hamid, Dr. M. Nasar Qureshi, Dr. Abdul Rashid Piracha, Dr. Mahmood Alam and Dr. Imtiaz Arain.

This year the only meeting was held on April 6, 2017 at 8:30 pm at the request of the President to consider the contract between Houston Group and APPNA for the benefit of the APPNA members and the community at large. The meeting was successful in passing the resolution unanimously to proceed with implementation of the contract after cleared by the legal counsel. As stated the minutes were not recorded and were only written by the chair.

Meeting was called to order at 8:35 pm when quorum was present.

Dr. Sajid Chaudhry presented the MOU and the process it took to come to final document which was sent to LRPC for their consideration. This meeting was not recorded. He gave a detailed account of how the whole process got started and his visit to Houston with chair of the board of trustees Dr Mufiz Chauhan. Both parties have shown interest in serving the Pakistani community and coordinating the efforts together. He also mention Dr. Asaf Riyaz Qadeer effort in coordinating the project. Main benefit to APPNA was financial help to carry out their social projects with the Houston Group getting access to the Pakistani physician with different products available for the benefit of the members.

Questions were raised in the meeting for LRPC's involvement at this stage and APPNA members information given out to the Houston group. Dr. Nasar Qureshi agreed in principle with the concept and stated to have with the APPNA executive to discuss and implement the MOU. He questioned the process of approval and consideration by LRPC.

Dr. Imtiaz Arain also agreed in principle with concept and stated to have the executive committee to work on the project and make sure that all legal and other aspects are considered before signing the MOU.

Dr. Mahmood Alam and Dr. Rashid Piracha also echoed the same sentiments and agreed in principle with the concept and advised the president to proceed with the necessary steps to implement the MOU.

The motion was made by DR Nasar Qureshi to agree with the concept of the contents of the MOU with the Houston group and proceeding with the necessary steps for the implementation of Memorandum of understanding. The motion was seconded by Dr. Mahmood Alam. After small discussion the motion was approved unanimously.

Mohammad Suleman, MD
Chair Long Range Planning Committee

Adhoc Committee for Liaison w/ Other Professional Organization



With the first half of the year underway it has been a true pleasure and honor serving on the 2017 APPNA committees. As the Adhoc Committee for Liaison w/ Other Professional Organization, Chair there have been a multitude of outreach efforts on our behalf. In mirroring our mission of helping those in need, a partnership has been initiated with the president of the Pakistan Medical and Dental Council, Professor Dr. Shabbir Ahmed Lehri. This movements sole purpose is to increase availability and affordability for their patients. We have also formulated a plan to help 58 blind female students that attend Kinnaird College Women's University in Lahore through the resources made available to us by the American Foundation for the Blind. The focus of the AFB is to increase awareness and accessibility, and partnering with APPNA has done just that.

A robust relationship has been rooted in the Patient Benefit Foundation where they provide surgeries for patients in dire need, but being un insured and/or underinsured has left them unable to afford the surgical care they deserve. This often leaves them in a life-threatening emergency before surgery will be approved. PBF ensures that doesn't have to be the patients' reality any longer.

Due to the outreach we have formulated with the United Nations Children's Fund, they are ready to partner and collaborate by registering with the United Nations as soon as APPNA leadership gives permission to do so.

Discussions are underway with Southwest Airlines and United Airlines to collaborate with APPNA for discounted rates for physician travelers due to the great work we are doing worldwide.

Thank you,
Mubashir Chaudhry, MD
Chair Adhoc Committee for Liaison w/Other Professional Organization

APPNA Medical Corps



1. New Concept: Home First
Volunteer organizations exist that allow healthcare workers to volunteer their time and services abroad, however, there is a need for these programs in the United States. Home First is new volunteering concept highlighting health need in rural areas of the United States. Upon extensive research, including web-search from online data sets and phone calls to Rural Health Departments, we have defined medically underserved counties in several states who have low health scores. After traveling to these communities and identifying local areas of highest need, we will set up temporary clinics. Doctors and other health care works within each state will be contacted and given the opportunity to donate their time and/or services to organization of clinics in these rural areas.

Home First Timeline:

- August 2017 - Travel to counties in Mississippi, Louisiana, Arkansas, and California to collect data. Interview locals, as well as visit Rural Health Departments.
- Fall 2017 - Contact local Physicians and Health Care workers in designated communities who are interested in volunteering their time and/or services. Host first clinic sometime in Fall.

2. Possible trip to Nepal in Fall to follow up on our previous efforts and host a free medical camp in collaboration with Pakistan embassy and Rotary Club of Kathmandu.

Author: Dr. Babar Rao and Catherine Reilly



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

APPNA National Health Care Day



APPNA National Health Care Day 2017 Committee arranged teleconference Wednesday March 1, 2017, conducted face to face discussion during APPNA international trips, phone calls and e-mail communications with APPNA community.

The participants discussed the ideas, suggestions and recommendations along with their experiences how to make this event a success. Recommendations like media coverage, communications to APPNA community, food festival/fall activities, cricket games/sports, invitation to local/national congressman/senators/mayors were among many topics discussed. Almost all of the attendees agreed to hold health fair in their communities and list of some of them (more to add soon) is as below:

Saema Mirza	Birmingham, Alabama
Sohail Sarwar	North Carolina
Saad Usmani	Charlotte, North Carolina
Kamran Khan	Las Vegas, Nevada
Umar Farooq	Pennsylvania
Raza Khan	Canton, Ohio
Rizwan Naeem	New York
Lubna Naeem	Texas
Tabassam Saeed	Seattle, Washington
Asher Niazi	Georgia
Rizwan Khalid	Kansas/Missouri
Tasneem Chaudhary	Augusta, Georgia
Kazim Husain	Brownsville, Texas
Danish	St. Louis
Hibba Haider	Heartland Chapter - Kansas
Adnan Naseer	Memphis, TN
Bushra Dar	Minneapolis, MN
Iftikhar Husain	Tulsa, OK

Discussion and brief presentation in Croatia/Bosnia International Trip April 2017 generated interest of the participants to hold such events nationwide. Similar discussion will be held during APPNA Alaska Cruise trip July-August 2017 and face to face individual discussions during summer convention in Orlando, Florida. NHCD committee invites all APPNA community members nationwide to join on Saturday, October 7, 2017 to hold APPNA National Health Care Day. Remember 2017 is APPNA's 40th anniversary as well.

Feel free to contact Chair NHCD Ehtsham Haq at Ehtshamh@yahoo.com or 205 613 7013 for any questions or guidance throughout the country.

Ehtsham Haq, MD
Chair, NHCD 2017

Members NHCD 2017

Saema Mirza, MD	Kazim Husain, MD
Mina Khan, MD	Raza Khan, MD
Rabiya Zaman, MD	Tabassam Saeed, MD



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

The Art of Communication



This is the 40th year of APPNA's inception, an important milestone in the journey of an organization that represents over 15000 physicians of Pakistani descent in North America. We present crème de la crème of Pakistani expatriates in USA and the society looks up to us to lead in the matters of healthcare, civic responsibilities, and advocacy for pertinent causes. It is teamwork but often people feel that APPNA doesn't do enough. Having worked in the communication realm within APPNA, I am cognizant of the fact that this perception has to do with a lack of communication between APPNA leadership and members. Members go by hearsay and what they see on the surface, because very few have had a chance to attend a Council or general body meeting. Thus all the good deeds from the platform of APPNA are discounted or unnoticed.

Obviously, the missing link is the lack of communication between administration and members. The Art of communication has evolved and improved in APPNA over past many years. Communication Committee of APPNA sends electronic messages and updates in the form of e-blasts on a regular basis to more than 8000 physicians in our database. However on a given day, less than 30 % of these emails are read by the recipients. We can always make an excuse that physicians have limited time to read lengthy emails or keep up with plethora of happenings in life but no matter how you slice it, lack of interest may also be a reason here.

I want to take this opportunity to list various ways that one 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.

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

Rubina Inayat, MD
Chair, Communication Committee 2017

APPNA Nomination and Election Committee



NEC had its first teleconference in April. Nomination papers of the candidates were discussed and the final list was made available to the members. NEC will follow the election code of conduct and enforce it by the letter and spirit.

APPNA is paying a lot of money to the conduct the electronic election. NEC decided to ask for new bids. News bids found a company with significant savings. NEC unanimously decided to present that bid to the EC for approval to select this company.

NEC will meet all the candidates during the summer convention and will emphasize to the members and the candidates to follow the election code of conduct. Any violation will result in a fine or disqualification.

NEC will hold the Election debate for APPNA 2017 Election on Saturday July 8 at the summer meeting.

Farooq A. Mirza, MD
Chairman, N&E Committee (NEC)



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

APPNA Office Management Committee



The OMC conducted its meeting via teleconference with APPNA President Dr. Sajid Chaudhary, APPNA Director of Operations Jennifer Wozniak-Watson, JD, and Office committee members to review office matters and develop strategies to ensure that the central office run as smoothly and efficiently as possible and also to oversee that the office meets the needs of the membership, committees, component societies, Executive Committee (EC) and Board of Trustees (BOT).

Membership: APPNA office has been processing membership renewals and new memberships in all categories since the beginning of the calendar year.

Meetings: APPNA office has worked on and has completed the Strategic Planning Meeting held on January 28, 2017 in collaboration with APPNA Florida Chapter in Orlando Florida, International meeting to Croatia and Bosnia from April 7-16, 2017, Spring meeting held March 24-26 2017 in Philadelphia, PA. Office is currently working on the upcoming Summer convention which will be held from July 5-9, 2017 Orlando Florida, the Alaska Cruise taking place from July 27- August 4, 2017 and the Fall meeting taking place from October 26-29 in Cincinnati, OH. The APPNA office facilitates payments, contract reviews, meeting set-up, publication and registration and answers all questions from the membership and meeting-committees related to the meetings. Office staff also attends the spring, summer and fall meetings to work on site.

Financials: APPNA office continues to work with accounting firm of Scanlon and Leo. Accountant Michael Kelsey; works with APPNA Treasurer and APPNA staff to complete the financial obligations of the state and federal government. Office continues to work with the outside auditing firm;(under a multi-year contract which began in 2016), of Ostrow, Reisin, Berk & Abrams (ORBA) to complete the tax filing and required audit for APPNA and APPNA Foundation. The audit was being worked on at press time under the IRS approved filing extension. APPNA continues to facilitate the reporting and transfer of funds received for the donated projects of 2017 and works with all of the affected committees to ensure the funds are sent properly as designated by the donors. APPNA also works with Hank Bashore of Stephens, Inc. Private Client Group to invest the lifetime, alumni scholarship and continuing medical education (CME) funds.

CME:APPNA was formerly accredited through the ACCME - The Accreditation Council for Continuing Medical Education. The current certification did expire and APPNA is in the process of reaccreditation for another multiple-year standing. APPNA is currently accredited through a partnership with Amedco and will continue to do so for all meetings where CME hours are offered until and unless the current status changes.

Respectfully submitted,
Samina Hijab, MD,
Chair Office Management Committee 2017

Co-Chair:
Amin Nadeem, MD
Advisor:
Imtiaz Arian, MD
Members:
Hasina Javed, MD
Rahat Sheikh, MD
Irfan Mirza, MD
Maleeha Ahsan, MD



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

APPNA Scholarship Committee



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. As a result all the matching funds have been received and al-

located according to the wishes of the donor.

These funds are being invested in the dedicated APPNA Scholarship Endowment Account with sub-accounts for each alumni, according to the APPNA Finance Committee Guidelines. The investment is being managed by Stephens Inc., a member of New York Stock Exchange, under the close supervision of Hank Bashore who has been diligently managing APPNA Accounts for over 25 years. The total value of funds in the APPNA Scholarship Endowment Accounts with Stephens are \$2,257,318.63 as of May 31, 2017.

The following is a breakdown of total funds as of May 31, 2017:

Nishtar Medical College:	\$1,066,120.24
King Edward Medical University:	\$543,184.86
Jinnah Sindh Medical University:	\$211,631.81
Quaid-I-Azam Medical College:	\$155,331.55
Rawalpindi Medical College:	\$136,061.23
Fatima Jinnah Medical College:	\$90,044.75
Khyber Medical College:	\$34,560.62
Bolan Medical College:	\$20,383.57
Total Funds Invested:	\$2,257,318.63

As you can see below we sent the second distribution to the respective Alumni to award the scholarships to the deserving students at participating medical colleges 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.

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



APPNA Committee on Young Physicians (CYP)



This year's CYP has sixteen members including chair (Dr. Iqbal) and co-chairs (Drs. Aized, Faheem, Khan, and Nadeem). CYP has laid out multiple projects for this year. One or more CYP members are leading each project. Dr. Faheem led 'Residency Match Assistance' project. A list of unmatched residency programs from 2011-2016 was compiled and posted on our website. A team of CYP members remained active during the match week from March 13-17, 2017. Dr. Khan is organizing 'Young Physicians Coaching Teleconferences' on monthly basis. So far, five teleconferences have been held. A speaker was invited during each teleconference, followed by question-answer session. Dr. Faheem posted summary of each teleconference on our Facebook page.

A 'Visa Issues Task Force' has been formulated under Dr. Iqbal. A 'multi-prong approach' has adopted mount pressure at the administrative, legislative, and media levels. Each task is taken care of by 1-2 CYP members. An online data collection system has been created at www.appna.org under 'visa issues helpline'. The work is being done in daily collaboration with Advocacy and Legislative Affairs Committee. Below is an outline of the approved tasks:

- Constant communication with State Department Visa Representative since January of this year;
- Petition created by Dr. Naveed and signed by 1,755 APPNA members. It was sent to Secretary of State and State Department visa officials;
- Letters of support have been requested from Congressmen in different states with the help of APPNA members;
- ECFMG, and U.S. Embassy in Pakistan have been contacted;
- The program directors are being contacted (after permission) so as to buy more time for the young physicians;
- Media support has been obtained by editing articles (Dr. Majeed) about this issue in Pakistani English newspapers as well as U.S. Media;
- A NYC based expert immigration attorney; concentrating in J-1 and B1/B2 visa refusals, held two different webinars. Individual questions were answered;
- We have raised donations for "J-1 visa interview preparation" to supplement experienced, immigration attorneys for their free- of- cost assistance to those young physicians with denials;
- Visa updates are being posted few times a week on CYP Facebook page;
- The entire CYP team is working on volunteer basis without any funding from APPNA.

Two different CYP seminars are being planned during APPNA Summer convention July 5-9th, 2017 in Orlando, Florida. Dr. Latif will lead the research seminar. It'll include oral and poster presentations. Honoraria will be provided to the presenters. Drs. Waheed and Nadeem will lead coaching seminar. It will be a 2 hour session and include lectures followed by a question-answer session.

Dr. A. Khan leads the online web-based system for observorships, externships, and research. Drs. Malhi and Iqbal monitor APPNA NY house. Our Facebook page is very active with over 7,000 members. Different CYP members are managing it. CYP Website: (www.cyponline.net) will be revised by Dr. T. Khan.

Sincerely,
Shahzad Iqbal, MD
Chair, CYP 2017



Same Halwa, Different Perspective: rediscovering the American Muslim identity



We sat there tapping our fingers on the table, waiting for my mom to bring the food. Oily thin bread with spicy choley, savory aloo sabzi and tangy yogurt, with your hands as the utensil, followed up with milky chai: the dream for so many desi immigrants' breakfast. This was a luxury for us as we didn't live near Tahoorra in Chicago. Devon ave is an oasis in a land without adequate desi food, an oasis we travel by plane and hours-long car rides to visit. I had made the journey many times before, but finally saw where a place like Tahoorra actually resides in the American story.

Lodged in between clothing and carpet stores, Tahoorra is the epitome of Desi cuisine, particularly sweets and snacks. Their green box is emblematic of fine quality at any celebration. However, its Chicago restaurant also serves a microcosm of what the American Muslim community actually is and should continue to aspire to be. Within a one-level restaurant space, my eyes immediately went to the Top Gun-fronting gentleman with sunglasses and a mohawk. He was sitting amongst his family, a female relative with tight apple-bottom jeans and sweater mid-rift, surrounded by family with hijabs, non-hijabs, traditional beards and no beards, traditional wear and jeans and long-sleeved shirts. The table to the right of them in the corner hosted a huge group of friends, co-ed and a solo hijabi amongst flowing black hair. They were all laughing, enjoying their brunch. I scanned the room behind me and saw a group of young girls all wearing black-hijabs, while eating and Facetiming with their friend who woke up late and really wanted Dunkin Donuts. The table right next to me had a smaller nuclear family, with the middle-aged dad in a tight muscle shirt and chunky vest to stay warm, with his elegant wife waiting on him to bring food, as their son spent the time surfing on his phone. The last scene was a family waiting at the entrance, waiting for other family members to clean up. The mom was in a traditional shalwar kameez, surrounded by grandchildren with bright pink coats, blue-colored leopard print leggings and ugs. If you could imagine an entire cultural spectrum, it was all there in a one-level Desi restaurant; correction, American Desi restaurant. And the most striking aspect? they were just eating. It was like any other day, any other restaurant. This was the American dream at its finest: liberals and conservatives peacefully dining in the same location, tolerant of different interpretations of religion and the spectrum of cultural expression, while contributing to the local economy and promoting a business venture.

This is the American Muslim community that I know and have known my whole life. This is what the Muslim American looks like. Like you, like me. They are not the enemy and they are not the "Other." This past election cycle has been fraught with many typical but divisive issues, such as what does it mean to be American and labeling the "Other." I used to think that being an American was about where you born, but later learned that it was not a location, but an ideal. America was and is that beacon of hope and peace valued by the innumerable immigrants she has welcomed upon her shores. Many of those immigrants were my parents, your parents, your family. The Statue of Liberty embodies that beacon, herself an immigrant from France, as a symbol of international friendship. Our recurring problem is how welcoming are we of those that do not look like us? How long will we deny that we are a nation of immigrants? We are the great experiment that conquered native lands, built by ethnic blood and prospered by their generations' hard work. Our history is soiled but our future is hopeful; hopeful for more places like Tahoorra. Hopeful that we will remember what America actually is, and understand that "American" is always hyphenated by whatever flavor you bring to the table. What's yours?

To get more involved in civic engagement, please reach out to the HOPE committee at: mariumhn@gmail.com or humeraaqamar@aol.com

Marium Husain, MD, MPH



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

EVENT SCHEDULE

Wednesday, July 5 - Sunday, July 9, 2017

Please download the APPNA App from
Apple iOS and Google Play Store.

WEDNESDAY, JULY 5, 2017

TIME	EVENT	ROOM NAME
1:00 PM - 6:00 PM	Exhibitors Move-in	Gatlin CDE
1:00 PM - 7:00 PM	Exhibit Registration	Gatlin 2 Registration
3:00 PM - 10:00 PM	Registration	Gatlin 1 Registration
6:00 PM	Inauguration Ceremony	Rotunda
7:00 PM	Chapter Night - APPNA Idol & Ghazal Night	Gatlin B
6:00 AM - 11:00 PM	Prayer Room	Suwanee 20/21
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Gatlin Foyer

THURSDAY, JULY 6, 2017

TIME	EVENT	ROOM NAME
6:00 AM - 11:00 PM	Prayer Room	Suwanee 20/21
7:00 AM - 10:00 PM	Registration	Gatlin 1 Registration
7:00 AM	CME Breakfast	Gatlin B
7:00 PM - 12:30 AM	DOW Class of 1992 Re-Union	Gatlin B
7:30 AM - 11:30 AM	CME	Gatlin B
8:00 AM - 7:00 PM	Exhibit Show Office	Gatlin 2 Registration
9:00 AM - 6:00 PM	Bazaar	Gatlin CDE
1:00 PM - 5:00 PM	Pakistani Consulate Convention Office	Wekiwa 10
10:30 AM	CME Coffee Break	Gatlin B
11:30 AM	CME Lunch	Gatlin B
11:00 AM - 5:00 PM	Food Court	Gatlin CDE
12:30 PM - 2:00 PM	MERIT (Spotlight on Medical Education in Pakistan)	Gatlin B
2:00 PM - 5:00 PM	Council Meeting	Gatlin B
2:00 PM - 5:00 PM	Youth Debate (Civil/Human rights of minorities)	Wekiwa 3/4/5
	"The greater good of the majority justifies compromising the rights of the minority."	Suwanee 13/14
6:00 PM - 1:00 AM	Childcare	Suwanee 13/14
6:30 PM	Alliance Meeting & Dinner Program	Sebastian Ballroom
9:30 PM	Alliance Fashion Show & Stand-up Comedy by Moe Amer	Sebastian Ballroom
10:00 PM	Mushaira	Gatlin B
10:00 PM - 1:00 AM	Late Night Food Concession Stands	Gatlin Foyer

FRIDAY, JULY 7, 2017

TIME	EVENT	ROOM NAME
6:00 AM - 11:00 PM	Prayer Room	Suwanee 20/21
7:00 AM - 10:00 PM	Registration	Gatlin 1 Registration
7:00 AM	CME Breakfast	Gatlin B
7:00 AM	Golf (Magnolia Golf Club) Departure at 7:00 AM	
	Magnolia Golf Club (Depart from Convention Center)	
8:00 AM - 12:00 PM	CME	Gatlin B
8:00 AM - 7:00 PM	Exhibit Show Office	Gatlin 2 Registration
9:00 AM - 6:00 PM	Bazaar	Gatlin CDE
9:30 AM - 11:00 AM	Home Land Security: Friend or Foe	Suwanee 11/12
9:00 AM - 5:00 PM	Pakistani Consulate Convention Office	Wekiwa 10
10:00 AM - 1:00 PM	Youth Debate	Wekiwa 3/4/5
	"The greater good of the majority justifies compromising the rights of the minority."	
10:00 AM - 11:30 AM	Seminar: Guide to setting up APPNA Free Clinic	Wekiwa 9
10:15 AM	CME Coffee Break	Gatlin B
11:30 AM - 1:00 PM	Alliance GB Meeting	Wekiwa 7
11:30 AM - 1:00 PM	DOGANA GB Meeting	Wekiwa 9
11:30 AM - 1:00 PM	KEMCAANA GB Meeting	Wekiwa 6
11:30 AM - 1:00 PM	JSMU GB Meeting	Wekiwa 8
11:00 AM - 12:30 PM	WAPPNA Meeting	Suwanee 11/12
11:00 AM - 5:00 PM	Food Court	Gatlin CDE
12:00 PM	CME Lunch	Gatlin B
1:00 PM - 2:00 PM	Jumaa Prayer	Penzacola H
2:00 PM - 3:30 PM	Issues facing Singles regarding Marriage	Wekiwa 6
2:30 PM - 4:30 PM	Alumni Social Forum "Can compassion heal our world"	Gatlin B
2:30 PM - 4:30 PM	Young Physicians Coaching Seminar	Suwanee 11/12
2:30 PM - 4:30 PM	SAYA Program (SAYA got Talent)	Wekiwa 3/4/5
5:00 PM - 11:00 PM	SAYA Dinner & Entertainment	Off site
	(The Groove - The Universal City walk) departure from Convention Center	
6:00 PM - 1:00 AM	Childcare/Baby sitting	Suwanee 13/14/15
6:00 PM - 10:00 PM	Alumni Dinners	
6:00 PM - 9:00 PM	Aga Khan	Gatlin A 3/4
6:00 PM - 9:00 PM	Allama Iqbal	Butler Room
6:00 PM - 9:00 PM	DOW	Gatlin B
6:00 PM - 9:00 PM	Fatima Jinnah	Penzacola H 4
6:00 PM - 9:00 PM	Khyber	Penzacola F 3/4
6:00 PM - 9:00 PM	King Edward	Penzacola G1 F1/2
6:00 PM - 9:00 PM	Liaquat	Suwanee 11/12
6:00 PM - 9:00 PM	Nishtar	Conway Room
6:00 PM - 9:00 PM	Punjab	Suwanee 18/19
6:00 PM - 9:00 PM	Quaid-e-Azam	Suwanee 16
6:00 PM - 9:00 PM	Rawalpindi	Penzacola H 1/3
6:00 PM - 9:00 PM	Jinnah Sindh	Gatlin A 1/2
6:00 PM - 9:00 PM	Caribbean / NAMA	Suwanee 17
6:00 PM - 9:00 PM	Dental	St. John 22/23
10:00 PM	A Concert by Ustad Rahat Fateh Ali Khan	Sebastian Ballroom
10:00 PM - 1:00 AM	Late Night Food Concession Stands	Sebastian Foyer



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

SATURDAY, JULY 8, 2017

TIME	EVENT	ROOM NAME
6:00 AM - 11:00 PM	Prayer Room	Suwannee 20/21
7:00 AM - 10:00 PM	Registration	Gatlin 1 Registration
7:00 AM	CME Breakfast	Gatlin B
8:00 AM - 11:45 AM	CME	Gatlin B
8:00 AM - 12:30 PM	UPF Breakfast Presentation	Penzacola F
8:00 AM - 7:00 PM	Exhibit Show Office	Gatlin 2 Registration
8:30 AM	Dental APPNA Breakfast	Suwannee 11/12
8:30 AM - 2:00 PM	Dental APPNA CE Meeting	Suwannee 11/12
8:30 PM	Prayer area (Maghrib)	Sebastian Foyer
9:00 AM - 6:00 PM	Bazaar	Gatlin CDE
9:00 AM - 10:30 AM	Speciality Networks Meeting	Wekiwa 9
9:00 AM - 5:00 PM	Pakistani Consulate Convention Office	Wekiwa 10
10:00 AM - 11:30 AM	Kissimmee, FL - A Showcase	Wekiwa 8
10:00 AM - 11:30 AM	Khyber GB Meeting	Gatlin A3
10:00 AM - 11:30 AM	2018 in the making A new beginning	Gatlin A4
10:30 AM - 12:30 PM	APPNA Pediatrics Meeting	Wekiwa 9
10:15 AM	CME Coffee Break	Gatlin B
11:00 AM - 1:00 PM	PALA (Pakistani American Lawyers Association)	Wekiwa 8
11:00 AM - 2:00 PM	SAYA Program	Wekiwa 3/4/5
11:00 AM - 5:00 PM	Food Court	Gatlin CDE
12:00 PM	Dental APPNA Lunch	Suwannee 11/12
12:00 PM - 2:00 PM	CYP- Research Seminar	Gatlin A1
12:00 PM - 1:30 PM	APPNA Heartland Chapter Seminar on Islamic Loans	Wekiwa 7
12:00 PM -2:00 PM	Hematology - Oncology Chapter Meeting	Wekiwa 2
12:00 PM - 1:30 PM	APCNA Lunch meeting	Gatlin A 2
12:00 PM - 1:30 PM	KEMCAANA Class of 70' reunion	Gatlin A3
12:30 PM - 2:00 PM	APPNA's Compassionate Journey	Wekiwa 1
2:00 PM - 3:00 PM	Emgage - Power through participation	Wekiwa 7
2:00 PM - 4:00 PM	APPNA General Body Meeting	Gatlin B
4:00 PM - 5:00 PM	Candidates' Debate	Gatlin B
6:00 PM - 1:00 AM	Childcare/Baby sitting	Suwannee 11/12/13/14
6:00 PM	APPNA Banquet Dinner & Entertainment by Atif Aslam	Sebastian Ballroom
8:00 PM - 12:00 AM	CAPPNA DJ Night	Gatlin B
10:00 PM - 1:00 AM	Late Night Food Concession Stands	Sebastian Foyer

SUNDAY, JULY 9, 2017

TIME	EVENT	ROOM NAME
8:00 AM - 1:00 PM	Zaytuna Breakfast	Gatlin A 1/2
8:00 AM - 11:00 AM	Brunch (Halwa - Puri)	Gatlin CDE
8:00 AM - 12:00 PM	Bazaar	Gatlin CDE
8:00 AM - 12:00 PM	Food Court	Gatlin CDE

Cultural Diversity: Why we should respect other cultures:



With approximately 190 countries and 7 billion people on Earth, it is not hard to imagine that many diverse cultures exist. Here in the U.S., our cultural landscape has been shaped by Native Americans and by African, Latin American, Polynesian, Asian and Middle Eastern countries. This is the reason that the term "melting pot" fits our country, as different cultures have contributed distinct flavors.

Like many others, I came to this country when I was young, in my case in my 20s. While we adapted with most cultural norms here in the U.S., some of us have kept a few from our origin, and this has been the beauty of this country – it lets you assimilate easily in its culture, while keeping your distinct identity. To me, cultural diversity means merging different cultures; introducing good aspects of your culture to others, but also accepting the positives of a new culture.

Culture shapes our identity and influences our behaviors, and cultural diversity makes us accept, and even to some extent integrate and assimilate, with other cultures. Cultural Diversity has become very important in today's world. Whether we work, or study, or even stay at home, our chances of interacting with people from various races, ethnic groups and cultures is far greater now than it has been ever before. By learning about people of different cultural backgrounds, we can increase our horizons, have better interpersonal dialogue and communicate more at a personal level. If you put aside any prejudices or biases you might have and you are open to other people, it can help prepare you to listen, talk and learn about other people and their cultures.

One of the most important first steps people can take to learn about other cultures is to simply accept that there are many different cultures other than their own. We need to start thinking about the positives of different cultures and how surrounding ourselves with diverse groups of people can enrich our life. Sometimes a person might not know very much about geography or history but by mingling and mixing with people from other cultures, they are given the opportunity to possibly learn about the geography, religion and customs of different countries. Being open to learning about different cultures also can encourage people to have diverse friend groups that include people of all different races, ethnicities, religions and sexual orientations.

For those who want to learn about other cultures, but do not know where to start, a great place to start is picking up a book and reading about the cultures that interest them, or doing research online from reputable sites. The best way to learn, though, is through face-to-face interaction with a person of the culture you would like to learn more about. Most of enjoy one aspect of cultural diversity, which is enjoying food from different cultures and regions, and this can also be a good way to start learning about new cultures.

Diversity is not only important for adults but children should be learning about different cultures too, especially those who live in diverse cities such as Houston, Dallas, Los Angeles, New York, Chicago or Miami. It is extremely important for adults to teach kids to be accepting of different cultures because if children are not taught, then they become more close minded. This can lead to issues at school and even lead to bullying. Kids are still forming opinions so it is essential that they are taught to be accepting while they are young. Parents or family members need to sit down and talk with children as well as present them with easy to understand data, and talk about the importance of cultural diversity. For example, if you live in Houston like I do, you can visit the website for the recently created Office of New Americans and find lots of facts about the diversity in Houston and present that to your child. If you are able to explain the importance of diversity to children and show them how diverse the world is, you can help them to be more open minded toward people of different cultural backgrounds.

In today's world if we all are able to respect and know about other cultures, and respect their values and belief, life would be easier for most of us, and we can learn a lot of good things from each other. I know that I have learned a lot in this process, and I continue to learn each and every day.

Dr. Asim Shah, is professor and vice chair for Community Psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine.



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

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 Summer Convention. This is a special year for AIMCAANA as we will be 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.

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. The meeting was attended by 25 Iqbalians 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. Although the initial scare of a travel ban was averted by our strong judicial system, there is certainly a shift in US policy that is making non-immigrant visas difficult to get for Pakistani citizens. There has been 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.

We will be starting an immigration fee support scheme for young Iqbalians seeking graduate medical education (GME) in the US. We are also expanding the IQBAL loan scheme, by increasing number of recipients. We will be establishing an annual AIMCAANA Research Award for Iqbalians in US residencies and fellowships that will help bolster their academic careers.

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.

Yours sincerely,

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



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

FJMCAANA

Fatima Jinnah Medical College Alumni Association of North America



I am honored and humbled to serve as the president of the FJ Alumni Association for 2017. I am committed to leading the Alumni Association to another level. I would also like to thank our predecessors who have guided this association and made great strides in organizing FJMCAA. The previous Executive Council members have made impressive progress; membership has grown, our tax-exempt status has been reinstated to 501(c)(3) status which allows our holdings to be tax-free, a website and Facebook page has been established and we have started contributing towards the APPNA scholarship fund.

FJMCAA is a relatively small association with a limited number of active members. As we look towards the future, the new Executive Council will continue working towards the goals set forth by our predecessors. We will continue working on improving our membership, defining a clear mission for our alumni body, and becoming more organized in the USA. We also hope to collaborate further with FJMU and APPNA on its various platforms.

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 have contributed 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 \$3000 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.

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. Thank you for being a part of this movement.

Best Regards,

Shagufta Jabeen
President FJMCAANA



KMCAANA

Khyber Medical College Alumni Association of North America



Khyber Medical College Alumni Association of North America (KMCAANA) is one of the oldest alumni component of APPNA. It represents the graduates of Khyber Medical college in North America. Khyber Medical college is located in the historical city of Peshawar, the capital of Khyber Pukhtunkhwa. Khyber Medical College was established in 1954 with its first class graduating in 1960.

Khyber Medical College graduates have served in different fields of medicine all over the world and are known for their contribution to the society as physician leaders. Graduates of Khyber Medical College were among the founders of APPNA. Many of our graduates have served at the highest levels in APPNA and are credited with pioneering land mark APPNA initiatives.

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 engagement with Khyber Medical College (KMC) administration and faculty has continued and has become stronger with time.

KMCAANA also represents graduates of Ayub Medical College, Abbottabad, KPK, who are currently practicing in USA.

Our ongoing KMC and completed KMCAANA projects include:

- We now support 22 deserving KMC students for an annual scholarship of Rs. 45,000 each.
- Establishment of an \$80,000 endowment fund. The dividends to be used solely for sponsoring need based scholarships at KMC.
- KMCAANA has an additional \$30,000 as an endowment fund with APPNA. Dividends from this fund shall support two KMC students.
- A well-equipped BLS (Basic Life Support) and first aid lab was established at KMC benefiting medical students, faculty and other first responders including police and ambulance staff.
- BLS certificate is now mandated for all 4th year medical students at KMC and all house officers at the attached Khyber Teaching Hospital as a result of KMCAANA initiative.
- Additional equipment (4 new Mannequins) for the BLS lab were donated to the lab in 2016.
- Young Khyberian Physicians: Our young Khyberian Committee is busy guiding 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 need of financial help while waiting to start their residency training. Two KMC graduates have been sponsored so far.
- In coordination with APPNA SWDRC, members of KMCAANA are actively sponsoring a cornea transplant program. So far 14 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. Our goal is to sponsor 20 such surgeries during the next 3 months.
- ACPNA funded pacemaker bank at Lady Reading Hospital, Peshawar, providing free pacemakers to deserving patients
- The Khyber Medical College-University of Toledo visiting professor program sponsors one KMC faculty member to work in research for three months at the University of Toledo.
- With Dr. S. Amjad Hussain's personal efforts, a University of Toledo- KMC alliance has been created whereby 2 KMC medical students perform clinical electives at the University of Toledo during Summer months.
- Establishment of KMCAANA office at KMC and appointment of a KMCAANA representative in KMC.



Our future Goals:

- Raise another \$100,000.00 from our donors for the Khyber-APPNA scholarship endowment fund. This will go a long way to support our scholarship program.
- To increase our need based student scholarships to 25 each year.
- Obtain AHA accreditation for the BLS lab at KMC
- Add ACLS capabilities to the BLS lab
- Develop a working relationship with Khyber Teaching hospital academic program
- Establishment of visiting professor lecture and video conferencing lectures series.
- A Khyber Medical College retreat in 2018.

Continuing our strong bond with Central APPNA, many of our alumni are serving on several APPNA committees. Our friendship and teamwork with other chapters and alumni associations continue to grow. KMCAANA thanks our APPNA friends who have always come forward with open arms to support our projects.

Respectfully submitted,

Humaira Ali, MD President KMCAANA KMC 1988, Family Practice Toronto, Canada	Rashid Hanif, MD Secretary KMC 1985 Gastroenterology Hagerstown, MD	Dr. Tufail Ijaz, MD, Treasurer KMC 1994, Endocrinology Columbus, Ohio	Sajjad Savul, MD, Immediate Past President KMC 1988, Occupational Medicine Philadelphia, PA
--	--	--	--

Members subcommittees:

Ejaz Khan, MD KMC, 1992, Cardiology
Shakil Ahmad, MD KMC, 1981, Anesthesiology
Abdali Jan, MD, KMC, 1994, Int. Medicine
Adnan Seljuki, MD, KMC, 1990 Int. Medicine
Taimur Anwar MD, KMC 1986, GynOb
Muhammad Taimur, MD, KMC 2008, Neurology

NANA

Nishtar Medical College Alumni Association of North America



Our Executive Committee has been busy working to streamline different projects for our University improving patient care and education.

Half of the funds are being raised by honorable people of Multan area.
We are buying C-ARM for GI department for ERCP
We are buying Video Bronchoscope and Pleuroscope for Pulmonary Department.
We are making an IT room for students, physicians to connect them with the Modern Universities so they can observe Modern technology and patient care from the best institutions of the World.
We are requesting it named after our Philanthropist graduate of first batch of 1956, Dr. Riazul-Haq Imami.

I like to thank all the Alumni who have made it happen. If I write all the names, it will be more than 2 pages.

Respectfully submitted,
Mohammad Javed Iqbal
President NANA



LUMSAANA

Liaquat University of Medical & Health Sciences Alumni Association of North America

LIAQUAT ALUMNI COMMUNITY AND SOCIAL WELFARE SERVICES

Liaquat University of Medical and Health Sciences (LUMHS), formerly known as Liaquat Medical College, is one of the five founding Alumni of APPNA. It came into existence in 1982 in Chicago and has since been one of the most active component societies of APPNA.

Since its inception, it has been actively involved in various community and social services. Many of its presidents have served on the Board of Trustees of APPNA, of which Dr. Imtiaz Arain is currently member. Dr. Murtaza Arain, the tenth president of APPNA (1988-89), provided space for an APPNA office free of cost for several years and has been involved in social services and humanitarian work. Dr. Afzal Arain has traveled extensively at his own expense and provided medical help in numerous countries that were affected by natural disasters. Thousands of handicapped individuals have benefited from his well-known wheelchair program, which is ongoing in collaboration with Rotary Club. Dr. Imtiaz Arain has been the backbone of the first APPNA clinic established in Chicago in 2008. This clinic, while providing medical care for the neediest, has also created an opportunity for externship for young physicians.

The 2005 earthquake in Pakistan was one of the worst natural disasters to hit our homeland. Liaquat Alumni members played a pivotal role in ongoing relief efforts. Drs. Murtaza and Afzal Arain provided on ground services during the earthquake relief efforts. Dr. Abdul Majeed was the main organizer for fundraising under the New York chapter, which helped to raise close to \$300,000. With these donations, Mansehra Rehab Center was adopted and funded for close to three years where the earthquake victims were rehabilitated.

In 2011, disastrous rains and floods affected rural Sindh where hundreds of thousands of people were displaced from their homes. Drs. Abdul Majeed and Khalid Memon raised close to \$70,000 for relief efforts under Social Welfare and Disaster Relief Committee (SWDRC) with the help of its Chair, Dr. Aisha Zafar. Half of these funds were spent for immediate relief by providing food, water, and shelter. With the other half, about 40 individuals affected by these floods were put to work by providing them with motorcycle rickshaws. Many of these individuals are still supporting their families through the use of these rickshaws. This project would not have been completed without the help of Dr. Saima Zafar, President of APPNA 2012.

In 2015, Liaquat Alumni President Dr. Abdul Majeed, with the help of Dr. Khalid Memon and many others, started the Clean Sweet Water Project for the drought-affected Tharparkar area of Sindh. We were able to raise over \$120,000 under SWDRC with the help of Dr. Aisha Zafar. These donations were used to provide clean, sweet drinking water to thousands of needy people in this region on a long-term basis. This work included laying down an 8-kilometer water pipeline and constructing 3 underground water



storage tanks, each with a capacity of 10,000 gallons, all in remote areas of Thar. Nearly 7,000 people are benefiting from this pipeline, which was inaugurated on December 22, 2015 by Dr. Mubasher Rana (President of APPNA), Dr. Abdul Majeed and Dr. Amjad Aziz, a Liaquat physician practicing in Hyderabad. This project also included installing 50 water pumps in different villages, mainly in Taulka Diplo (District Mithi) where the underground water is undrinkable.

This year (2016-17) with the Grace of Allah SWT, we are pleased to report the completion of 80 water pumps in remote areas of Thar Desert near Taulka Diplo. This was part of our ongoing Clean Sweet Water Project and was made possible due to the generous donations of our donors who have put their trust in this project for the last few years. We offer our heartfelt thanks to all our donors and hope for their continued support in this endeavor. Our special thanks are to Drs. Aisha Zafar and Khalid Memon as well as Jennifer Wozniak from APPNA office for their hard work. We also would like to thank Muneer Welfare Trust for their wonderful work on the ground and completion in a timely manner.

Insha'Allah, we plan to continue this project and request ongoing support as there is an unlimited need for clean water in many remote areas of the country. One water pump costs approximately \$500.

Online donations can be made at: <https://www.instantreg.com/appnatemplate2/public-donations>

Once at the page, use the "select fund" feature's drop-down menu to select "Thar Water Wells (Clean Sweet Water Projects)" and then make the donation.

We are also participating this year on APPNA National food pantry project.

We are working on launching our website soon.

May Allah SWT shower His blessings upon our generous donors. Ameen.



Tahir Shaikh, MD
President



Dr. Abdul Majeed
Co-Chair SWDRC (2016-17)
Immediate Past President

Taj Khan, MD
President-Elect

Rubina Hussain, MD
Secretary

Imran Ismail, MD
Treasurer



RMCANNA

Rawalpindi Medical University Alumni in North America



Rawalpindi medical university Alumni in America, RMCANNA is increasingly being noticed for its academic and philanthropic achievements. RMCANNA represents approximately 600 graduates of Rawalpindi medical university which are working all over United States. We are very happy with recent transition of Rawalpindi medical college to Rawalpindi medical university (RMU) with RMC graduate Dr. Muhammad Umar first as principal and now as Dean of RMU. RMCANNA is partnered with Rawalpindi medical college overseas foundation (RMCOF) in running different welfare projects.

1- First ever burn center in teaching hospitals of Rawalpindi was established by RMCOF and RMCANNA. This burn center is treating hundreds of patients annually. This center is recently approved for post graduate FCPS training.

2- Dialysis center at Holy Family hospital Rawalpindi has 10 dialysis machines which provides upto 35 dialysis daily, 7 days a week at no cost.

3- IDRF/RMCOF school at Darya Khan is running successfully for many years. It is recently upgraded to high school. RMCOF is bearing all the costs.

4- It has been decided to open a RMCANNA house in United States to help new Physicians coming from Pakistan.

5- RMCANNA recently started live video lectures from United States directly to Rawalpindi medical university. A series of state of art lectures with question answer sessions are being done by RMC graduates in different specialties.

6- Scholarship fund created last year is being distributed to deserving students at Rawalpindi medical college.

7- RMCANNA visiting faculty program helps in mentorship programs for students and in initiating research projects.

8- A number of RMC graduates are serving APPNA in different committees. Dr. Babar Rao and Dr. Shahid Rafiq are chairs of two APPNA committees.

Shahid Randhawa, MD
President RMCANNA



American healthcare will suffer from fewer visas for foreign-born doctors



By Abdul Rashid Piracha,
OPINION CONTRIBUTOR - 05/10/17 06:40 PM EDT

Each March, over 6,000 foreign medical students are matched with residency programs in Congressional districts across our nation. Hospital administrators and program directors depend upon these young doctors to fill the residency spots not matched by American graduates.

Starting each July, these newly minted physicians arrive on J1 or H1B visas . They begin residency program alongside American medical graduates. Most often, these residents immediately begin treating patients in underserved areas after they have finished their residency training.

In some instances, a resident might match in an inner-city training program at an institution overwhelmed with patients lacking preventative care and basic health literacy. These doctors will go anywhere and serve. They are committed to the health and well-being of their patients. Personally, I served as a cardiologist for over 40 years in a small city in Mercer County, West Virginia. When I arrived, there was no cardiologist in the county, within a 50-mile radius and I was the only cardiologist in the area for more than 10 years before others arrived. I would typically work more than 18 hours a day, seeing about 150 patients a week for years on end.

These young physicians, just like me, are citizen ambassadors. Their patients are exposed to the best and brightest minds from allied nations. Their proud families learn from the nightly phone calls they make back home just how unique America is. Perhaps more importantly, these young physicians serve a critical need as our nation braces for a major physician shortage. If current retirements continue and patient populations grow, our nation will need to find upward of 90,000 new physicians by 2025. In coming years, patients will be faced with either longer wait times or receiving care from doctors with a mediocre academic pedigree. Naturally, neither option is inviting. Foreign medical graduates – the best of their accredited foreign medical schools – are an important part of this future planning.

Approximately, 25 percent of all physicians across our country were trained overseas. Each year, Pakistan is one of the top five countries supplying its best medical minds to fill this gap and serving American patients in medically underserved areas. There are more than 12,000 licensed and practicing physicians who are graduates of Pakistani medical schools, for example. As these promising medical students are preparing for their final exams, they have traveled to American consulates across Pakistan for their visa interview. Sitting across from Consular Officers, they discuss their schooling, their dreams, their finances and their family tree. They present letters from American hospital administrators requesting that they start their residency programs the first week of July.

However, many of the current crop of medical students are now being denied visas at a rate we have never seen. This neither serves them nor the American patients that need care.

When I immigrated to the United States to begin my internal medicine and cardiology residency, I reflected nightly in my first year on the Hippocratic Oath. As Congress evaluates the budget of the State Department and the future of the Affordable Care Act, they must remember the basic principal of the Oath – do no harm. Congress should not forget the critical role foreign medical graduates play in serving American patients.

Congress must, therefore, do all it can to ensure that visas for these doctors continue well into the future, for their sake and ours. This is the true essence of America, a country we are proud to both serve and call home.

Abdul Rashid Piracha is a past President of the Association of Pakistani Physicians of North America (APPNA) and was also the Chairman of its Board of Trustees. APPNA is the largest and oldest Pakistani American organization. Piracha is a recently retired cardiologist and immigrated to the United States in 1966.

Source- <http://thehill.com/blogs/pundits-blog/healthcare/332804-american-healthcare-will-suffer-from-fewer-visas-for-foreign>



Spring Meeting 2017, Philadelphia



The common refrain to be overheard readily from the attendees at the culmination of the APPNA Spring Meeting in Philadelphia this year was that this was the best APPNA meeting they had ever attended. "A new standard has been set", noted one APPNA veteran. "Best CME session ever", pronounced another. What led to the success of the meeting is multifactorial. Of course the lovely host city, Philadelphia, the birthplace of the nation, with its rich history played a role. The only World Heritage City in the United States lived up well to its reputation of charm and hospitality -- despite the political turmoil of the time.

To set the tone, the president of the host chapter and chair of the organizing committee, Dr. Haroon Durrani noted in his speech while addressing the dignitaries in attendance; "As responsible citizens of the United States of America, we must unite to protect our constitution even as we tend to our other civic responsibilities such as supporting our educational and medical institutions. To broaden our

standing in the larger community our philanthropy and general uplift efforts have to be for all Americans and not specifically geared towards Muslims. Also, it is my fervent hope that we can nurture our children such that our voices can be amplified through their participation in such fields of endeavor as journalism, entertainment and the arts. Let's compete for positions in our local governments, let's pursue careers in law to advocate against injustice. And let APPNA, which is one of the largest ethnic medical societies in the country, lead the way towards responsible advocacy. Because together we can, and we will, make a difference as we earnestly set about rescuing our country from the forces of darkness that have become so insistent of late. At APPNA, while many of our members come from faiths other than Islam, the majority of our members are Muslim. And in these troubling times we are having to contend with not one but two massively disturbing trends. On the one hand we find that our peaceful religion has been hijacked by petro-dollar funded Saudi-inspired fanatics, and on the other, we have the current Republican administration piling insult upon egregious insult -- upon endless injury. It is for this reason that we have turned to our legislators in the fervent hope that they will take steps to put a stop to our scapegoating and the criminal curtailment of our civil rights."

While the more pressing issues at hand were given adequate addressal, the Spring Meeting also saw the hosting of an outstanding CME session featuring eminent speakers from the Philadelphia region's world-class academic institutions. There was a well-attended and stimulating Social Forum on Women's Empowerment. And the banquets on Friday and Saturday evenings were skillfully organized and wonderfully entertaining, complete with a Pakistani village scene, sumptuous feasts, live concerts, and of course, much dancing.

This was the first time an APPNA meeting was held in Philadelphia and it was quite the honor for APPNAPUN, the Delaware Valley Chapter of APPNA, to be asked to host. Its volunteers and officers performed their tasks manfully and with tasteful aplomb. And we are proud to have pulled off one of the most memorable APPNA meetings - ever. We look forward to seeing you all again in Philly soon.

Syed Nadeem Ahsan, MD
Chairman, 2017 Spring Meeting Publication Committee

Haroon Durrani, MD
Chair Spring Meeting 2017, Philadelphia





APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

APPNA Alabama Chapter



We had a great beginning of our term as the executive committee of APPNA-Alabama chapter. Our objectives this year are to have the spring and fall meetings, another successful health fair, and to cooperate and coordinate with central APPNA and other organizations in Alabama such as Birmingham Islamic society, AAPI, Aligarh association and CAIR to prevent duplication of efforts. We also support the committee that organizes the two Eid parties in Alabama.

We had a very successful spring meeting with great participation not only from the APPNA physicians but also the non physician community. We had a mini APPNA bazaar, followed by scientific presentations, dinner and then entertainment by local singers. We have been trying to involve our youth in our meetings and talented boys and girls from the community volunteered at the gate, for presentations and couple were part of the entertainment as well.

We are very proud of our free clinic called the Hoover Red Crescent that runs every Sunday mainly through the efforts of Dr. Talha Malik, Dr. Zakir Khan and Mrs. Tanveer Patel. We also encourage youth participation and volunteering at the clinic and the health fair. We have already started planning the health fair which will be held this October with free screening, flu shots, consultation with doctors and we will especially try to reach out to patients without health coverage.

Another important effort we will try to make is to meet local politicians and invite them to the health fair and future meetings given the current political environment. We try to get media coverage for the health fair. This will hopefully create a positive image of Pakistani Muslims and this is not only important for all of us but more so for the future of our children.

We hope that we can continue the efforts of our predecessors but also move forward with fresh ideas and new objectives.

Saema Mirza, MD FACC
President APPNA Alabama Chapter



Maliha Shaikh

Credible, Committed, & Enthusiastic.
Artfully uniting extraordinary lives with extraordinary real estate.
For all your residential/commercial sales & leasing.
Buying & Selling real estate.

Maliha Shaikh, Realtor

Cell: 407-325-3993
Email: malihashaikh@gmail.com

APPNA Florida Chapter



APPNA Florida Chapter has been very active this year. We started our tenure on January 1st, 2017. Our first activity was participation in strategic planning meeting for the annual summer meeting in Orlando, Florida. Our executive Committee members Dr. Irfan Aslam, Dr. Irfan Imami, and Dr. Farhan Zaidi are part of the host committee. We jointly sponsored the evening dinner and entertainment program with Central APPNA and it was a huge success.

We also decided to join hands with APPNA President Dr. Sajid Chaudhary and plan to start APPNA clinics. As a first step, our executive committee members have offered to volunteer their time at a free clinic in Kissimmee, Florida.

We also had a Spring meeting of the APPNA Florida Chapter on April 29th, 2017, in Melbourne, Florida. We had a quiz competition, which was thoroughly enjoyed by everyone. There was a mesmerizing music program which was liked by everyone. The evening was capped with a sumptuous dinner.

We are fortunate to have an Executive Committee which includes dedicated person of merit. Our members are Dr. Irfan Zaidi as President, Dr. Irfan Imami as President elect, Dr. Irfan Aslam as Secretary, Dr. Farhan Zaidi as Treasurer, and Dr. Riffat Qureshi, Dr. Moosa, Dr. Saima Ali, Dr. Rubina Inayat, and Dr. Roohafza Afridi as members at large.

It is a matter of pride that Dr. Irfan Aslam has gotten our Florida Chapter website up and running, and now we can register online for meetings.

We are planning more programs in the future.

Thanking you.

Syed Irfan Zaidi, M.D. FACP
President APPNA Florida Chapter





APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

APPNA Greater Cincinnati Chapter



It gives me great pleasure to report the activities of our chapter for 2016-17. APPNA-GC is entering the 10th year of its existence. 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 reinvigorated recently and is becoming an integral part of the community.

Our major accomplishment for the year include:

- Continuing the tradition of organizing an annual Mushaira in collaboration with the Aligarh alumni association. The successful Mushaira was held in November 2016 featuring prominent poets from India, Pakistan, and Denmark.
- We 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. We are all set to repeat the event on October 8th, 2017.

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
- Enthusiastic planning is already underway to host the APPNA fall meeting in Cincinnati in October 2017. Dozens of volunteer members are already working on different aspects of meeting planning. Regular planning meeting are currently ongoing.

Tahir Latif MBBS, MBA, FACP
President APPNA GC 2017

Muhammad Aslam MD
Immediate Past President

Shehzad Saeed MD
Secretary APPNA GC 2017

Anwer Siddiqui MD
Treasurer APPNA GC 2017



APPNA Minnesota Chapter



MAPP (Minnesota Association of Pakistani physicians) continues to grow and many physicians and non-physicians in the community are becoming involved in our activities.

We held a fundraiser for HDF and raised funds for a school project in a small village of Pakistan.

MAPP has been actively participating in national health day care regularly over past few years now.

As MAPP president I was also a member of "committee for APPNA national health day" and actively participated in preparing for the annual event last year. I am also excited to be part of "APPNA membership committee" for 2017 and hope to work hard in helping increase membership of APPNA and MAAP Insha'Allah

Bushra Dar, MD
President APPNA Minnesota Chapter

APPNA New England Chapter



APPNE hosted its annual meeting in collaboration with King Edward Medical College Alumni Association of North America (KEMCAANA) on April 29th, 2017, at Best Western Royal Plaza Hotel, Marlborough, MA. It was a well-attended event with over 100 Physicians and their spouses in the audience. Senior leadership of APPNA including President-Elect 2017, Dr. Iqbal Hamid, and the current Secretary, Dr. Rizwan Khalid, also attended the event.

Dr. Ehsun Mirza, an APPNE Board member, provided details of Green School Project that helps build schools in Thar, Pakistan. APPNE has provided manpower and funds to these Green Schools that are completely run on solar energy. Cambridge City Council member, Mr. Nadeem A. Mazen, was an invited speaker who spoke about the importance of political engagement and why the Muslim community needs to be actively involved in their cities and towns. Mr. Khalil James Meek, Co-Founder and Current Executive Director of Muslim Legal Fund of America (MLFA), spoke about legal work and programs to defend Muslims against injustice. APPNE's Key Note speaker was Dr. Adil Haider, a trauma surgeon at the Brigham & Women's Hospital in Boston; he was recently awarded the Ellis Island Medal of Honor. Dr. Haider spoke about the "American Dream" and how it played a role in his life.

Raaga Boyz, a popular band from Pakistan, closed out the evening with their unique blend of music, combining Eastern and Western rhythms.

Respectfully Submitted,
Yousaf A. Shaikh, MD
Secretary APPNE 2016-2018



APPNA North Texas Chapter



As I have mentioned in my last report that we were planning to have our chapter meeting in spring. We had a very successful chapter meeting on April 28th at Park Plaza Tower that was well attended by the membership. Ali Haider was the musical guest and everybody had a good time.

We also did a membership drive during our meeting. We are planning to continue with our membership drive during the month of Ramadan as well. Our EC has started working on making arrangement for APPNA healthcare day this fall.

Sincerely,

Mohammad Amir M.D.
President APPNA North Texas Chapter

APPNA Virginia Chapter



The APPNA-Virginia chapter is based in the Richmond metro and has 45-50 physician members.

We started off 2017 with a community event in February that included keynote speaker and gold star parent, Mr. Khizr Khan. The event focused on building bridges amongst different communities in the wake of anti-immigrant and anti-Muslim sentiments in the country. Apart from chief guests Mr. & Mrs. Khizr Khan, we were joined by various Richmond area community leaders.

On May 14, we had our annual fundraiser which featured our local production "Amriki Biryani", performed and produced by our local talent. The event was attended by the TCF-Pakistan CEO and the TCF-USA founder and we raised over \$25,000 to support 2 schools over the next 2-3 years. We also raised \$5,000 for the APPNA "food pantry project" to help local area food banks, Caritas and Feedmore.

The chapter is also engaged with the Pathways clinic in Petersburg where our physicians are seeing indigent patients on a regular basis in primary care, psychiatry and cardiology clinics. We have also funded a local pharmacy to support patients who cannot afford their prescriptions. Our families also regularly feed the needy at the "Daily Planet" a facility that houses homeless people with medical problems. We are providing daily meals during the month of Ramadan.

The chapter is also forming a "civic engagement committee" to work with local authorities, charities and school boards so that our community can be more active and work for the betterment of the society we live in.

Khalid Matin, MD, FACP
President Virginia Chapter



APPNA-PUN Chapter



Introduction:

APPNAPUN, a Delaware Valley chapter was established on March 29, 2014 when its founding fathers recognized the necessity of integrating physicians of Pakistani descent carrying common goals and ideology from this geographic location. Our chapter encompasses members from Eastern Pennsylvania, Upstate Delaware and Southern New Jersey. Under the zealous leadership of Dr. Sarwat Iqbal (Past President) and Dr. Haroon Durrani (President), APPNA PUN is growing stronger and has accomplished several goals in a short time.

Our Mission:

Compassion, commitment, and collaboration are the key fundamentals of APPNAPUN philosophy. With pride we consecrate our efforts to surpass in academics, philanthropy, youth initiative projects, and community development while promoting camaraderie within our ranks.

APPNAPUN Activities:

Meetings:

General Body Meetings and Retreats are held on regular rotating basis to delineate goals, assess the progress of our committees, members, associates and volunteers.

Social Events:

APPNAPUN has successfully hosted four summer picnics and three banquets since its establishment. Our picnics are famous for sumptuous food with on-site tandoor, kite flying, cricket, games, and youth performances. Our banquets are embellished with professional elegance to celebrate our yearly achievement in style. We always get sold out ahead of time.

APPNAPUN team was proud to host The 2017 APPNA Spring Meeting in Philadelphia. Details of this magnificent and unique meeting can be read in the Spring Meeting Report.

Philanthropic Association:

APPNA PUN physicians and youth volunteered in charity clinics in Trinidad in September, 2016

APPNA PUN held free clinics in Philadelphia in collaboration with APPNA.

APPNA PUN volunteers are involved in a local Soup Kitchen

Youth Involvement:

APPNAPUN is destined to groom our children into educated, empathetic and multitalented professionals. APPNAPUN holds regular book club for our young readers. Our children actively participate in charitable projects. Our youngsters run the show of all our social events. The highlights must have been sensed in the Spring Meeting that we hosted in Philadelphia. A Youth Social Forum was organized with Mr. Khizr Khan where our youth discussed their rights and concerns as a US citizen.

Upcoming Undertakings:

- 1) Charity Mission Clinic Trip to Trinidad in September, 2017
- 2) Charity Clinic in Virginia in Collaboration with APPNA in September, 2017
- 3) Forum: Social and ethical issues with teenagers.
- 4) Ongoing Soup Kitchen and Book Club activities.

Haroon Durrani, MD
President APPNA-PUN Chapter

Dr. Ghazala Farooqui
President Elect



APPNA Heartland Chapter



The Association of Physicians of Pakistani - Descent of North America (APPNA) is a national organization of around 15,000 physicians of Pakistani descent belonging to a wide variety of medical specialties across United States and Canada. The organization has 30 chapters across the country.

Our APPNA Heartland Chapter covers Kansas, Nebraska and the Western part of Missouri. Our chapter is involved in diverse philanthropic activities including free health fairs, flu vaccination drives, free clinics, youth career development, promoting health and cultural awareness, and CME events. We have a large physician presence in the Kansas City schools and religious centers to promote awareness of various health related issues and career guidance.

Aims and Objectives for the year 2017:

1. In synchronization with National APPNA's theme of this year "Civic Engagement through Community Service" APPNA Heartland Executive Counsel 2017 plans to continue existing efforts on a larger and collaborative platform through APPNA Heartland.

As a Vice President of Crescent Peace Society (a local Interfaith Muslim organization) I am engaged in Interfaith Diversity and mutually inclusive dialogue to broaden minds and hearts, bridge the divide, religious or cultural barriers, spread empathy and support throughout the community.

2. Our annual Health Fair is scheduled on September 23 rd, in collaboration with Mercy and Truth Clinic in Kansas City, KS. We have maintained a great collaboration where Mercy and Truth Clinic offers us their space, shares variety of medical equipment, basic lab tests.

APPNA Heartland Executive council this year will plan to start facilitating a health fair twice a year and plan to participate as a coordinator with APPNA National Health Care Day 2017.

3. Community is recognizing APPNA Heartland's role and has asked specifically in helping promote fundraising and goodwill support for a Women and Children's Shelter in Kansas City. It is a community based project offering help to financially and emotionally distraught women going through adverse life circumstances. It offers them an opportunity to become self-sufficient and regain their freedom, self-respect and dignity by providing timely residential safe haven, psychological counselling, skill based training or guidance for suitable job preparation.

Their fundraiser is on June 17th, 2017 and many APPNA Heartland Chapter Physicians plan to participate in a community cause.

4. APPNA Heartland member physicians participated and encouraged the fundraiser for TCF (The Citizens Foundation) on April, 9th, 2017.

5. We had our first Annual APPNA Heartland Dinner and Meeting on April 15, 2017. Details and pictures available on appnaheartland.org.

Following are the ongoing collaborative efforts that APPNA Heartland is engaged within the community already.

Crescent Peace Society

The Crescent Peace Society is a not for profit organization established in 1996. The Society was formed by a small group of committed Muslims from the Greater Kansas City area after the Oklahoma City bombing. Since 1996, the Crescent Peace Society has worked within the Greater Kansas City community through a series of organized, educational and cultural interactions with other faiths and the media. Members of CPS have tried their best to show positive American Muslim role models. Physicians from APPNA Heartland continue to participate actively in interfaith related activities to build bridges with people from different backgrounds.

Physicians from APPNA Heartland have also continued to support, donate and collaborate with community projects of CPS, like the Annual Turkey Drive in which CPS provides free Thanksgiving Turkey meals to hundreds of inner Kansas City deserving families.

See link: <http://www.crescentpeace.org/about-cps.html>

The Citizen Foundation

The Citizens Foundation, USA (TCF-USA) funds the construction and operation of primary and secondary schools for underprivileged children in Pakistan. TCF has won international acclaim for its education program and management excellence. From 5 schools in Karachi in 1995, TCF has expanded to 1,060 school units with 165,000 students in 109 towns and cities across Pakistan. TCF-USA is a professionally managed, tax exempt non-profit organization with a network of Chapters across the United States. The Kansas Chap-

ter, has a presence in Kansas City and Wichita. APPNA community members are spearheading efforts in the Kansas City metro area to mobilize the community for fund raising efforts. The Chapters achievements include a school in Karachi in memory of three universally admired members of the Kansas City community who died in a tragic plane crash. The "Ali, Maria and Tausif Campus" is providing a valuable education to children in the impoverished Taiser Town community. <http://www.tcfusa.org/>

Mercy Free Clinic

Mercy Health Free Clinic (MHFC) operates as a 501(c)(3) non-profit organization* dedicated to the provision of free health care to residents of the Greater Kansas City, Missouri area who are uninsured, or lack appropriate alternatives to preventive care. Established in 2009, MHFC is entirely staffed by volunteer physicians, nurses, pharmacists, and administrative personnel. As a member of the National Association of Free Clinics (NAFC), MHFC strives to deliver quality health care in accordance with national benchmarks and through the utilization of support and resources provided by NAFC. APPNA Heartland physicians provide free internal medicine, primary health care, psychiatry, urology and musculoskeletal care services at the Mercy Free Clinic. <http://www.mhfreeclinic.com/>

AJ Magazine

It is 'Akhbar e Jabeen' is a quality entertainment magazine which will be simultaneously published from USA and Pakistan. This magazine is the brainchild of Mahjabeen Zaidi, who is a Kansas City Resident and a Pakistani born US Citizen. She is the founder and chief editor of the magazine. This magazine will bring the latest news, trends and social events happening in the community in the US and Pakistan.

Zubeda Khaliq Memorial Trust

In 2008 a 50 bed hospital funded totally by the founder Dr. Sikander and his family was built in Sermik about 40 kilometers from Skardu, Pakistan.

Located in a small but beautiful village of Sermik, on the bank of the River Indus, the Zubeda Khaliq Memorial Trust was established to provide health care to the people of Baltistan, a poor region of Pakistan. Since 1980, hundreds of thousands of people have benefited from the Trust, with all services provided totally free of cost. Physicians from APPNA Heartland are the main force behind fundraising efforts from the Kansas City area, supporting this hospital. <http://zkmfreehospital.org/more.html>

The Center for Advanced Professional Studies (CAPS):

The Center for Advanced Professional Studies represents the collaboration of education, business and community, providing students with a unique, immersive experience, resulting in highly skilled, adaptable, global innovators and leaders. Students realize their strengths and passions by exploring and experiencing potential professions. This allows them to make informed decisions about their future, while learning to exhibit leadership. Physicians from APPNA Heartland deliver lectures and demonstrate practical medical and surgical skills to the high school students in the Foundation of Medicine class at CAPS. <http://bvcaps.yourcapsnetwork.org/>

Kansas City Interfaith Youth Alliance

The Kansas City Interfaith Youth Alliance (KCIYA) is a collaborative program of individuals who want to change the conversation about religion by empowering youth of all backgrounds and faiths to come together to establish pluralistic understanding and respect by serving their communities. APPNA physicians and their families are fully involved in the activities of this youth group all year around. Physicians from our group serve on the board of directors. <http://www.kciya.org/>

APPNA College Scholarship Fund

This fund is for students of Pakistani descent who are going to high school in USA and are applying to college but face hardship in paying for college tuition. Strict income criteria are used to identify deserving candidates. Fund raising is performed by personal philanthropic donations. Last year \$67,500 were collected and scholarships were distributed to 14 candidates. The scholarship can be renewed if the student maintains a strong GPA and continue to meet the financial criteria. Physicians from APPNA Heartland have been contributing generously towards this cause and continue to solicit support from its members to sustain this hugely popular program. Donations can be given through the APPNA website, under the 'Projects' tab. <http://appna.org/>

Mentorship Program

In order to nurture the love of medicine in the next generation, an APPNA Heartland physician has been instrumental in devising a mentorship program for high school and college students at the Providence Hospital. International students from Pakistan and India have been beneficiaries of this program as well. APPNA Heartland makes financial contribution to offset the cost of their lodging. This program is quite popular and several student rotating through this program have gone on to match in various residency programs in the United States. Interested students can send their request to akhan64@earthlink.net or hibbahaid@gmail.com

Hibba Haider, MD

President Heartland Chapter



Malaria - And WHO's goal of eliminating it by 2040



Malaria is an ancient disease, and references it to have been found in ancient documents from 2700 B.C., clay tablets found from Mesopotamia from 2000 B.C., Egyptian papyri from 1570 B.C., and Hindu texts from the sixth century B.C. have mentioned this disease in the form of cyclical fever. Earlier civilizations were familiar with poor health, cyclical fevers and enlarged spleens. Earlier people were fully aware of 'bad air' rising from swamps and that is why it is called 'mal'aria' in Italian, meaning bad air. With the discovery of bacteria by Leeuwenhoek in 1676, and development of the germ theory by Pasteur and Robert Koch in 1878-1879, the search for the cause of Malaria intensified.

In 1880, Lavern discovered the Malarial parasite in the blood of a patient of cyclical fever. Ronald Ross incriminated mosquitoes in the development of cyclical fever by his experiments in India. Malaria is an infectious disease caused by a Protozoan parasite from the Plasmodium family that can be transmitted by the bite of an Anopheles mosquito. The symptoms of Malaria

include chills, fever, sweats, muscle aches, and headache that recurs every few days. Over one million people die from Malaria each year, mostly children under the age of 5 years. 90 percent of Malaria cases occur in sub-Saharan Africa. An estimated 300 to 600 million people suffer from Malaria each year. More than 40 percent of the worlds population lives in Malaria risk areas. Malaria is the largest killer of children. Malaria kills one child every 30 seconds, and about 3,000 children every day. It is particularly damaging to pregnant women. Malaria has killed common people, and rich and famous alike. World famous traveler Vasco Da Gama and world's first conqueror Alexander the Great presumably died of Malaria.

Malaria parasites have been with us from earliest of times. They probably originated in Africa. Fossils of mosquitoes have been discovered millions of years old. Hippocrates described the symptoms of the disease and noted that it occurs at certain times of the year. Later, Romans associated the disease with stagnant water, and they developed drainage programs, which was the first attempt in the way of preventative care. Treatment of Malaria predates the discovery of the cause of the disease. In 1600, Peruvian Indians are recorded to be using bitter bark of Cinchona trees. By 1640, the powder of Cinchona bark was available in London. Later it was found that Cinchona bark had quinine in it.

Lavern was the first person to find parasites of Malaria in the blood of patients suffering from Malaria in 1880. Ross was the first to show that The Malaria parasite was transmitted by infected mosquitoes in 1897, and this was the cause of Malaria. He grew mosquitoes in his laboratory and infected them from a patient Hussein Khan for a price of 8 annas per mosquito bite in Calcutta, India. Later, he dissected these mosquitoes and found circular cells in their gut, which was the Malaria parasite. This was a major discovery, and it was published in The British Medical Journal in 1897. The discovery by Ross was followed by intensive preventative measures to reduce incidence of the spread of Malaria. The discovery of the insecticide DDT in 1942 was a major step, and its use became widespread for eradication of mosquitoes. Marshes were coated with paraffin, and stagnant water was drained.

Quinine, and later chloroquine was developed, however, Malaria remained a universal menace, especially in sub-Saharan Africa. Although technical difficulties, such as mosquito and parasite drug resistance have played a role, the main failure to reduce the disease is probably due to social and political factors preventing efficient control measures. Though Malaria is a virtually unknown disease to many in the US, it is a global menace affecting millions of people and killing close to a million people annually. So far, medical approach to the treatment of Malaria has been to prescribe Artemisinin based combination therapy.

On the eve of World Malaria Day on April 25th the World Health Organization announced that it will be starting to test a new Anti-Malaria vaccine for the field 3 trials in Kenya, Ghana, and Malawi. The Bill and Melinda Gates foundation has been actively involved in developing this new vaccine known as Mosquirix. While we wait for the final results of the trial of the vaccine, there are still many challenges that must be addressed if the disease is to be completely eradicated in the coming decades.

The World Health Organization is now one step closer to their goal of eliminating Malaria by 2040.

Syed Irfan Zaidi M.D. FACP



International Meeting - Bosnia & Croatia



APPNA had its 6th International trip this year. We just returned from the APPNA international meeting to Croatia, Bosnia and Montenegro. There were 110 APPNA members who travelled in 3 groups and each had their own bus, guide and a captain. There was an optional trip to Spilt (Croatia) for couple of days before the start of the official trip. Croatia is a beautiful country with vast coast line, wonderful historic places and remarkable hospitality. The official trip started in Zagreb (capital of Croatia) on Saturday April 8th as members started arriving from all over USA. We stayed in Westin hotel which was very close to the old town. Saturday evening was left open for meet and greet and relax after the long flight.

A sumptuous dinner was arranged at the hotel and guests retired early. The hallmark of first day on Sunday, April 9th was a full day trip to beautiful Plitvice park which offered a glorious trail among lakes and waterfalls. The nearly 6 mile walking tour offered a challenge but everyone said that it was

totally worth the effort as the natural beauty of the park, the fauna and Flora and singing streams and, water falls was blissful. Monday morning was the guided tour of old city and a walk through the market. In early evening we took local flight to Sarajevo (Bosnia) and stayed in beautiful luxurious Bristol hotel. The evening ended with an excellent entertainment which showcased traditional folk dances followed by a superb dinner. The stay in Sarajevo included guided tour of the old city and famous tunnel museum. We had state of the art CME session in the morning of Wednesday and then traveled by bus from Sarajevo to Mostar. On the way to Mostar we had Lunch at one of the famous road side restaurant where we were served roasted goat similar to Siji in Pakistan. (This place is famous for whole lamb or goat roast on a fire pit).

Mostar is a beautiful small town, with plenty of tourist's attractions and has an ancient history, including stories of war. Sight-seeing included the Old Bridge, a mosque, old Turkish museum. Members enjoyed shopping for local handicrafts and took pictures of the bridge. The day ended with driving further and checking into beautiful Hilton Hotel in Dubrovnik, just outside the old city. Dubrovnik is also a coastal city with beautiful views of Adriatic ocean, old city and mountains. On Thursday we took guided tour of the old city as well as a walking tour on the walls of the old city where many movies have been filmed, most famous being HBO series Game of Thrones. The war has left plenty of marks on this city as well. A cultural show with local folk dances at a local theater marked the end of the evening. On Friday the 14th, we took a day trip to Montenegro which is a small separate country with the most scenic coastline and absolutely breathtaking natural beauty. It was extremely serene and relaxing. The buses returned same night and we had 2nd session of CME in Dubrovnik on Saturday morning and in the afternoon took cable car ride to mountains where you could see the beautiful panoramic views of the entire city. On Saturday night the 15th of April was the farewell dinner and talent night.

We are looking forward to our next international trip to Alaska which is completely sold out, in the last week of July.

Sincerely,
Haroon Durrani, MD
Chair International Meeting 2017





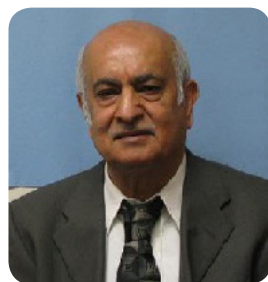
APPNA 40TH ANNUAL CONVENTION 2017 JULY 5-9, 2017 ORLANDO, FLORIDA

Driveway Artists

As soon as my grandchildren saw me,
They ran toward me, giving me big hugs.
They asked me to look at their drawings,
Which had covered a big part of the driveway
They were so anxious for me to guess what they had drawn
And would start laughing if I couldn't guess accurately.
Then one by one, they explained all the drawings to me.

I looked at the drawings very carefully
And listened to their details patiently.
They looked so proud of their artwork.
That day, before they went back to their home,
They instructed me not to erase any one of those drawings.
The way they wanted a promise from me, I thought,
I would have to put it in writing and get it notarized.

A couple of weeks later when they came back to visit us,
They were very angry at me, not realizing,
That rain had wiped everything away that they had created.
After they calmed down, they said to me,
"Grandpa, don't worry, we'll draw more pictures
And here is the chalk for you, you can draw with us too."
Together we had a lot of fun.



Saleem A. Khan, MD

Which Dr. Khan

It is nice to be a doctor, son
But a doctor's dad
That feeling is just extraordinary
I don't know how to describe it.

I remember on your sixth birthday, son
You asked me, "Dad, in the hospital
When they page, 'Dr. Khan,'
How would we know who they are calling for,
You or me?"

I wonder if you remember, son
My response to your question was
"When you become a doctor,
We will figure out a way how to deal with it."

God has his own ways, son
How he resolves our problems
You have been telling me,
Psychiatry is not your choice.

Whatever path you choose, son
Whatever specialty you pick up.
I know, you would do the best.
Best of luck for all your endeavors.



**SERVICE YOU CAN AFFORD.
A PARTNER YOU CAN TRUST.**



PRACTICE MANAGEMENT

We take your practice and administrative challenges and turn them into opportunities for improved efficiency and growth.



MEDICAL BILLING

Our state of the art billing practices makes it possible for you to thrive in the market by increasing your cashflow.



IT SOLUTIONS

We ensure your current medical record system maintains all state and federal regulations. Also offering state of the art EMR software and server capacity to maintain HIPAA compliances at all times.



STAFFING ASSISTANCE

We offer mid-level care providers as a staffing support to our partners. This puts your practice on track for long-term success by offering expertise in the continuum of care with your patients.

WE DEVELOP SYNERGYSTIC RELATIONSHIPS WITH OUR HEALTHCARE PROVIDERS WHO WANT TO MAINTAIN THEIR NUMBER ONE FOCUS - PATIENT CARE. WE HANDLE EVERYTHING BEHIND THE SCENES, SO THAT YOUR PRACTICE WILL CONTINUE TO GROW AND THRIVE IN TODAY'S MARKET.

Universal Surgical Partners (USP) is a Texas-based surgical practice management solution firm with more than 75 years of combined experience across our leadership.

USP helps healthcare providers jumpstart their practices, maximize earnings, reduce bureaucratic headaches, and optimize their growth.

Benefit from our wealth of industry experience in practice management, medical billing, IT solutions, and staffing assistance.

832.655.4141 | 713.457.5188

www.uspartnersinc.com

"ADVERTISING MATERIAL"

Atty Ismail Laher

202-596-7863 (direct)

202-298-8750 (office)



...and the Team at

LILESPARKER
ATTORNEYS & COUNSELORS AT LAW

**Helping Healthcare Providers
Nationwide In Audits
And Investigations**

DC | Texas | Louisiana | www.lilesparker.com | 2121 Wisconsin Ave. NW Ste 200, Washington, DC 20007



Presents

FASHION U
PAKISTAN S
A

July 2017 | Orlando FL

APPNA



40th Annual Convention
Orlando, FL July 2017

6th July 2017, 6:00 pm

at
Rosen Shingle Creek
9939 Universal Blvd orlando
FL, USA.

Event Organizer



Hussaam Ch. 201-724-5337
info@FashionPakistanUSA.com

Contact info

Surraya Taj
832-272-7160

Saba Mehmood
President Alliance

Hanadi Nadeem
702-569-7739

*We welcome you all to this year
APPNA Summer
CONVENTION
in Orlando Florida.*

We are excited to present to you this year
Excellent CMEs
with world class speakers

Hope you and your family will have an awesome
time during your stay here in beautiful Orlando.



Co-Chair
Irfan Aslam, MD



Co-Chair
Irfan Imami, MD

HANDCRAFTED TO PERFECTION
PRIDE OF PAKISTAN

ZAHREEN KAMRAN
DESIGNER JEWELLERY



40th APPNA CONVENTION
BOOTH # 709
#00923004486800

WWW.ZAHEENK.COM
INSTAGRAM @ ZAHEENKAMRAN



اب دل کو تمنا ہے کہ اپنا بھی کوئی ہو
بجھتی ہوئی آنکھوں میں سپنا بھی کوئی ہو

کچھ لطف و مسرت نہیں ہے رنگ و بوا میں
گلشن میں بہاراں ہے تو سجنا بھی کوئی ہو

ملتے ہیں دو دریا تو بچھڑتے ہیں کہاں پھر
بہتی ہوئی گنگا ہے تو جمنا بھی کوئی ہو

ہر روز ہی خواہش کوئی مرجاتی ہے دل سے
سرسبز میرا شجر تمنا بھی کوئی ہو

تجھ بن تو چمن میں بھی خزاؤں کا ہے پہرا
تجھ سے ہی مہکتا ہوا انگنا بھی کوئی ہو

جب بات ہی سنتا نہیں تو میری ستمگر
لازم ہے کہ در پہ تیرے دھرنا بھی کوئی ہو

گلزار بھی تپتا ہوا صحرا ہے تیرے بن
اس دشت میں بہتا ہوا جھرنا بھی کوئی ہو

خودکلامی

اے دنیا، تیرے باطن سے آشنا ہیں ہم
منزل نہیں، رہگزر ہے تو، آگاہ ہیں ہم

متاع جاں لٹاگئے نادان، تیرے سراب میں
اور حقیقت و مجاز کے درمیاں ہیں ہم

چلے خواہش نور لیے، تیرگی سے جا ملے
لگتا ہے قضا و قدر کے بیچ، رونما ہیں ہم

ہے پاس، کچھ سامان زیست، کچھ زادراہ
ہیں اجداد کا نشان، عدم کا پتہ ہیں ہم

پیکرفانی کی خواہشات ابدی، مان جاؤ
خدا نہیں ہیں، بس بندگان خدا ہیں ہم

تم آئے ہو تو

جو جاننا تھا ضروری میں جانا جان گیا
جو ماننا تھا ضروری میں مانا مان گیا

میں زندگی کو بظاہر گزار آیا تھا
ہر ایک ان کہی حسرت اتار آیا تھا
مگر یہ ساری کہانی جو ویسے پوری تھی
ملا جو تجھ سے جو جانا ابھی ادھوری تھی

ملا جو تجھ سے تو اس خائی خیال میں تھا
کہ سش جہات مرے حلقہ مجال میں تھا
وہ سارے رنگ جو دیکھے وہ بے اثر ٹھہرے
جو تیرے سگ چڑھے وہ ہی معتبر ٹھہرے

میں عقل و دل کے سبھی تجربات دیکھ چکا
فلک دکھاتا ہے جو حادثات دیکھ چکا
گزار آیا تھا جو سوچ کا سراب ہوا
جسے میں جانا سمندر وہ اک حباب ہوا

زمین کرتی ہے جو واردات دیکھ چکا
میں کائنات پس کائنات دیکھ چکا
فقط سپید و سیاہ تھا یہ زندگی کا سفر
تم آئے ہو تو مہکتا ہوا گلاب ہوا

میں زندگی کے ہر اک رنگ میں نہا بیٹھا
معالموں کے سبھی ڈھنگ میں نہا بیٹھا



گلزار نتھانی



حسنین مرزا



ناصر گوندل



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA



APPNA 40TH ANNUAL CONVENTION 2017

JULY 5-9, 2017 ORLANDO, FLORIDA

APPNA Bazaar

Thursday 6th, 2017 9am - 6pm
 Friday, 7th June, 2017 9am - 6pm
 Saturday, 8th June, 2017 9am - 6pm
 Sunday, 9th June, 2017 8am - 12pm

Please download the Event App from
 Apple iOS and Google Play Store to have all the updates.

Exhibitor List

Company Name	Booth #	Company Name	Booth #
A.R.Designers	105	Embellished by Sadaf Amir	311,309
Aasme	609	Ensemble	602
ACIGI	817	Eye For Art	124
Aga Khan University	717	Fab By Amirah	209
AIM Couture	707	Faiza Rehman	813
AJJO Designer	207	Faiza Saqlain	521
Allure Treasures	600	Faiza's collection	224
Aneela jawad khan	612	Gateway Events Internationalist	501
Apna Andaz	321	Goal by Fozia Hammad	404
Arabesque-Cal	505	Gul Aftab	420
Art Karat	406	Gul Ahmed	427, 526
Artizara.com	800,701	Habibi Parfums	104
Arts & Antiques	122	Hamna Amir Designer Jewelry	305
Arya Esha	127	Hanzaib Collection	726
Ascend BPO Services	L10	Haute Couture	700
Azra Ajaz	524,522	Haute India Jewelry	131
Bling bling	423	Heavenly Regalia	513,512
Brands Just Pret	712	Helping Hearts Caring Souls	221
Buy in Gwadar Inc	L6	Henna Mehndi	107
Captain Developers	525	Humra Khan Fashion Studio	802
Charizma	422	Iman Fund / Allied Asset Advisors	517
Child Aid Association, Inc.	327	Inji	804
Close-Knit	109	Instavest, Inc.	121
Compak Asset Management	L19	Iqbal and Company	812,810
Dawood Lawns By Tahira Mohsin	225	Islamic Relief	300/302
Desi Rack	324	Ittehad Textile Industries	826,727
Dhaagay	412	Javed Massey Financial Services	425
DOW Foundation	L21,L22	Jewelry By Madhu	216,117
EE	725	Jyoti	217

Company Name	Booth #	Company Name	Booth #
Khadijah Dawah & Community Services	325	Rehman enterprises	111
Khazina by Arubahs	724	Reveti Jewels, Inc.	500,401
KunAlia	626	Rotary International	134
Lab Test Diagnostics	L5	Sadia Tariq	504
Laila's Art	518	Sagar Gems & Jewellers	827
Laila's Collection	322	Saima's Collection	219
Lajwanti	306,304	Saira Shakira, Komal Nasir	118,116
Luminary	223	Salmanhaye	607
Maham Meena	604	Samads Carpet	402
Maharaja Handicrafts	426	Sammy K.	706
Majid Abedi Photography	816	Sana Kaifee Pvt Ltd	619
Maria Khan	527	Sania Maskatiya	317
Matchbox	226	SAPNA Creations Inc.	313,312
Mediha's	616	Shabnam zahid	509,507
Mehran Handicrafts	710,808	Shaheen's Collection	230
Mehreen Noorani	708	Shamim Bhatti	211
Menakari	704	Shazia Ahmer	601
Mina Hasan	508,506	SK Collections LLC	424
MLF	L20	SK Stones	222
Mushtaq Jewellers	103	SNL By Sofia Naveed Lari	716
N. A. Lakdawala Cooperation	605	SONAR	613
National Morrow Donor	132	Sonia Ahuja	829
National Securities	L7	Sophia	511
New Life Developers Pvt. LTD	L18	Style Council	806
New York Life Insurance Co	L9	Tabassum's Collection	622,620
Nickie Nina	400,301	Teyjas Jewellers RI Inc.	303
Nida Azwer Atelier	603	The Bollywood Closet	621
OBAT Helpers	114	The Hunar Foundation	624
Orchid Builders and Developers	705	The Loom	523
Orchid Builders and Developers	L3, L4	The Luxurious	218
Paisleys and Bia	319,711	Timpiy	421
Passion and Libaas	520	Ummah Relief International	618
Physician's EMR	623	UMSHA by Uzma Babar	323
PKDL	419,417	Universal Surgical Partners	408
Purple Haze	610	Uzma Jawad Couture	212,113
Raaz Inc	625	Vic Kashmir	100
Rabia Wahab	713	WARDA	703
Rabia Zahur	407	Yasmin Inc	112,110,108
RabzShazz Collection	119	Zaheen kamran - designer jewellery	709
Rangolibyhuma	608,606	Zeshan Bariwala	318
Rashida Dalal of Karachi	502	Zavar Collections By Gul	413
Reenas by Mavra.Z	510	ZT Wealth	L1, L2
Rehana's Creation	411		



APPNA & ZT WEALTH PARTNERSHIP

Opportunities increase when you help others win. A little win for a partner is a little win for you.

ZT Wealth's partnership with APPNA seeks to strengthen their connection with the Pakistani community through educational support, charitable giving, and participating in medical projects across North America and Pakistan.

ABOUT ZT WEALTH

ZT Wealth is a full-service wealth management firm that provides specialized financial solutions through traditional and alternative investments in healthcare, automotive, quick service restaurants, and private equity.



ALTUS[™]
HEALTH

A ZT WEALTH COMPANY

ZTWEALTH.COM | ALTUSHEALTHSYSTEM.COM | INFO@ZTWEALTH.COM

PHEONIX, AR

PEARLAND, TX

HOUSTON, TX

NEW YORK, NY

DUBAI, UAE

LONDON, UK