



APPNA FALL MEETING APPNA-AZ ANNUAL GALA

October 18-20, 2019 Phoenix, Arizona



ADVOCACY
Volunteerism
PHILANTHROPY





Editor's Note



"What is the essence of life? To serve others and to do good". Aristotle

I have been involved with nonprofit organizations for several years. I have had the opportunity to observe from both within and from afar the workings of various organizations. In my opinion, there are three main causes of disunity within organizations, namely: 1) Lack of shared mission or vision. 2) Lack of communication and collaborative efforts. 3) The dissemination of information without any authority of confirmation of accuracy.

To effect real change and accomplish transformation it is important for organizations to have a shared vision. When all the team members are targeting their energy towards a similar goal there will be better co-ordination amongst its members and certainly less conflict. It is imperative for the leadership of any organization to state clearly their vision and mission and to inspire their members through motivation and delegation.

Communication is an easy indicator of unity. When people are not aware of what's going on, strife will set in. The lack of communication creates an environment that nurtures all sorts of conspiracies. Unresolved disagreements also play a role. When leadership is unaware of disagreements, or leadership tries to simply avoid confrontation, then there is a communication breakdown. The dissemination of false informs then usually becomes the outlet by which people release their frustration.

This does not imply that frustration is a negative-actually, it shows that people care. But there is a fine line between frustration and hearsay. It's true, you will lose volunteers that are hard to find in the first place - but I would contend that losing a volunteer is better than having a volunteer that spreads something as destructive as gossip.

Unanimity cannot be accomplished while individuals cast aspersions upon one another. This only creates animosity and decreased sensitivity towards others' emotions leading to overall mistrust. Any board member, executive council member, an ordinary member, and/or a candidate running for the office who participates in such behavioral acts should be terminated or deteriorated from the association. End result will assent genuine volunteers who have sincere motives for the organization. APPNA is going through similar problems. The beauty of APPNA is its volunteer and democratic system. I am sure the leadership understands the issues and frustration of the membership. APPNA needs to implement decisive ramifications regarding dissemination of false accusations (GOSSIP). If guilty parties were immediately terminated in result of such behavior, our association will progress exceedingly.

"Everybody can be great...because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love". Martin Luther King, Jr.

Nadeem Kazi, MD
Editor
Past President, APPNA 2007
Past Chairman, APPNA Board of Trustees 2015
Executive Member at Large, Arizona Medical Association 2019
Board of Directors, Arizona Medical Association 2010 to Present

Personalized mortgage options to fit your financial strategy



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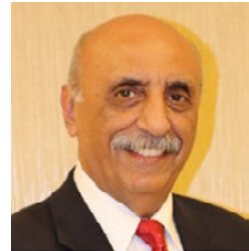
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Executive Committee 2019



Naseem A. Shekhani, MD
President



Lubna Naeem, MD
Secretary



Aftab Khan, MD
Treasurer

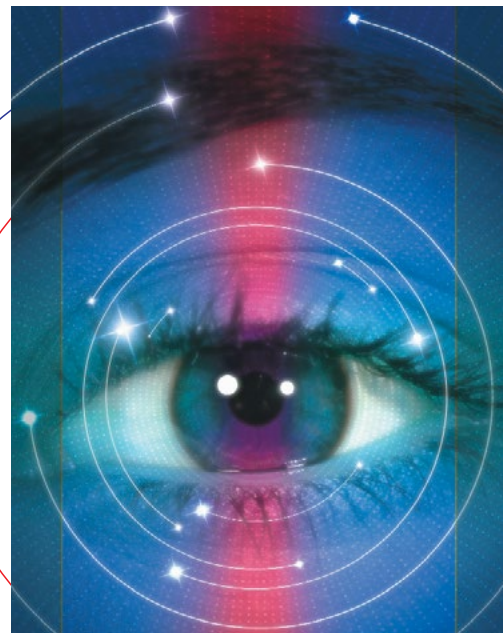


Naheed Usmani, MD
President Elect 2019



Iqbal Z. Hamid, MD
Immediate Past President

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President's Message



Dear APPNA members:

First, I would like to convey my sincere appreciation and gratitude to Dr. Habib Khan and his team for their hard work and dedication for organizing this fall 2019 APPNA meeting. They pulled together to arrange for this fabulous meeting with little help from me, as I was preoccupied with many unnecessary distractions.

This fall meeting is the last grand meeting in the U.S. for me as APPNA's President. I wanted to take advantage of this occasion to express my gratefulness to all the membership for granting me the opportunity to lead this organization and for extending their support to me through a very turbulent time for APPNA. My winning the election was a collective win and not my individual success. You gave me a clear mandate to end all litigations involving APPNA at the earliest possible time and to bring financial transparency in APPNA.

However, I feel that harder I tried to bring the feuding sides together, the stronger the opposition pushed back to protect their vested interests, to the point that an unprecedented lawsuit was filed against me and four other members of the Board of Trustees, bypassing all internal conflict resolution mechanisms.

Financial transparency was the cornerstone of my election pledge. We released our first quarter financials to the membership in a professional format. However, verbal and written threats to the accountant, combined with a refusal to pay for her services forced her out. I would still like to release the quarterly financial reports in a similar format if the roadblocks can be worked out.

On litigation front, we settled Dr. Rashid's case, brought all sides of BOT together per transition agreement crafted last year. Unfortunately, 4 EC members, including Drs. Usmani, Hamid, Naeem and Khan brought a lawsuit against me and 5 BOT members, which has consumed a lot of my time and energy compromising my ability to pursue my agenda for APPNA. I continue to strive to put things back on track and have all sides work together for the sake of the organization.

One of our main goal, as presented in APPNA's Spring Meeting, was to build institutions and nurture promising talent in the U.S. and Pakistan. Innovation and research are central pillars of our religion. We launched a project to build an APPNA Institute of Innovation and Research (AIIR) with the aim to provide philanthropic support and promote knowledge for the benefit of humanity. We feel that the root cause of Pakistan's problems is lack of support for promoting critical thinking, lack of focus on proper advance education in the fields of science, literature and arts. Unfortunately, this collaboration is in jeopardy with major contributors backing out as they feel that APPNA's partisan environment is not conducive to do this kind of work. To accomplish any constructive work in APPNA, we will need support from APPNA's Board of Trustees, Council, Executive Committee and above all, the General Membership.

In the end, I want to urge all APPNA members and its leaders to come together for the betterment of APPNA..... Focus on things that unite us and not divide us, give priority to APPNA over personal egos. Personally, I categorically state that I do not hold any grudges against anyone and am willing to work with anybody for a common goal of making APPNA better.

STAY POSITIVE!

Sincerely,
Naseem Shekhani, M.D.
President APPNA 2019



Chair Host Committee Message



I feel honored and privileged to write this message as the chair of APPNA Fall meeting 2019. Arizona is not only known for its natural wonders but for its wonderful communities, that have made the Grand Canyon state, the sixth largest in the United States. I really feel proud to welcome you all, visiting from all over North America.

It's a great honor for our community to host a national event after more than a decade. Our host committee has really worked hard, to make your visit to Arizona a memorable one. We have put lots of effort to make this event a great family and social event. While the weather is getting colder in Arizona, a warm welcome awaits you from all of us at Appna.

My team and host committee has tried to keep APPNA and Arizona tradition of hospitality alive. I am thankful to you all and proud to be a part of this wonderful community.

Long Live camaraderie Long Live APPNA

Habib U Khan, MD
Chair APPNA Fall Meeting 2019





President Elect's Message



Dear Members,

I have been vested in APPNA, like you, for all the wonderful good our beloved organization is capable of doing. APPNA fosters deep friendships. It **brings us and our families together to do good while having fun** as members of many APPNA entities:

- our local APPNA chapters,
- our medical-dental-college-specific alumni associations,
- our APPNA specialty organizations,
- as activists in many APPNA Committees and programs spanning

education, healthcare, philanthropy, advocacy, young physicians, international travel, art and culture,

- APPNA youth (SAYA)
- APPNA young professionals
- APPNA spouses (Alliance)
- and many more!

APPNA evokes passions, mostly good but sometimes not so good, because of all this scale and scope! We have been in a turbulent year because of our passionate engagement in APPNA, but now that our internal disagreements have been adjudicated, **it is time to refocus on the good and the fun in APPNA!**

We must and will come together for the good of APPNA and our shared values and cultural traditions. Inshallah!

It will be my focus, with your help, to rededicate APPNA to all that makes it wonderful! My passion like many of you is improving medical education, training and healthcare in Pakistan, while also giving back to our communities in US/Canada and engaging our next generation in APPNA initiatives.

Let us heal what pains us. **Let us move forward, together, with humility, civility, and common purpose!**

G. Naheed Usmani, MD
President-Elect 2019



Secretary's Message



Dear APPNA Physicians,

No one can do it alone.
That's probably the moral of this year.

The other moral of the year is to secure our financial growth that is we need to shift this organization from an event driven to a member driven organization.

The two thirds of the income source is from meetings if the meeting flops the organization takes a nose dive as what happened this year. There had been council meetings basically to let the Executives know to work together.

This year Mr. President has assumed the role of conducting meetings and coordinating with committees so he can highlight most of that communication.

The executive committee is also aware of the burning issues of Governance and CABL which merit attention and an update. Majority are in consensus with working on a roadmap and benchmarks with the help of experts.

The membership growth seems static.

Annual recurrent members 512/ New Members 46. APPNA continues to serve its members and communities through committees.

The year started with a positive note with an educational seminar promoting women leadership. It is a vital goal for our organization to continue to integrate women into the governance strata.

The other highlight of the year is APPNA's collaboration with center of disease control to prevent multi drug resistant typhoid in Pakistani American Travelers. This is an extensive educational program adopting food and waterborne preventive guidelines. These efforts were highly appreciated and recognized by CDC.

The Young Physician committee and Advocacy Committee have held multiple educational and training seminars with the leading Program Directors and ECFMG Directors helping the young Pakistani physicians to improve their likelihood to match and timely visa issuance.

To transform into a member driven organization we do have a career portal that offers members to post job openings including H1-J1 Job postings, Buying or selling practices, equipments and tools, EHR vendors to improve practices.

Please take advantage!

It's time we address the concerns and challenges facing Pakistani American Physicians.

We must stand for Pakistani Physician professionals

Einstein definition of insanity is doing the same thing over and over again, but expecting different results."

BOTTOM LINE:

There needs to be a paradigm shift:

More than 2/3 of our income comes from meeting revenue and 1/3 from members.

What it tells is we are not a member driven organization.

There needs to be member driven provision of services to accomplish our mission of APPNA's growth, institutional memory and legacy

Thank you
Lubna Naeem, MD
Serving better together



APPNA Fall Meeting 2019

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Arizona Chapter President's Message



On behalf of the Arizona Chapter of APPNA, I want to welcome all of the guests visiting our beautiful state to attend Central APPNA's Fall Meeting in Scottsdale. We are honored to be your hosts and look forward to making your visit both pleasant and worthwhile.

Every year, APPNA-AZ serves as a cultural hub for the local Pakistani diaspora and their children. Additionally, we have effectively engaged the greater community at large through our civic engagement and commitment to local charities. You will find the Valley of the Sun to be filled with activities for all ages and interests. If you need any suggestions or tips to fully enjoy the experience, please do not hesitate to reach out to any of the Arizona membership for assistance.

Best Regards,

Zaheer A. Shah, MD
President APPNA-AZ Chapter

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APPNA Foundation Report



Dear APPNA Members,

Welcome to APPNA Fall Meeting 2019, Phoenix, Arizona. APPNA Foundation started the year with a lot of passion and excitement and challenged ourselves to take the foundation to the next level. Our ultimate goal is to distinguish ourselves as one of the eminent foundations engaged in significant philanthropic work world over, especially in US and Pakistan. The leadership is looking beyond the near future with plans to build a network of technical, financial and philanthropic power for global reach. I would like to thank our donors who made it possible for us in strengthening APPNA Foundation's capacity and remained generous with their donations. Your money will go a long way in laying the foundation of a fiscally strong organization of philanthropy enabling APPNA to continue its good work and provide the much needed economic strength to expand its scope of activities.

Our greatest achievement in 2017 came with a bang when we successfully established a strategic partnership with ZT Corporate, an investment company, for perpetual donation of a generous amount of unrestricted funds for APPNA and APPNA Foundation.

Qatra Fund which started few year ago is now under APPNA Foundation. You can donate small amount every month through Qarta Fund.

APPNA Foundation will offer Estate Planning at a discounted rate to our members so they can avoid probate, and benefit from advantage of estate planning. The expert team of financial consultants will customize planning for you across 50 states of the US. This is an amazing educational, financial and estate planning opportunity that we hope all APPNA members will benefit from. The first APPNA Foundation GALA was held at Hilton Post Oak Houston in September this year, with a great success.

APPNA is your flag bearer and your courier. As a doctor of medicine you are already in the business of alleviating pain and suffering for your patients; how about extending a helping hand to those who cannot reach you. Each dollar you donate will help a needy at some corner of the world and imagine the dividends you will receive in terms of prayers.

I would like to request all APPNA Members to donate at least a Thousand Dollars to foundation immediately so that we can continue our projects with the same zeal and enthusiasm and at the same time financially empower Local Chapters to start new projects.

As you know your donation of any amount is tax deductible. There is no limit or restrictions on the amount you want to donate. Please donate with APPNA's future in mind and help us sustain our short-term and long-term philanthropic projects. Please extend your kindness and be a part of the foundation with your wholehearted participation. Make your checks payable to APPNA Foundation.

Sincerely,
Dr. Asaf Riyaz Qadeer
Executive Director APPNA Foundation



National Healthcare Day Report



The primary goal of NHCD is to shine APPNA and its membership in the light of what we do best every day: Providing health care.

However, despite our best efforts we were not able to garner enough financial resources to put up the show that we have done in the past years to provide flu shots.

There were limited resources available to hold the event which was barely sufficient for few T-shirts and a banner and we were restricted in making any efforts to outreach to the local chapters to hold this day on October 12, 2019 due again to paucity of funds.

However, we are so proud of our Chapters and APPNA community at large, they are holding APPNA NHCD nationwide despite lack of flu shots.

My sincere hope and wish is that in coming years we will be allocating more resources to such activities that highlights APPNA and makes it more meaningful.

Sohail M Qarni, MD
Chair, NHCD committee 2019

Ehtsham Haq, MD
Advisor, NHCD committee 2019

APPNA 2019
TRANSFORMING VISION INTO REALITY

APPNA NATIONAL HEALTH CARE DAY
SATURDAY, OCTOBER 12, 2019
NATIONWIDE IN COLLABORATION WITH APPNA
CHAPTER/ALUMNI PRESIDENTS AND MEMBERS

FOR FURTHER INFORMATION PLEASE CONTACT:

SOHAIL QARNI, MD
CHAIR, NATIONAL HEALTH CARE DAY 2019
SOHAILQARNI@HOTMAIL.COM

Ehtsham Haq, MD
ADVISOR, NATIONAL HEALTH CARE DAY 2019
EHTSHAMH@YAHOO.COM

NASEEM SHEKHANI, MD
PRESIDENT APPNA 2019



APPNA Ethics & Grievance Committee (EGC) 2019-2020



SUMMER MEETING STATUS REPORT FOR EXECUTIVE COMMITTEE
As the chair of Ethics and Grievance Committee of Association of Physicians of Pakistani Descent of North America, it is my pleasure to submit this Fall 2019 short status report from Feb 24 to September 2019.

Formation notification: Committee was formed in February 2019 and the committee members were notified of this on February 24. The membership of this committee is as follows.

Membership:

Chair: Abdul Rahman, MD; DMC, Alberta Canada

Co-Chair: Sajjad Savul, MD; KMC, Delaware

Members: Shabbar Husain, MD; QMC, Pennsylvania
Tayyab Rana, MD; NAMA, Washington DC
Intikhab Ahmed, MD; SMC, New York
Farrukh Malik, MD; KEMC, Tennessee
Samina Hijab, MD; FJMC, Illinois

Scheduled meetings:

First (1st) meeting: Sunday March 3, 2019

Other than introductions, the meeting discussed a letter from Dr. Raheel R. Khan, MD, Chair, Constitution and Bylaws Committee received on February 25, requesting the following: "As Chair of Ethics and Grievance Committee, I am requesting you to elaborate on how you plan to process a complaint in view of the disciplinary clauses outlined in the Bylaws amended in 2018. CABL Committee also invites suggestions from the E&G Committee regarding creating robust internal conflict resolution mechanisms with complete impartiality that will be binding to all parties, eliminating the need for referring the matter to external law enforcement agencies".

As a result of this and to have an inaugural meeting of EGC, a meeting was held on March 3 to deliberate on the mandate and processes and prepare a response to the letter from the Constitution Committee.

After discussions, procedures and processes were agreed upon and communicated to Dr. Raheel Rashid. In addition to our response to the chair of CABL, following internal procedures were agreed upon.

1. There should be a majority vote when committee decisions are needed. Following Robert's Rules of conducting meetings, the chair would only vote when there is a tie.
 2. If we are to consult other APPNA committees for their input or assistance with any decisions, those committees should also declare any conflict of interest.
- ASSOCIATION OF PHYSICIANS OF PAKISTANI DESCENT OF NORTH AMERICA
3. EGC meetings may be recorded and archived, especially when critical decision-making was involved.
 4. EGC or its chair should be given access to APPNA legal for advice if needed
 5. Any gaps in the processes, if present in the bylaws, will be communicated to the CABL Committee with recommendations from the EGC members.
 6. It was also decided that the committee would meet at a minimum of once every calendar quarter and whenever deemed necessary.

Second (2nd) meeting: Thursday April 11, 2019

To discuss complain # 20190408 from Dr. Naghmana et al, regarding their concerns about EC not sharing last year's (2018) account summary and profit/loss statements.

Response: A letter for sent to the President for compliance. Dated April 12, 2019.

President responded via email and agreed to share within reasonable time.

Spring report prepared and sent to the APPNA office, April 12, 2019

Third (3rd) meeting: Wednesday April 24, 2019

Complaint#20190417 x 3 by 13 APPNA members regarding behaviour of 4 EC members dated April 17, 2019. Letter to CABL chair sent on April 24 to seek clarity on these complaints from CABL perspective.

Letter sent to Dr. Naheed Usmani seeking her response on the above complaints (total of three issues raised) Letter sent to the president APPNA Naseem Shekhani regarding the first 2 issues raised in the complaint seeking further information.

President's response received May 6, 2019

Dr. Naheed Usmani's response received.

Fourth (4th) Meeting: Wednesday May 15, 2019

Complaint #20190417 To discuss responses to the letters sent out on after April 24 meeting & to discuss Complaint #20190418 by Lubna Naem against Dr. Shahid Latif regarding social media

Letter sent to Chair BOT on May 26, 2019 with a copy to APPNA office. Recommendations given regarding the above two complaints.

On June 2, 2019 chair EGC wrote a letter to Nic Suh requesting information on mass communication that will need to go the membership regarding rules of posting on social media.

On June 2, 2019 chair EGC wrote a letter to BOT chair, seeking clarity if the letter was already released to the concerned parties.

June 3, 2019, Dr. Rahman, Chair Ethics and Grievance Committee issued social medial guidelines in light of what happened on the Facebook related to release of sensitive information. This was sent out by blast email.

June 11, 2019 copy of the court order received

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DESCENT OF NORTH AMERICA

Fifth (5th) Meeting June 11, 2019

Complaint #20190608 Naseem vs Aftab Complaint #20190608 Naseem vs Aftab

Meeting deferred due to lack of quorum.

Further meeting on this issue was deferred as the matter is in the court. Court order received.

Sixth (6th) Meeting June 26, 2019

Complaint# 20190417: Discussion on action regarding no response from 4 EC members:

Matter discussed. 30 days deadline is July 8, decision to be communicated after the deadline in case of non-compliance.

Seventh 7th Meeting July 16, 2019

- Summer meeting report was presented to the members by Dr. Shabbar and Dr. Rahman.

- EGC briefly discussed Dr. Usmani's recent letter to Chair EGC where she "refuted" EGC's existence and its decisions.

- Dr. Hamid's letter requesting a couple of more weeks to respond to EGC's letter regarding complaints against him (due to recent APPNA meeting related travel).

- The committee members had a detailed discussion on this issue and were more inclined to extending the deadline to another 4 weeks (from the initial July 8 date), to August 8, 2019.

Eight 8th Meeting August 9, 2019

- Dr. I. Zafar Hamid's email to EGC on August 8, 2019 at 8:43 PM Mountain Time (10:43 PM EST): discussed along with the compliance issues related to fines imposed on the 4 EC members.

- Committee members unanimously agreed that the NEC and MC chairs should be notified with the suspension notification. Committee members then agreed upon the following statement to reflect in the decision notification letter.

Eight 8th Meeting August 9, 2019

Complaint #20190813: Dr Usmani's emailed EGC on 8/13/19 questioning the existence of EGC.

Complaint #20190827: Council member Dr Taj's complaint letter against council member Dr. Rao Kamran



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Complaint #20190825: Dr. Lubna Naeem's complaints about DocuSign campaign and Negative campaign to Sabotage my election campaign".

Ninth (9th) Meeting September 11 2019:

ASSOCIATION OF PHYSICIANS OF PAKISTANI
DESCENT OF NORTH AMERICA

- Complaint #20190608 "United APPNA" email sent to EGC on 8/6/19 Re: "Violation of Byelaws by 4 EC- TRO by 4 EC members against APPNA President and 5 BOT members"
- Complaint 20190909 "United APPNA" email sent to EGC on 9/10/19 titled: "Candidates disqualification from Upcoming Elections". (Copy of email attached).
- Complaint #20190824 Suraya Khan's email complaint (on behalf of APPNA Alliance EC 2019):
- Complaint #20190825 Dr. Lubna Naeem's email complaint against "APPNA for ALL" Re: the DocuSign letter:
- Complaint #20190828: Dr. Lubna Naeem's email complaint (sent to EGC on 8/28/19) against Dr. Muhammad Arshad of United APPNA for "Negative campaigning.
- Complaint #20190813: Dr. Naheed Usmani's email complaint dated 8/29/19 against EGC decision (on imposing fines on 4 EC members):

Respectfully submitted by:
Dr. Abdul Rahman, Chair, EGC
for Members of the Ethics and Grievance Committee
Wednesday July 3, 2019

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.

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 30 years. As you can see, we have had significant appreciation while we have distributed funds to the participating Medical School Alumni to benefit the needy students for past 5 years.

Following is a breakdown of Funds as of July 31, 2019:

Medical College	Initial investment	Funds Distributed	Current Account Value
Nishtar Medical College:	\$ 920,690.00	\$ 75,000.00	\$ 1,201,703.42
King Edward Medical University:	\$ 472,647.00	\$ 53,000.00	\$ 577,505.65
Jinnah Sindh Medical University:	\$ 182,376.00	\$ 22,600.00	\$ 226,920.02
Quaid-I-Azam Medical College:	\$ 128,300.00	\$ 14,100.00	\$ 169,389.74
Rawalpindi Medical College:	\$ 112,800.00	\$ 11,200.00	\$ 148,716.27
Fatima Jinnah Medical College:	\$ 79,330.00	\$ 5,350.00	\$ 100,583.13
Khyber Medical College:	\$ 28,063.00	\$ 3,450.00	\$ 38,391.44
Bolan Medical College:	\$ 20,000.00	\$ 0.00	\$ 22,845.27
Totals:	\$ 1,944,206.00	\$ 184,700.00	\$ 2,486,054.94

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

The Scholarship Program is ongoing. All donations are **TAX DEDUCTIBLE**. These scholarships are distributed to the deserving medical students at various medical colleges in Pakistan. This is the best way to donate your **Zakat funds**. Please visit www.appna.org to donate online or to download and print the pledge form to make your payment by check or credit card.

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

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

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APPNA MERIT Report



FIVE areas of FOCUS (Big 5)

- I. Online Educational Courses
- II. Visiting Faculty Program
- III. Clinical Program development
- IV. Annual Conferences and workshops
- V. Research Collaborative Network

1. Online Educational Courses

- Neurology Curriculum enhancement at resident level. A six-month Movement disorder course was started with University of Nebraska targeting Neurology trainees across Pakistan. This course is running its third year in

2019. After its great success a six-month Stroke course has been developed this summer. Next year Epilepsy and Neuromuscular six months courses will complete major subspecialties in the Neurology Residency training. This has been supported and much appreciated by Pakistan Society of Neurology (PSN).

- A one-year Family Practice training course is being designed on the request of Federal health Ministry and will be run in collaboration with Health Services Academy Islamabad.
- Family Practice uplift is the priority of new Government and Prime Minister Imran Khan would like to develop Islamabad as a model health city on the basis of primary care physicians in Basic Health Units trained and able to take off load on tertiary care centers such as PIMS.
- A special course will be developed for primary care physicians in Pakistan to educate them with latest in the field of Neurology, titled NEUROLOGY for ALL (Neurology for Non-Neurologist). This will be offered to Rawalpindi Medical University and later will be available in other cities. It will also form part of the Family Practice on line course.
- Army Medical College has requested to enhance their undergraduate Neurology rotation for final year Medical students. Faculty development at NUMS and Army Medical College.
- These courses will be hosted in APPNA Academy which is part of our new website www.appnamerit.com

2. Visiting Faculty Program

- Army Medical Corps has signed an MOU to have visiting faculty in four core areas. Stroke, ICU, ER and Family Practice amongst them. The periodic visit by the faculty will complement the online training courses in the areas of need.
- The Board of Governors LRH has approved the designation of Visiting Consultants. To begin with two subspecialties in Neurology and in ICU project.
- We will be organizing the visiting APPNA members interested in giving medical education in Pakistani institutions. A new website collecting the data base of all such visiting consultant has been prepared. This will be divided in specialties. On the other side the database of institutional contacts in Pakistan will be prepared. The matching will take place well in advance of the visit for a smooth and effective time management. The process of data collection has been started and further blast mail from APPNA president will remind members to register.

3. Clinical Program development/ Capacity building projects

- Lady Reading Hospital (LRH) in Peshawar KPK: Second MOU signed last year has seen the development of a Model ICU in LRH with the help of APPNA intensivist going on a rotation schedule

complemented with Tele ICU efforts. The protocols and process have been developed and MS in ICU training is being explored. The research is part of this initiative. The team of intensivist now will focus on the improvement in current protocols and process in the Army Medical Corps.

- Second project at LRH is Neurology Center of Excellence. The Board of Governors LRH has approved all equipment and space presented in the document for foundation of COE along with the designation of Visiting Consultants. To begin with two subspecialties in Neurology Stroke and Movement Disorder have been selected for this year.

- Rawalpindi Medical University has requested APPNA MERIT to help develop a Neurology Center of Excellence which will be in line with the LRH project. In addition the Family Practice department in RMU will be developed with the help of MERIT.

- NUMS has approached APPNA for help in Institute of Neuroscience in Medical City in I-17 Islamabad.

4. Annual Conferences and workshops

- The VC of NUMS Lt. Gen. Imran Majeed, The Principal of Army Medical College and Army Medical college Alumni organizes an Annual one-day conference with APPNA MERIT around APPNA Winter Conference. 2019 will be the third year of this tradition.
- APPNA MERIT is talking to the Federal Health Ministry and Health Services Academy for an Annual conference focused on Medical Education and Research.

5. Research Collaborative Network

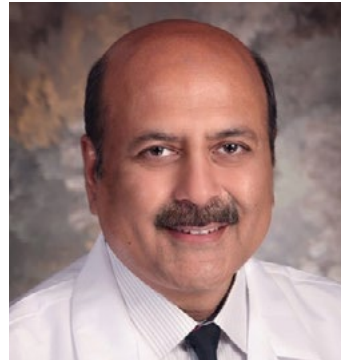
- A website portal has been created for Research projects in our new website. All Academicians and researchers in APPNA family are invited to fill a form so that a database according to the specialty can be prepared. This will include the area of research interest and previous research projects in their profile.
- The Medical students and the young faculty interested in different research projects will approach through this forum.
- A team of PI from Pakistan along with few member and a supervising US faculty will be built for a project which will then be presented to Higher Education Committee (HEC) for funding. The HEC has allocated substantial funding for ORIC in each Medical University.
- The Annual MERIT conference will provide the needed platform for direct interaction between young researchers of Pakistan with their international mentors to discuss ongoing projects as well as to develop new joint ventures.
- The newly appointed Chairman of the Pakistan Health Research Council has expressed interest to work with APPNA MERIT

Finally, the new government in Pakistan has recognized APPNA as the major partner in their effort to develop a Pakistan Medical diaspora network. A dedicated secretariat will be established in Islamabad. This initiative has been started under the new Federal Health Minister. President Elect Dr. Naheed Usmani was invited to Islamabad to attend the first conference in this regard. During this visit she met the CPSP President Dr. Zafar ullah Chaudhry, NIH and PHRC Leadership, Federal Health Minister and DG Health. She also met Prime Minister Imran Khan and President Dr. Arif Alvi. Both appreciated contributions of APPNA and encouraged more involvement in the Pakistan Health care system as well as Medical Education.

Shahid Rafiq, MD
Chair APPNA MERIT 2019



APPNA International Meetings Report



Dear Colleagues

It has been an honor and privilege to serve as the chair of International meeting organization committee for 2019. Our trip to UK to see ICC cricket world cup was very exciting as it takes place every four years due to ICC cricket world cup schedule and gave participant's a chance to see England's less travel destinations such as Lake District, York and Durham. Visit to Edinburgh was a nostalgic destination for many people as they have done their medical/surgical training there before coming to USA.

First match we saw was against our arch Rival India at Old Trafford cricket ground in rainy Manchester. The hotel most of us stayed was the same hotel as Pakistani team was staying as well. We had quite bit of exposure to the players at the hotel.

Next on the way to London we traveled to lake District, Durham and York . Second match against South Africa was at Lords. We had great seats, saw a few Pakistani celebrities seating in our section including Cricket Great Zaheer Abbas, Squash Legend Jahangir Khan and Prime Minister Imran Khans son Suleman.

There were large number of people on this trip with young families partly because schools were closed for summer break.

UK trip was personal for many participant's as they have family member's, medical school friends and relatives living there.

Our most recent trip was to Turkey. It was a smaller group and that gave us the opportunity to get to know every one on a personnel basis. We explored all parts of turkey thoroughly and enjoyed its vast and diversified landscape.

Overall it was a very good year for the committee with its inaugural trip to South Korea and Japan and to Northern areas of Pakistan to ICC cricket world cup and to Turkey.

On a personal note I came to know many great people and made new friends this year on these trips. I like to thank President Naseem Sheikhan for giving me the opportunity to serve as the chair of this fun filled committee. I would also like to thank all my committee member's for their advice and support throughout the year.

Respectfully submitted.

Nadeem Ahmed, M.D
St. Louis, MO
Ross Univ 1985.



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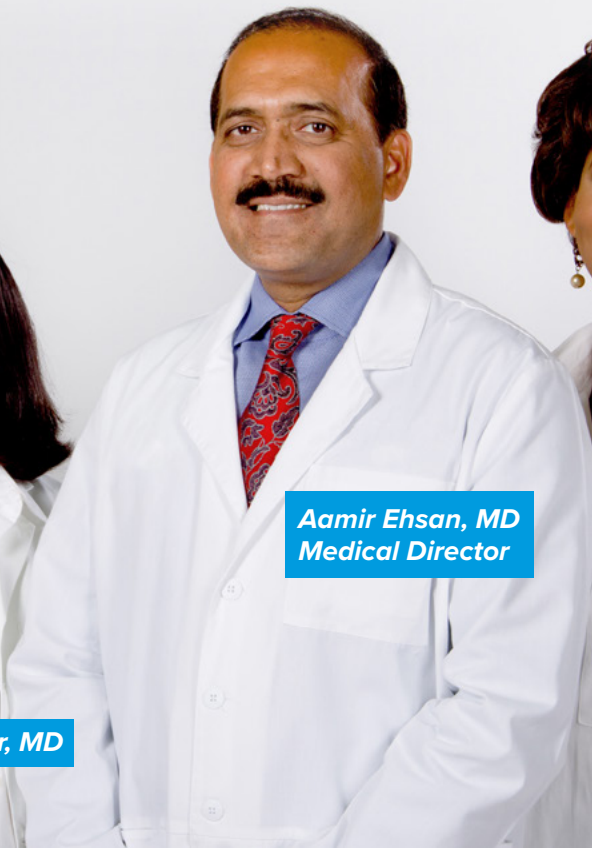
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Bridget Herschap, MD



Alma Sanchez-Salazar, MD



**Aamir Ehsan, MD
Medical Director**



Denise Francois, MD



Event Schedule

Venue: Hyatt Regency Resort & Spa, Scottsdale, Arizona

Thursday, October 17, 2019:

6:00 AM - 11:59 PM	Prayer Room	Hyatt Boardroom
6:00 PM - 11:59 PM	Exhibit- Move In	Vaquero E1E2F1F2G1G2
7:00 PM - 9:00 PM	Host Committee Dinner	Terrace Court
9:00 PM - 11:59 PM	Local Talent Night	Vaquero AB

Friday, October 18, 2019:

6:00 AM - 11:59 PM	Prayer Room	Hyatt Boardroom
8:00 AM - 2:00 PM	Golf	Gainey Ranch Golf Club, Scottsdale, Arizona
8:00 AM - 5:00 PM	Non Retail Booth Area	Arizona Foyer
9:00 AM - 8:00 PM	APPNA Bazaar	Vaquero E1E2F1F2G1G2
9:00 AM - 6:30 PM	Trip to Sedona	Offsite
12:00 PM - 4:00 PM	Registration	Vaquero Foyer
3:00 PM - 5:00 PM	Arizona Young Professional Development Workshop	Vaquero AB
5:00 PM - 10:00 PM	Registration	Vaquero Foyer
7:30 PM - 8:30 PM	Welcome Reception	Palm Grove
8:30 PM - 9:30 PM	Community Participation	Vaquero ABCD
9:30 PM - 11:40 PM	Musical Night	Vaquero ABCD
11:45 PM - 1:30 AM	Mushaira	Vaquero ABCD

Saturday, October 19, 2019:

6:00 AM - 11:59 PM	Prayer Room	Hyatt Boardroom
7:00 AM - 11:00 AM	Registration	Vaquero Foyer
7:00 AM - 9:00 AM	Breakfast - CME Participants	Vaquero AB
7:30 AM - 10:15 AM	CME-General Session	Vaquero AB
8:00 AM - 5:00 PM	Non Retail Booth Area	Arizona Foyer
9:00 AM - 8:00 PM	APPNA Bazaar	Vaquero E1E2F1F2G1G2
10:00 AM - 4:00 PM	YPN - Young Professional Network	Arroyo CDE
10:30 AM - 4:30 PM	Council Meeting	Vaquero AB
2:00 PM - 10:00 PM	Registration	Vaquero Foyer
4:30 PM - 5:30 PM	Movie Showing	Arroyo CDE
6:30 PM - 8:30 PM	Reception	Vaquero ABCD
8:30 PM - 9:30 PM	Dinner	Vaquero ABCD
9:30 PM - 11:59 PM	Entertainment	Vaquero ABCD
10:30 PM - 11:59 PM	Beverage Service	AZ Foyer

Sunday, October 20, 2019:

6:00 AM - 11:59 PM	Prayer Room	Hyatt Boardroom
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APPNA 42nd Annual Convention 2019
July 3-7, 2019 Orlando, Florida



RESA Report of CME Activity
at the APPNA Summer Meeting



APPNA and RESA Committee conducted a 3-day CME session at the Annual Summer Meeting of APPNA.

The CME chair for the meeting Dr. Humeraa Qamar reports:
"I was pleased and honored to conduct the CME programs on Thursday, July 4, 2019 and Friday, July 5, 2019 at the APPNA Summer Meeting 2019. The speakers were very knowledgeable, and the subjects were very informative."

On Thursday, the speakers focused on physician issues in the working place today and the many facets of "burn-out". Other subjects educated on palliative care and end of life decisions and circumstances physicians face on a regular basis.

On Friday morning, the speakers focused on women's health issues and for the first time in the history of APP NA the entire panel consisted of female speakers. The information provided was well received by all who attended.

A question and answer session after each talk was conducive to more in-depth discussion of the covered subjects."

Dr. Khurram Moin who organized the Cardiology symposium reports:
It was my honor and privilege to organize Shahbudin Rahimtoola Memorial Cardiovascular Symposium on 7/6/19 at APPNA summer convention in Orlando. Great program as I heard from the attendees. Huge success. State of the art lectures by distinguished faculty from all over the states. See 7/6/19 CME flyer and their CV's for details.

Following topics were covered. Atrial fibrillation. Preventive Cardiology. Coronary CTA. Updates in valvular heart disease. Recent advances in structural heart disease interventions including TAVR.

I hope APPNA able to continue this kind of a cardiovascular symposium every year.

Overall it was a successful event and 12 hours of AMA PRA Category 1 credits were offered at this program.

Respectfully submitted
M Mansoor Mohiuddin, MD
Chair RESA Committee



Aga Khan Alumni Association of North America - AKUAANA



Aga Khan Alumni Association of North America (AKUAANA) - AKUAANA continues to grow and remains active in giving back to its Alma Mater. This year AKUAANA employed its first web management company, MED WEB SERVICES, run by our very own alumni, Dr Abdul Basit Saeed '07. Due to this, AKUAANA has enhanced its communication not only with its alumni, but also with The Aga Khan University (AKU).

We had a very successful summer meeting. The highlight of the meeting was the presence of Dean Adil Haider, our very own alumni from class of '98. Dr Haider's appointment as Dean of AKUMC this year, has been one of the proudest moments for AKUAANA. We hope to strengthen our relationship

further with AKU Medical College (AKUMC), and to support Dr Adil Haider in his mission. Other highlights of the meeting included a substantial gift by class of '93, to support the development of a Quality Improvement Center at AKU for their 25th class anniversary. Dr Rizwan Khalid represented the class of '99, for their 20th reunion. Class of 99 donated its class gift for an Endowment Fund for childcare, which will allow the Aga Khan University Hospital to provide financial assistance and support to needy children from semi-urban and rural communities in Pakistan.

Activities: We announced the second cycle of scholars for the AKUAANA-JRM scholarship for financial aid students at AKUMC, to pursue electives in the United States. Medical Students **Mehdia Rajab Ali** and **Muddassir Ali Aftab** were the recipients for the year 2019-2020. The scholarship requires 4 weeks of electives in an underserved area in Pakistan in addition to the time in the US for electives. We are grateful to our fellow alumni, Dr Fahim Rahim '97 and Dr Naeem Rahim '98, for their support.

Most of all we are grateful to the JRM (Jamshaid-Rahim-Mannan) Family Foundation for providing this opportunity for AKUMC students. The scholarship fund is a matching fund that we hope will grow with alumni support. In collaboration with AKUMC Alumni Association-Asia Chapter, AKUAANA announced the popular mentorship program for AKUMC Alumni 2019. The program aims to connect experienced AKU alumni (clinical or non-clinical) around the globe with junior alumni and final year students seeking guidance in their professional endeavors.

AKU has embarked on a new journey to reorganize its alumni structure. As one of the first steps an Alumni Annual Fund has been started to help support student scholarship, research and special opportunity. AKUAANA will be pivotal in making this a success. Dr Habib Chotani '95, our Past President, started an AKUAANA Deans Fund with Dr Adil Haider. Four thousand dollars have already been collected. The Fund is created to support Alumni in NA, who can give back to AKUMC for the Deans Lecture Series in KHI, Pakistan.

AKU Giving Back: Dr Faisal Qureshi '93 (Past President), joined the first AKU Strategic Planning team this year under the leadership of Dean Adil Haider. Dr Khan M Siddiqui '96 and Dr Asad Mian '97, have been at the forefront of Biomedical Innovations. As the CEO of Higi, Dr Khan Siddiqui and Dr. Asad Mian (faculty at AKU), joined hands for the Critical Creative Innovative Thinking Initiative at AKU.

Alumni Achievements: Dr Nasia Safdar '95 was honored by Infectious Disease Society of America (IDSA) with the Oswald Avery Award for Early Achievement, recognizing her outstanding achievement in infectious disease. Dr Mubashir Mumtaz '94 was part of a paradigm shifting trail in Cardiology with

their study on Transcatheter Aortic Valve Replacement (TAVR) with a self-expanding valve in Low-risk patients. Dr Saad Omer '98 testified before a Senate committee hearing on recent outbreaks of measles and other diseases that immunization has mostly wiped out. In January this year, he was named the first director of Yale Institute for Global Health. Dr Saima Aslam '99, was a member of the team that completed the first kidney transplant from a deceased donor with HIV to a recipient infected with the virus, at University of California San Diego (UCSD). Dr Haider Warraich, '09, talked about advancement in treating and preventing heart failure and explained how the understanding of healthy blood pressure and good cholesterol continues to evolve in his second book, "State of the Heart". He assessed breakthrough in Heart Health, on NPR. Dr Adnan Hyder, '90, one of the founders of AKUAANA, received the C. Everett Koop Medal of Distinction from global organization Safe Kids Worldwide for his work to prevent childhood injuries. Dr Naseeruddin Mahmood '88, founder of ChildLife Foundation in Pakistan, discussed its impact on childcare in Pakistan. Dr Shahid Shafi, '88, from the first graduating class of AKUMC, a councilman in city of Southlake, TX, published his life story, exemplifying the American Dream! Dr Shafi participated on a panel for the APPNA summer convention in Dallas, 2018.

AKU-Alumni News: Our very own AKUAANA Past President, Dr Sadaf Khan '92, became the first Associate Dean of Undergraduate Medical Education (UGME) this year. Following Dean Haider's lead, Dr Assad Latif, class of '01, returned to AKUMC as Chair, Department of Anesthesiology. We are also very proud to announce that our past secretary, Dr Rizwan Khalid '99, is running for office for President of APPNA. We wish him best of luck.

Alumni Obituaries: Amongst these proud moments, were some that brought together all alumni in prayers. We have lost three young alumni in the last one year. Dr Uzma Yunus '95, a strong advocate for Breast Cancer, Dr Fida Khan '97 an academician and kind soul with the sweetest voice, and Dr Asma Saleem '90 a mother, physician and highly-respected pediatrician. It was with a heavy heart that AKUAANA made the announcement of these young lives lost. We pray for their souls and for their families.

Election News: This was also election year for AKUAANA. Executive Committee (EC) officers hold a tenure of two years. It is with great honor that we announce our EC officers for next year: **Dr Faisal Cheema '00 as President-Elect, Dr Haresh Kumar '03 Secretary-elect, and Dr Ammar Javed '13 Treasurer-elect.**

Future Goals: AKUAANA as an organization hopes to become advocate of its alumni, to support their strengths and achievements, provides opportunities to give back to our alma mater, grow and strengthen our relationships with AKUMC and AKU, and continue to give back in the shape of leadership and mentorship. We aim to become the "go-to" association for alumni who come to North America to further their education and training and lead the change at its alma mater.

APPNA: We are grateful to The Associations of Physicians of Pakistani Descent of North America (APPNA), to allow us the opportunity to participate as one of its component society. We hope that APPNA will recognize our commitment to not only give back to its alma mater, but also locally to our home away from home. Our goal is to transcend the alumni and chapter boundaries, and work with APPNA leadership and members to make this the leading organization in North America for all Physicians of Pakistani Descent. We look forward to a continued relationship and for opportunities to work within the organization to bring about a positive impact.



RMCAANA Report



It has been an honour and a privilege to serve as the President of RMCAANA this year .

I would like to thank each and every one of you including my colleagues, my peers and my seniors for your continuous advice, support, encouragement and help throughout the year.

We have had a very exciting 2019 year so far. RMCAANA team is proud to share some of the achievements accomplished this year .

Our Scholarship scheme through APPNA endowment fund is in place for the 4th year and about \$ 4000.00 are being dispersed to 5 RMU deserving

students each year to continue indefinitely. The funds have increased since it was started .

RMCAANA team is engaged with RMU Vice Chancellor Professor Dr. Muhammad Umar in the following initiatives:

- 1- Establishing a research unit at RMU.
- 2- Establishing a stroke unit at DHQ.
- 3- starting a family medicine certification program.
- 4- Helping UK Alumni in starting ER physicians training program at RMU hospitals.

RMCAANA has also set up financial aid for deserving RMU students who have passed USMLE and fulfilled the criteria to be able to take interviews for residency purposes in US.

RMCAANA Ambulance project and Free Medical Camps are being operated in collaboration with MAS (Medicos Aid Society) a RMU medical students run organization. So far this year three free medical camps were organized.

RMCAANA annual meeting held on July 5th in Orlando was very successful with attendance over 80. President's Breakfast July 5th. This is a new initiative attended by RMCAANA members in good number.

RMCAANA Alumni Dinner held on July 5th. RMU vice chancellor Prof Umar was our chief guest. We raised more than 70 K for different projects at RMU.

RMCAANA Saturday Brunch was organized by Dr. Ghazala at her residence it was a great success. RMCAANA is proud of its charitable wing RMCOF headed by Dr Babar Rao under which several projects have been launched. Our members are continuously supporting RMCOF projects . We hope our members support ongoing projects such as Rawalian Girls School in Basti Awan near Darya Khan , an area which was vanished after floods of 2010 and our hope is to keep the school going upto high school.

Please visit these sites for your valuable donations :
<http://rmcof.com/rmcof-projects/flood-victims-of-darya-khan> and <https://www.rifatzaidi.com/blank-1>

Dr Shahid Rafiq another Rawalian and Past RMCAANA President is at the forefront of APPNA Merit Program running it very successfully.

www.rmcdocs.com

Dr. Zahid Rafiq
 President, RMCAANA

APPNA Alabama Chapter



APPNA Alabama Chapter started a new tradition this year. Both Fall and Spring meetings were arranged on Eid Days to celebrate Eid Dinners and help community.

Eid ul Fitr donations were raised for a free clinic Red Crescent Clinic of Alabama and Eid Ul Adha donated to food pantry in Alabama for homeless and needy children and seniors. Additionally, Alabama Chapter announced one scholarship for next year in Alabama as well.

APPNA Executive Committee 2019-20
 Ehtsham Haq, MD (President)

Aadia Rana, MD (Secretary) Salahuddin Farooqui, MD (Treasurer)

APPNA Southern California Chapter



- The 2019 year started off with good membership renewal drive. This year we were able to get a record number of new annual members of the local chapter, including a number of North American Medical Graduates. Hopefully, we will continue to grow our small chapter with enthusiastic new members and looking forward to learning from our senior members.
- We launched our website: www.AppnaSoCal.org
- We held our Spring picnic in April and was attended by members new and old.
- The leadership participated in many community events, including several events at the invitation of the Consul General of Pakistan.
- We are looking forward to the participation of our members in the Appna

National Healthcare Day event in October.

- Our leadership attended all the Appna Meetings of 2019.

Azhar Majeed, M.D., MBA, FACP, FHM
 President

Yasmin Qasim, M.D.
 Secretary

Javid Shad, M.D.
 Treasurer

Suhail Siddiqui, M.D.
 Past-President



APPNA Las Vegas Chapter

Dear council members,

Since starting my work as president of APPNA chapter in 02/2019, we have increased our membership by 20%, which is considerable looking at the size of our community in Las Vegas. We have also introduced life-long membership in our chapter and at present have 25 members signed up for our local chapter. During this period, we have done two major activities. First, CME Lecture regarding the Watchman device. Second, in collaboration with our community, we had a big social event celebrating Pakistan's Independence Day and Eid ul Adha.



Currently, we are in the midst of planning APPNA Health Day for October 26th, 2019. Additionally, we are also planning our annual gala, tentatively for January/February 2020. We are further participating in local charities as well as Shaukat Khanum fundraising.

APPNA New England Chapter



APPNE Supports Preventative Care
Salman Malik DMD, MD have his expertise at a Dental Camp in Swat in cooperation with CDRS (comprehensive disaster relief services). CDRS is an NGO that has been instrumental in providing relief to the masses throughout the country.

APPNE's response to HIV/AIDS crises in Sindh, Pakistan
Fizza Gilani, Ph.d, Assistant Professor (Research) at the Warren Alpert school of Medicine, Brown University, Providence, RI.
Together with Iftikhar Hussain, MD and Rizwan Naeem, MD, Professor Dept of Pathology, Albert Einstein Medical College and Montefiore Medical Center, in collaboration with CFAR (Center for AIDS Research) held informational Webinar Series this summer with their counterparts in Pakistan.

APPNE Supports Human Rights
APPNE members many of whom are PAKPAC members find that in getting results we need to be politically (and strategically) organized.
Many of us went to down to DC in the middle of September and by asking our congressional representatives to sign onto a bipartisan letter authored by Democratic Congresswoman Wild and Republican Congressman Banks, condemning the Kashmir siege.
We visited around 40 offices and got 33 of them to endorse it.

Asimah Qayyum MD
President Association of Pakistani Physicians of New England

APPNA North Texas Chapter



- Annual meeting scheduled on November 9th 2019
- Appna NTX partnering with ICNA Relief clinic
- Planing to start a new free psychiatry clinic in Plano this year
- Working on increasing the local membership of the chapter
- Account balance is the same as it was in January 1st 2019

Thank you

Muhammad Asim MD
President APPNA North Texas chapter

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APPNA Fall Meeting 2019

October 18-20, 2019 Phoenix, Arizona

APPNA Oklahoma Chapter



Following is the report of the activities that took place in our chapter since January 1, 2019:

- Chapter's website (www.appnaok.org) that includes services for dues payment, donations, ticket purchase, link to Central APPNA was upgraded to add:
 - SSL certificate implementation on the entire website, thus making the entire website completely secure.
 - Member user panel integration.
 - Display lifetime members' names.

- Upgraded Email-Blast system that includes addresses of over 160 members.
- WhatsApp group for communication now has over 100 Oklahoma Pakistani physicians.
- Chapter dues paying members increased from 43 in 2017 to 85 in 2018 to now at 99. We had zero Chapter lifetime dues paying member in 2017; we now have 54 lifetime members. We offered incentive to our chapter members whereby they would become lifetime member of Oklahoma Chapter at the price of annual membership if they become lifetime member of Central APPNA. Some members took advantage of this incentive and became lifetime members of Central APPNA.
- Our chapter offered four free health fairs in 2018 by mobilizing our Chapter's resources as well as by collaborating with Central APPNA and other community stakeholders e.g. Oklahoma Conference of Churches, ICNA Relief. Three health fairs will be offered this year; one health fair was held on May 11, 2019. Testing is done for glucose; lipid; HbA1c; ultrasound to assess carotid artery disease, varicose veins, peripheral arterial disease, abdominal aortic aneurysm; echocardiography; eye exam; counseling for women's health, GI health, CVD, musculoskeletal issues, pulmonary and sleep issues; BP; Wt; and administer flu shot (at October health fair to commemorate Central APPNA National Health Care Day along with other tests). Health fairs are widely advertised in newspaper and radio stations. Attendance: over 100 people at each health fair.
- Chapter's Annual CME Event and Banquet will be held on November 9, 2019.
- o Topics for 2019 CME event are as follows:
 - Community Acquired Pneumonia. Speaker: Dr. Naziha Malik
 - Percutaneous Coronary Intervention in Complex CAD. Speaker: Dr. Faisal Latif
 - Essential Skills for Clinical research. Speaker: Dr. Yasir Khan
 - Epidemiology and Management of Kidney Stones. Speaker: Dr. Bilal Ahmed

- We continue to support young Pakistani physicians' activities by offering mock residency interviews and having them present lectures at the chapter's CME events.

Tauqeer Ali, MD, PhD
President APPNA Oklahoma Chapter

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Dr. Naseem Shekhani, MD

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- JUST KNOW ABOUT INDUSTRIES THAT DO NOT MATTER TO YOU

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- KNOW IDEAS THAT BRING YOU RESULTS IN TAX SAVINGS

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OUTSIDE OF THE BOX**



Obesity was not always considered a disease

Obesity is an epidemic in the United States of America. According to the National Health and Nutrition Examination Survey, more than 2 in 3 adults were considered to be overweight or have obesity. Additionally, obesity is a disease and not a “failure” or “weakness” of our patients. So, please take that into consideration and treat obesity like you treat any other disease.

Obesity can lead to many medical problems including sleep apnea, hypertension, hypercholesterolemia, stroke, diabetes mellitus, metabolic syndrome, fatty liver, depression, arthritis, cancers, and many more. We treat all the medical problems that are at least partially induced by obesity, so why don't we start treating obesity first.

There are many benefits of living a healthy lifestyle. Eating healthy and exercise are just some ways to improve overall health. However, there are times when diet and exercise fail to impact weight loss. In these situations, please help your patients by treating obesity as a disease.

We now have a handful of useful FDA approved medications that can be used to treat patients struggling with obesity. There are established approaches and protocols that I encourage all physicians to look into. I have seen that even a 10 percent weight loss may improve many diseases, and the quality of life of our patients. Something is always better than nothing.

Obesity is not a quick fix. Each individual has a specific set of needs that have to be addressed and taken into consideration. As all of you know, there is a constant struggle in medicine that stems from our attempts as clinicians to provide adequate time to each and every patient.

Therefore, please try to screen your patients by using their BMI. If they fall into a range that could classify them as overweight please attempt to help them manage their weight. It is important to prevent them from becoming obese, and the best way to do this is to start treating them when they are overweight. It is easier to lose 20 pounds than 50 pounds.

Lastly, my experiences as a clinician have taught me that my job does not end once a patient reaches their goal weight. It is important to continue working with them even after they have reached their goal weight because it is possible for them to regain the weight they lost without our help.

And, please remember that obesity is a disease and not a “failure” or “weakness” of our patients.

Gule-Rana Masood MD
Diplomat American Board of Obesity Medicine
Board Certified Internal Medicine



Modern Philosophy

Iman Aslam
Dr. Robert Berman
4-28-19

BLM (Blaming Malicious Liar) makes the assumption that the thesis and antithesis of Kant's third antinomy are contradictories and are thus mutually exclusive propositions. That is, both propositions cannot be true, one must be false. Kant's third antinomy puts the following two claims at odds with one another: Laws of nature determine a causal necessity in which every cause has an effect and every instance of life is simply a link in this causal necessity chain of events and thus everything we do is determined by nature in which there is no personal choice from a human himself OR. Humans act in accordance with our own freedom (sometimes called free will) unimpeded. In our case of BLM, this antinomy is directly applicable. If ML (malicious liar) freely chose to defame IV (innocent victim), it is morally justifiable to blame ML; but if ML chose to defame IV as a result of factors such as birth, biochemistry, family upbringing, education, or the influences of ML's society and culture, it is not morally justifiable to blame ML. Either ML freely chose to harm IV by defaming him or he did not. Thus, either it is morally justifiable to blame ML or it is not. The active question at hand is whether ML was “free” in defaming IV or if the act was a causal necessity of nature.

Kant argues that the thesis and antithesis of the third antinomy are not mutually exclusive, but rather consistent with one another. Consequently, Kant rejects BLM's assumption that both propositions cannot be true. Kant's reconciliation of the third antinomy is based upon the distinction he makes between objects in themselves and the appearances of objects. Kant explains that we cannot know objects in themselves. What we come to learn through experience and our five senses is only the appearances of objects. Thus, any laws of nature that we extract based on our experiential observations can apply only to the appearances of objects and not objects in themselves. Furthermore, Kant explains that the mental faculty we possess a priori to any experience is 'reason'. He explains reason as being the fundamental grounds on which a sensible mind can make determinations regarding ideas as well as the natural causes of actions. Thus, Kant concludes that all actions are subject to natural necessity but the very same actions with respect to rational subject and his use of reason are also free. That is, the laws of nature exist in the confines of experience, space, and time; all within the world of appearances. The human faculty of reason however, is not confined by this and exists as an object in itself rather than the appearance of one. In this way, the laws of nature are irrelevant to the discussion of reason, the very same reason by which a human and his actions are said to be free. Thus, it is concluded that natural causality and free will are compatible with one another.

This explanation leads logically to the rejection of BLM's conclusion, namely that it is either morally justifiable to blame ML or it is not. If ML's actions are both free as well as naturally caused, then ML was both at once free and not free, therefore the claim that he is either to blame or not to blame becomes untrue. It follows that if he is both to blame and not to blame, then it is not true that either it is morally justifiable to blame ML or it is not. Perhaps it is both or perhaps it is neither.

In defense of BLM, one might argue to try and rescue the conclusion that has just been shown as false. In order to do this, one would reject the fundamental distinction that Kant makes between objects in themselves and the appearances of objects. It is based on this distinction that Kant is able to reconcile natural causality and free will. Without this distinction, there lies no grounds for Kant's arguments to stand. Thus, if a person argued that the appearances of objects and objects in themselves are both one and the same, then a decent defense of BLM's conclusion can be made.



Emotional Intelligence (EI): How Public School Impact Student EI Development

Article written by "Zoya N. Khan" (undergraduate Neuropsychology at ASU)

Stated by Goleman, *"the intellectual integrity of students has no correlation to their emotional intelligence"*. Coming to the US as a 3rd grade student based off of Canadian educational standards, faculty in the US instead held me back at the 2nd grade level, believing that it would be too difficult for me to understand the US curriculum in a 3rd grade level. Now from a child psychologists perspective, this is ideal, due to the fact that such a dramatic change of environment for any child would have some sort of adverse effect and would take time for them to adjust to their new surroundings, therefore for the emotional integrity to not be damaged, this was the ideal decision. Continuing forward, after years of Public School many peers will come to the conclusion that any emotional intelligence collected is solely based from personal interactions within the social institution. *The building of cliques, clubs or designated cafeteria tables was all based off of who one associated with and what their socialization skills are like, (Conley, 2017).*

The fact of the matter is how can one crack the code and determine what that individual's strength is and build an academic curriculum that can fuel itself based off of their strongest suit. Being a student who has been in three different types of educational systems being the Montessori, Charter and Public schools as well as in two different countries Canada and the US; one will notice that each institution will measure IQ level at different levels. Not taking into consideration the emotional intelligence of the child, which may be affected throughout the school year from various factors. Public Schools inadvertently do influence the EI of the students but their primary goal is to focus on the IQ levels of each individual. Honor roll, Dean's list, Scholarships are all forms of categorical collection of students who are exceptional in their class ranks and enhance their abilities by placing them in a different set of classes to further sharpen their skills as "all rounder students". As mentioned by Brown, *many students who struggle in school do not lack a sufficient IQ score, but rather they are struggling to understand how to function without a single teacher consistently reminding them what the schedule is for the week and what must be done, (Brown, 2011).*

Furthermore this illustrates to parents that their child does not lack the cognitive ability but rather emotionally they are failing to cope with a new structure set for them based on public school demands; and this ultimately is what government schools fail to attend to, children who have high potential but need personalized guidance from the faculty to aid in adjustment and the implementation new study techniques to further their education, (Lynch, 2017).

Most public school across America lack an institution that truly personalizes the works efforts of their student body as well as make them feel comfortable enough to ask for that assistance.

With this in mind, if a school is unable to fully reach out to their students then that means the teachers themselves have not connected to all of their students. The teacher's main focus is to raise the IQ of a pupil in a certain subject not enhance their EI; this in turn goes further back to the training of the teachers themselves which is monitored by the US Education System. *So, to fully understand why teachers are unable to cultivate emotional intelligence in the students one needs to look at the curriculum and guidelines set for the student teachers themselves when undergoing training, (Lynch, 2017).*

Like a tree, each teacher has roots, and these roots are the fundamental foundation as to how she must teach, and education system does not regard emotional integrity as a high priority matter unless it is a dire situation. Now, looking at the emotional intelligence description provided by Goleman the differences between EI and IQ in men and women, a person will come to conclude that not all humans are this structured in their personalities and everyday behavior, very few may be exactly as mentioned but as Goleman stated most people are a unique mixture of EI and IQ, (Goleman, 2010). Therefore it is possible to agree with his statement that every individual is a beautiful concoction of IQ and EI based off of their cognitive ability, but for people to be exactly either or is a bit of a stretch.

Moving along, the five domains of Emotional intelligence are self-awareness, self-management, empathy, relationship management and effective communication. As an individual who struggles to keep organized with relationships, college, family, work etc. self management is an extremely crucial to my everyday work ethic. Self care is important in being able to maintain a busy lifestyle while still finding the time to be able to handle outside factors.

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ناصر گوندل

نیو یارک

”منگل 8/اکتوبر 2019“

اور ہوں گے ترے بازار میں بکنے والے

"بہی تھا جو بھائی کے سینے پہ کود رہا تھا"۔ یہ سنتا تھا کہ بھائی کی عیادت کو آنے والا پورا ٹولہ اختر حمیدی کو مارنے ٹوٹ پڑا۔ یہ واقعہ ہمارے سائیکس ڈاکٹر اختر حمیدی کے ساتھ تین دہائی قبل بقائی ہسپتال میں پیش آیا۔ اُس دن اختر ایمر جنینی وارڈ میں ڈیوٹی پر تھے۔ ہوا شاید کچھ یوں کہ لسانی جھگڑے کے چکر میں مقامی یونٹ کے "بھائی" کو گولی لگی اور جب تک ان کو ہسپتال لایا گیا، وہ راستے میں ہی راہ عدم سدھار چکے تھے۔ جس کا احساس ایمر جنینی میں موجود سینئر ڈاکٹر کو بخوبی ہو گیا تھا اس لئے وہ کیس ڈیوٹی پہ موجود جو نیر ڈاکٹر، یعنی ہمارے جگر ڈاکٹر حمیدی، کے ذمہ ڈال کر گدھے کے سر سے سینگ کی طرح غائب ہو لیا۔ اب رہ گئے ہمارے سائیکس تو انھوں نے جذبہ مسیحائی کے تحت ایک انسانی جان کو بچانے کے لئے جو کرنا چاہیے تھا یعنی سی پی آر (کارڈیوپلمونری ریسٹیشن) شروع کر دیا۔ اُس وقت اُن کے خواب و خیال میں بھی نہ ہوگا کہ اس کا نتیجہ یہ نکلے گا کہ خود انہی کو مور و انزام ٹھرا دیا جائے گا۔ کس طرح ایک میز کے نیچے گھس کے انہوں نے اپنی جان بچائی وہ تو وہی جانتے ہیں لیکن اس کے نتیجے میں پہلی ملنے والی فلائٹ سے ہمیشہ کے لئے پاکستان کو خیر باد کہہ دیا۔ اُن کی اللہ نے زندگی بھی رکھی تھی اور اُن کے ہاتھوں بہت سی زندگیاں کا سنوارنا بھی لکھا تھا اسی لیے تو وہ آج ایریزونا میں سکون نفس بانٹ رہے ہیں۔

لیکن پاکستان میں آج بھی یہ کھیل جاری ہے اور اب تو نام نہاد انویسٹیگٹو رپورٹرز چیلنجر پہ بیٹھ کر خوب آگ لگاتے ہیں۔ دنیا بھر میں ایک ضابطہ اور قانون ہے کہ ڈاکٹروں یا ہسپتالوں کی بے ضابطگی کو میڈیکل لائسنسنگ بورڈ ریگولیٹ کرتا ہے نہ کہ ٹی وی پہ بیٹھنا یوز اینکر۔ بجائے اس کے کہ قاعدہ اور ضابطہ اختیار کیا جائے، نیوز ہیڈ لائنز بنا کے اپنی ریٹنگ کو بڑھایا اور عوام کو بھڑکایا جاتا ہے جس کا نتیجہ عموماً بد نظمی اور توڑ پھوڑ کے سوا کچھ نہیں ہوتا۔ اول تو قانون اور قاعدہ نام کی کوئی چیز موجود ہے ہی نہیں اور اگر کہیں ہے بھی تو اس کا حال بھی پاکستانی معیشت کی طرح خستہ ہے، اب گری کے تب گری۔ میں یہ نہیں کہتا کہ ڈاکٹروں کا احتساب نہیں ہونا چاہیے لیکن اس کا پیمانہ کون وضع کرے گا یہ طے کرنا ضروری ہے۔ اب جب ہر ایریا غیر انتھو خیرا رپورٹرز لوگوں کو ڈاکٹروں کے خلاف اُکسائے گا تو نتیجہ کیا ہوگا۔ ڈاکٹروں کے ساتھ ہاتھ پائی کا رواج تو وہی گیا ہے سو کسی دن کوئی جان سے بھی جائے گا۔ میری نظر میں ان ٹی وی اینکرز میں اور ممبر پر بیٹھ کر مذہب کے نام پر اُکسانے والے ملا میں کوئی فرق نہیں ہے، دونوں ہی اپنے اپنے فائدے کے لئے لوگوں کو استعمال کر رہے ہیں۔ اس جہالت کو اگر نہ روکا گیا تو وہ دن دور نہیں جب ایمر جنینی وارڈ ڈاکٹروں سے خالی ہوں گے اور کوئی اُن مریضوں کی دادرسی کرنے والا نہ ہوگا۔ یا تو میڈیکل کالج سے نکلنے ہی ڈاکٹر جہاں سینگ سائیکس گے وہاں اس ملک سے راہ فرار اختیار کریں گے یا پھر لوگ ڈاکٹر بننا ہی چھوڑ دیں گے۔ دونوں صورتوں میں نقصان کس کا ہوگا؟ عوام کا، جب کہ یہ اینکرز اور رپورٹرز تو اپنی ریٹنگ بڑھانے کے کسی اور حقیقت کو فسانہ بنانے میں مصروف ہو جائیں گے۔ میری امریکہ میں پاکستانی ڈاکٹروں کی اسوسی ایشن "اپنا" اور پاکستان میں موجودہ "پی ایم اے" سے گزارش ہے کہ اس پہ کوئی لائحہ عمل اختیار کیا جائے۔ اگر ایسا نہیں کیا گیا اور کسی شتر بے مہار کی طرح اس معاملے کو بھی یوں ہی چھوڑ دیا گیا تو وہ دن دور نہیں جب ہسپتال اور ڈاکٹرز اور بھی عنقا ہو جائیں گے۔ ڈروگیٹری ایکشنز کے بجائے، ریگولیٹری ایکشنز کی ضرورت ہے نہ صرف ڈاکٹروں بلکہ نام نہاد انویسٹیگٹو رپورٹرز اور ٹی وی اینکرز کے لئے بھی۔ آخر میں تمام ڈاکٹر دوستوں سے صرف یہی کہوں گا۔

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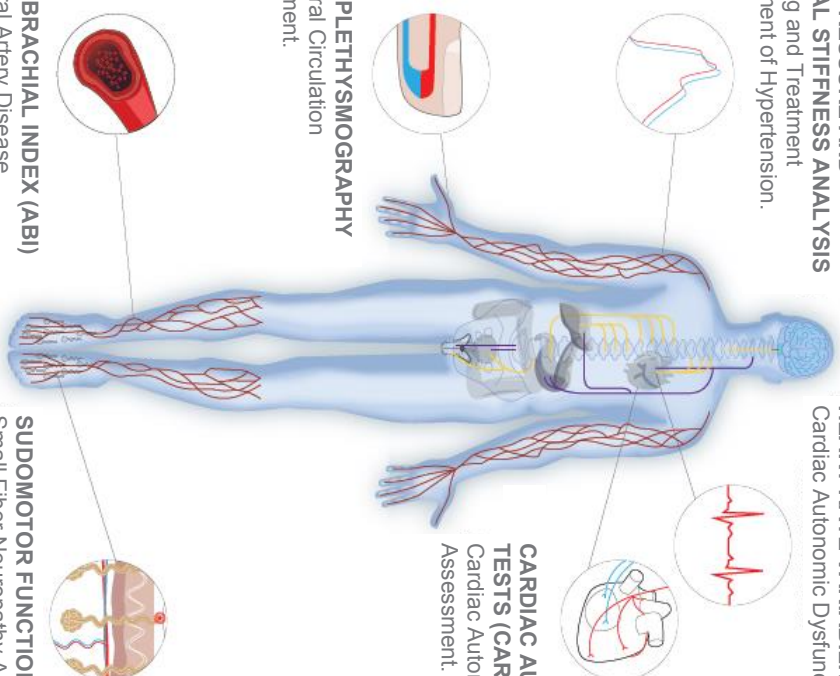
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