

APPNA 46TH ANNUAL CONVENTION

JULY 4-9, 2023

Gaylord Texan Resort &
Convention Center,
Grapevine, TX



www.appna.org



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ZT MOTORS INVESTMENT OFFERING

- Offering Type: Preferred Equity
- Target Raise: \$100M
- Projected Investment Hold Period: 3-5 years

RETURN PROFILE

Units Subclass ¹	Investment Tiers	Year 1	Year 2	Year 3	Year 4 ²	Year 5	Projected Annual Return ³
SUBCLASS D 12% Annual Preferred Return	\$100 - \$249K	12%	12%	12%	16%	16%	13.6%
SUBCLASS C 13% Annual Preferred Return	\$250 - \$499K	13%	13%	13%	18%	18%	15%
SUBCLASS B 14% Annual Preferred Return	\$500 - \$999K	14%	14%	14%	20%	20%	16.4%
SUBCLASS A 15% Annual Preferred Return	\$1M+	15%	15%	15%	22%	22%	17.8%

¹ Years 1-3 annual rate of return 12-15% (subject to share class)

² Additional preferred return 4-7% begins year 4

³ Annual Return assuming a hold of 5 years and payment of all preferred and additional preferred return

*Preferred return shares with expected partnership share repurchase by year 3-5



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President's Message



Dear APPNA family,

Welcome to the 46th Annual Summer Convention. I am very thankful to the host committee, led by its chair, Dr. Dawood Nasir, for organizing this meeting. The committee has worked very hard to ensure that you have a great experience. State-of-the-art CME program, business sessions and wonderful entertainment await you here at the beautiful Gaylord Texan Resort.

APPNA meetings have come a long way since their modest beginnings. The summer convention is the most eagerly awaited event of the year. It is the biggest meeting of Pakistanis anywhere in the world outside Pakistan, and is a wonderful occasion for continuing medical education, meeting friends, and enjoying excellent food & entertainment.

This year is the first in more than a decade, that our Saturday night banquet tickets sold-out completely a month before the start of the convention. Record number of online tickets have already been bought for Alumni night dinner and there is great enthusiasm for the cultural night as well. It all shows the continuing and growing confidence of membership in the Association.

Times have changed and APPNA must adapt to changing times as well. The inflation has been soaring and hotel room prices, service charges, charges for audio-visual (AV) settings and equipment have all risen significantly in recent years. All our event tickets are subsidized but with no respite from increasing costs year after year, the subsidy looks more and more difficult to maintain.

Rather than transfer the financial burden to the membership, we have tried to cut costs this year. We have cut back on the AV settings and said a big no to entertainment artists that asked for unreasonably high sums of money. We are a not-for-profit organization, with responsible financial policies. Therefore, our thanks, but no thanks to them.

We have a wonderful line-up for entertainment this year. Ali Zafar, Ali Sethi, Sajjad Ali, Farid Ayaz Qawwal, Raga Boyz and Shafaat Ali are the best of the best from Pakistan's talent pool; we appreciate their participation at our meeting.

I must thank our event organizers, Tipu Ahmed & Laiq Siddiqui and our director of operations, Nicholas Suh. They work tirelessly behind the scenes to make our meetings & other events possible and of the higher standards that we have all come to expect.

My sincere thanks to the President-elect Dr. Asif Mohiuddin, and other fellow members of the board of directors whose support and wisdom make the running of the Association smooth.

Enjoy the APPNA mela.

خوش آمدید۔ جی آیا نون۔ پلی کری آیا۔ پخیر راغلے۔ وبش آتکے۔ استیقبال

Regards,

Arshad Rehan



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Chair Host Committee Message



On behalf of the APPNA Convention Host Committee, I welcome you all to the spectacular 46th APPNA Summer Convention 2023, which is being held at the Texan Gaylord, in Grapevine, Texas from July 4th to July 9th. With its sophisticated marina setting, water features, lazy river and world-class amenities, Gaylord, Texan resort is one of the best of its kind.

I am genuinely humbled by the overwhelming support extended to me by friends, colleagues, and the community. I would like to thank you all for your participation and cooperation in making this a successful event.

Under the expert guidance of our President Dr. Arshad Rehan, this event has many features to make this an exceptional convention. We want to welcome all of you and have encouraged class reunions and chapters to come together and enjoy comradely as they get to meet their colleagues and friends over alumni dinners and meetings.

We are bringing you a very exciting and informative action-packed program. CMEs are geared to equip you with the most updated information on various medical topics. There will be 12 hours of Continuing medical education, conducted on Thursday, Friday and Saturday mornings. This year psychiatry and GI are holding their separate CME seminars.

We have also created a sports arena consisting of basketball hoops, table tennis, pickleball and badminton. SAYA will be holding competitions for various games at this sports arena. Golf competition at an excellent golf course has been organized for golf lovers. Top-class entertainment will be presented by nationally and internationally acclaimed artists and singers. The Mushaira evening will feature renowned poets from all around the globe.

The ever-famous Bazaar with more than 300 retail, non-retail, and corporate booths, will showcase their businesses and display their products and services.

This convention could not have been possible without the diligence and support of our chief organizers Tipu Ahmad and Laiq Siddiqui, who work 24/7, the Dallas community and North Texas chapter.

On behalf of the entire Host Committee, we welcome you to the Annual Convention in Grapevine, Texas. Enjoy your stay and take back wonderful happy memories from here.

Dawood Nasir, MD
Chair Host Committee
APPNA 46th Annual Convention 2023



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APPNA Convention Host Committee

Chair:

Dr. Dawood Nasir

Co chairs:

Dr. Asad Mohmand

Dr. Mohammad Amir

Sponsorship Committee:

Dr. Rao Kamran Ali - Chair

Dr. Adnan Nadir

Publication Committee:

Dr. Furqan Moin - Chair

Dr. Salman Haroon

Dr. Saba Shabnam

Food Committee:

Dr. Mansoor Alam - Chair

Dr. Mehmooda Nasir

Mushaira:

Dr. Nasir Gondal - Chair

Dr. Syed Naqvi

Dr. Asaf Riyas Qadeer

Dr. Aman ullah Khan

Registration:

Dr. Talal Zahoor - Chair

Dr. Samar Aslam

CME:

Dr. Hussain Haideri - Chair

Dr. Sunbal Zafar - Co-Chair

Alumni & Reunion:

Dr. Syed Adil Ahmed - Chair

Golf:

Dr. Syed Naveed Hussain - Chair

Sport Event Coordinator /

Youth Coordinator:

Dr. Adnan Rafique

Guest Coordinator

Dr. Rizwan Khan

Dr. Mohammad Ashfaq

Religious Coordinator

Dr. Amjad Sheikh

Dr. Amer Shakil

Baby-sitting Coordinator

Dr. Riffat Qureshi

SAYA President:

Fahad Pervez



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From The Editor's Desk



Dear APPNA members,

I am humbled and honored to be editor-in-chief of APPNA's magazine for the 46th annual summer convention to be held in Dallas, TX.

I would like to welcome all of you to the beautiful Dallas-Fort Worth Metroplex area. The Dallas-Fort Worth Metroplex has a population of about 7.6 million, making it the most populous metropolitan area in the southern United States. In 2016, the Dallas-Fort Worth metroplex had the highest annual population growth in the United States.

The APPNA event is to be held at the Gaylord Texan Resort & Convention Center, located in Grapevine, TX. This beautiful resort is standing on the shores of the majestic Lake Grapevine. The view is breathtaking, and the resort facilities are top notch. I am sure this event will be remembered as one of the best events of your lives.

We are emerging from one of the worst pandemics in history. While COVID-19 significantly impacted all our lives, APPNA managed to emerge as an even more vibrant organization after the COVID-19 pandemic. APPNA made it their mission to contribute significantly to the affected populations both in our current home and in Pakistan. Since the quality and routine of life has normalized, APPNA has successfully resumed all in-person activities and is back to full power.

APPNA has achieved so much and can do even more. There is no doubt in my mind that APPNA has not reached its full potential. As with every organization, APPNA's members are its strength. There are about 20,000 Pakistani-origin physicians who are practicing in the US and Canada. However, APPNA's membership is hovering around the 3,000 mark, meaning the vast majority of Pakistani-origin physicians are not involved with APPNA. In my view, APPNA still has a lot to do for its esteemed members. While APPNA has done very well with charity activities both here and back home, there is a feeling among members that they are only being used to fund these charitable activities. These charities should continue, but there should be attractions for members as well, so our membership numbers can increase.

Now, I would like you all to relax and enjoy the present time with your medical and non-medical friends. I would like to thank Dr. Arshad Rehan and Dr. Dawood Nasir, both of whom have worked tirelessly to make this event successful. Special thanks to the brain and hands of APPNA, Mr. Laiq Siddiqui and Mr. Tipu Ahmad, for contributing so much every year to making these events memorable.

Long live APPNA, USA and Pakistan.

Furqan Moin, MD, FAAP
Editor and Chair Publication
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President Elect's Message



Dear APPNA Family

Asalam Alaikum

As the President Elect of APPNA and member of the Board of Directors (BOD), I would like to welcome you to APPNA Annual convention in Dallas Texas.

APPNA is doing fabulous work during President Dr Arshad Rehan's tenure and I am happy to report that the year 2023 has been a very successful year so far.

The Summer convention host committee has arranged an excellent program in Dallas Dr Dawood Nasir and his team has worked hard to ensure that the summer meeting will be a very entertaining.

A great CME program, top entertainers from Pakistan, best Food and a great APPNA bazar awaits you in Dallas Texas and we hope that you will have a lot of fun.

This year started with a very productive Strategy meeting in Chicago where many of APPNA members brainstormed and came up with new ideas and many strategies for the year 2023 .

Dr Arshad Rehan and his team have planned APPNA international trips to Tanzania which has sold out The Vietnam trip was also a big success.

APPNA is going into second election cycle under the new constitution and hope to see a healthy political activity in the elections.

The current BOD has been working well and in harmony. As BOD APPNA, we honor your membership, participation and the volunteerism which makes APPNA a vibrant association. We are working hard every day to deliver the best possible APPNA has to offer to you. As we age as an organization, the only way forward is to have a new generation of physicians graduates from US and Pakistan join us. We want to make this organization a 5000 member strong, and we ask you to please encourage your children who have newly become physicians to join the APPNA family.

I have helped launched APPNA into social media on all major platforms and launched APPNAtube channel that will deliver useful content to our members and keep them Informed. APPNA needs to commit more resources and energy into research and innovation technology and engage the younger generation of Physicians of Pakistani origin to join us by setting up membership of value to them and the general membership.

APPNA has a new office in Pakistan which will help us to invest in Grant writing and in research. To that end we have started laying the foundation for APPNA to be able to achieve these goals.

APPNA has achieved a lot in past couple of years and we achieve much more under APPNA president Dr Arshad Rehan. I stand support Dr Arshad Rehan the APPNA President and have worked with him to make 2023 a very successful year.

Best wishes in Dallas

Asif Mohiuddin, MD
President Elect APPNA 2023
Member Board of Directors



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Secretary's Message



Dear APPNA Members,

Thank you for giving me the opportunity to serve as a APPNA Secretary for 2023.

According to our new bylaws, the secretary is the recording officer of all BOD, Council and General body meetings.

It is the job of the secretary to help the President prepare an agenda for the meetings, while also keeping detailed records of the membership.

Our year started with a very successful Strategic planning meeting in Chicago. It was attended by more than two hundred APPNA members. Each committee chair presented his vision and plans for the future. President Dr Arshad Rehan shared his plans and was applauded for his efforts.

Since January, we have had 6 BOD meetings that were attended by all board members, with the exception of one meeting where a board member was excused for travel.

There have been two council meetings which were attended by the majority of council members.

Our second General body meeting will be held during the summer meeting in Dallas.

All the meetings minutes are available for review online and can be accessed by logging into the secured membership portal.

Our current membership stands at 3426 members.

This includes:

- 2491 Lifetime members
- 554 Annual members.
- 173 Physician in training members
- 36 Associate members
- 72 Emeritus members
- 09 Affiliate members
- 91 Student members

Once again thank you so much for giving me the opportunity to serve this esteemed organization.

Stay Blessed

Dr. Aftab Khan
Secretary APPNA 2023
630-631-8683
1368khan@gmail.com



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Treasurer's Message



Assalamu Alaikum APPNA Family and Friends,

Welcome to Dallas! I hope these next few days of good company and joyous festivities rejuvenate you for the rest of the year.

We are very fortunate to have an institution like APPNA that allows us to gather in this manner on a regular basis. To have a forum where friendships are maintained and opportunities for tomorrow are forged for the betterment of our community is a great blessing.

As APPNA Treasurer 2023, I am very pleased to report that APPNA's financial strength is healthy and its programs are once again, vibrant and full of life. This year, APPNA's leadership and its finance committees continue to steward the organization towards better financial security through auditing and optimizing operational expenses, making better use of resources, expanding avenues for revenue generation, revamping our short and long term investment strategies, and providing better value for our membership through richer programs. The financial forecast going forward is also very positive. Planning for the 2024 programs is already complete including International trips. Healthy attendance is expected at all of the meeting venues and the trips are all projected to be sold out.

Once again, welcome and enjoy the summer meeting 2023.

Sincerely,

Tayyib Rana, MD
Treasurer APPNA 2023



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Immediate Past President's Message



My dear APPNA family,

In a couple of weeks, I will have the pleasure of meeting our members at the APPNA Annual Summer Meeting . As we all continue to closely monitor the political turmoil in Pakistan, my hope is that all parties will put the interests of Pakistan above any issues and will join hands to serve Pakistan. It is imperative that Government/ all parties should work under the frame work of Constitution and assure the protection of Human rights.

We have gone above and beyond to create a culture of civility, respect and tolerance at APPNA. As your immediate past President, my emphasis has always been team work and bringing all parties to the table. It has been an excellent experience working with Board members, APPNA council and regular interactions with our amazing members.

As we are almost in the middle of Dr. Arshad Rehan Presidency, it is heartening to see the continued growth and success of APPNA.

I stand shoulder to shoulder with him and will always be there to support Arshad, who is doing a great job in taking APPNA to new heights.

My year as President was first year under new bylaws. Transition was not easy but with the unwavering help and support of all of you, we made it. Last year as I worked diligently on creating a positive and productive culture in APPNA, I remained equally focused on institution building.

I am very humbled and proud to share that in the year 2022, APPNA has been most profitable with record breaking income and profits. This is a testament to the interest and trust APPNA gained from its membership.

Close to my heart are few projects, of which opening an APPNA office in Pakistan and registering as an NGO is the top priority. I am happy to report that APPNA office was recently inaugurated in Rawalpindi Medical College Campus by Dr Arshad Rehan couple of weeks ago . The process of registering as an NGO is on going.

Some of the financial details and planning.

- APPNA have earmarked 50 K from last years profit to hire an expert in grant writing. Search for suitable candidate ongoing.
- As immediate past President, 205K was left in restricted account for investment in real estate for additional income to APPNA.
- \$250 K from last year profits for home building for flood victims in Pakistan. Total amount



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for home building (appr 500 homes) for flood victims is over a Million dollars, rest raised by Social Welfare and Disaster Relief Committee. I am happy to report that majority of the houses have been built and handed over to victims . This phase will end in next couple of months.

At the core of our organization vision is charity work. I am extremely proud to share the achievements of SWDRC. APPNA SWDRC has been very busy during 2022. COVID-19 Pandemic relief work continued in 2022, provided over \$150k worth of food supplies in USA and Pakistan, total reaching \$2M since start of pandemic, including Food/ration packs to deserving families, PPE supplies to healthcare professionals, home O2 cylinder supplies to sick patients requiring supplemental Oxygen in various cities across the country.

APPNA SWDRC immediately started relief efforts for families affected by one of the worst flooding in the history of Pakistan. Over \$250k worth of cooked hot meals, ration/food packs, medicines, mosquito nets, hygiene kits, blankets and other needed supplies were provided in flood affected areas of Sindh, Baluchistan, South Punjab and KPK. In rehabilitation phase, over \$1Million is being spent to build 500 homes for flood affected families across the country including Sindh, Baluchistan, South Punjab, KPK and Gilgit including an entire Hindu village which was wiped out by floods in Sind, in collaboration with Custom healthcare society and HDF. I really appreciate the generous support of our donors which includes individual members, some of our chapters and Alumni associations.

APPNA success in our academic, healthcare, diplomatic and social work domains is purely due to dedication of our team.

As I step back from my role, I feel content knowing that APPNA is in really in good hands. Dr. Arshad Rehan as President of 2023 and Dr. Asif Mohiuddin as President elect of 2023, will take APPNA to new heights. I will stand shoulder to shoulder with them for any help they might need.

Looking forward to seeing you all in summer!

Long live USA!
Long live Pakistan!
Long live APPNA!

Haroon Durrani, MD
Immediate Past President APPNA.



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APPNA Advocacy Committee



Respected APPNA members,

As chair of the advocacy committee, APPNA , I would like to share some excellent news.

This year we have the maximum number of residents matched in various residency programs in the USA . Approximately (those who provided their info to APPNA) 586 residents matched. This is maximum number of Pakistani graduates, matched in a year.

This could not have been achieved without the ongoing efforts of the Advocacy committee , chaired by my predecessor, Dr. Piracha and his team over the last 3 years and team of APPNA YPC, chaired by Dr. Nauman Ashraf, providing guidance to our young physicians all year long.

I would like to personally mention and thank Dr. Fateh Shahzad who has been part of the Advocacy committee and YPC for numerous years . He works tirelessly providing guidance to students and young physicians of Pakistan on all their issues ,including reviewing their visa applications, preparing them with visa interviews and establishing WhatsApp group before residency match. .After the match result is announced, another WhatsApp group is established, of matched residents and help is provided on visa processing.

Due to these efforts of APPNA YPC and Advocacy committee , the number of matched residents from Pakistan has doubled in 3 years.

Encouraging news is that almost half residents are females and our graduates have matched in General surgery , Neurosurgery , Vascular surgery , Interventional Radiology and Emergency Department.

The following statistics are gathered by Dr. Fateh Shahzad and his team.

Total residents matched : 586

Males: 301

Females: 285

Most of them are visa requiring residents

J-1 visa requiring 419

H-1 visa requiring 135

Non visa requiring 32





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USA embassy in Islamabad and consulate in Karachi were provided with the names and details of all visas requiring residents to secure visa interview slots, as normal waiting time for visa interview is over 1 year. Embassy and consulate positively responded and provided visa interview slots in April, May and June.

More than 40% residents qualified for visa interview waiver and got their passports with visa stamped within 7-10 days after submitting their paperwork.

We have 3 cases of administrative processing, and one of these 3 cases has already cleared the administrative processing and only 2 cases pending at the time this report is prepared. We are very hopeful all of the residents will join their residency programs on time In Sha Allah.

I would like to thank her excellency Ambassador Anne Paterson who has been pivotal in our communications with honorable USA ambassador to Pakistan Donald Blome regarding opening of visa interview slots and expediting the visa stamping processes to avoid unnecessary delays.



Advocacy committee also played an integral role along with his Excellency Ambassador Masood Khan in facilitating the communications with office of the Turkish Ambassador for a successful APPNA fund raising zoom call, in aid of devastation caused by huge earthquake in Turkey.

Thank you
Respectfully submitting

Attique Samdani, MD
Chair, APPNA Advocacy committee



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APPNA Scholarship Committee



Dear APPNA family,

It gives me great pleasure to present the report of APPNA scholarship committee. As many of you know that the Alumni Scholarship Project was established after a generous matching donation of over one million dollars from one of the Nishtar Alumni of North America towards Alumni Scholarship Program. Since inception of scholarship program the funds have grown more than \$ 3 million.

The mission of the committee is to provide scholarships to deserving medical students who do not have the means to continue their education and follow their dreams due to financial hardship. The vision of the committee is to promote excellence in the medical field by ensuring that no one is left behind just because he/she does not have the means and create a sense of generosity and desire to give to everyone.

Among others, the one of the goals of Scholarship Program is to help deserving students enrolled at their respective medical colleges in Pakistan to defray some of their educational expenses so they can continue their medical education. The money is distributed from the appreciation and income of invested funds. Each Alumni selects the students from their universities based on certain set criteria, such as the financial health of the family, the students grades and willingness to help others after graduation.

Currently there are nine medical universities alumni participating in this program and total assets are over \$3 million. Last year hundreds of scholarships were granted to their respective Alumni students and Nishtar medical university alumni granted scholarship to 55 students.

Lastly, the APPNA scholarship committee requests all the Alumni members to donate generously to their Alumni scholarship funds, so that this mission continues.

Sincerely,

Muhammad Aslam, MD
Chair APPNA Scholarship Committee, 2023



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APPNA Office in Pakistan

APPNA opened its first ever office in Pakistan at the Rawalpindi Medical University (RMU), Rawalpindi, on May 18, 2023.

The President, Dr. Arshad Rehan, inaugurated the office together with the Vice Chancellor RMU (VC), Professor Mohammad Umar.

Faculty members and students of RMU were also present on the occasion. We thank the RMU VC for providing the space for the office.

The office, once fully staffed, will act as the focal point and coordination center for all APPNA activities in Pakistan. In time, we also envision it as acting as a liaison between the membership and their medical colleges or the health regulatory authorities in Pakistan for services such as facilitating document verification etc.





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APPNA Strategy Meeting 2023



APPNA strategic meeting for the year 2023 was held on January 27th and 28th in Chicago. Despite poor weather conditions in Chicago the meeting was very well attended.

The meeting had a morning session which started with a CME presentation on Opioid Use disorder. It was followed by the strategic planning meeting where all committees were introduced and the Chairs of each committee presented their goals for the year. There were 65 participants.

This was followed by an evening dinner and music where the total attendance was 220 .It was a sold out event .Overall the meeting was very productive and successful .

I would like to thank the office staff as well as the members of the host committee for their tireless efforts including Drs. Mansoor Alarm, Aftab Khan, Amara Rehman, Samina Hijab, Samina Khattak, Maleeha Ahsan, Naheed Qayyum, Asif Syed and Tehmina Bajwa.

It is worth mentioning that the financials of the meeting ended positive .

Dr. Hasina Javed
Chair Host Committee





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APPNA Spring Meeting 2023



The 2023 APPNA Annual Spring meeting was held in Orlando from March 16-19. President Dr. Arshad Rehan inaugurated the meeting. Ms. Fariya Afridi arranged a talent show on the inaugural night where members displayed their talent in singing, poetry and acting. On Friday AMA certified CME was arranged by Co-Chair Dr. Khurram Moin. A total of 8 hours of CME sessions were held. APPNA Khuddi talks series was hosted by Dr. Umer Khan and speakers talked about various topics including advocacy, innovation in healthcare, improving collective brilliance etc. Members did Eid shopping in the bazaar. Sponsors setup booths to display their products and services. Friday night banquet was well attended and followed by musical performances by Bilal Patel and Hassan Jehangir. Irfan Aslam was the master of ceremony. An Urdu mushaira was the final event of the day enjoyed by poetry lovers.

On Saturday, PSL final match was watched by the cricket fans. A medical malpractice question and answers session with defence attorneys was hosted by Dr. Khizzar Shaukat.

Social forum with Dr. Moeed Pirzada and Raza Rumi was hosted by Dr. Abdul Jabbar whereby the state of freedom of expression and rule of law in Pakistan was discussed in a rather emotionally charged but cordial atmosphere.

APPNA council meeting was hosted by APPNA President Dr. Arshad Rehan and was attended by the board of directors and council members.

Khyber Alumni retreat was hosted by legendary Pashto actor Ismail Shahid and Pashto musicians performed on Rabab and tabla.

A golf excursion, male and female cricket, match, and tennis matches were also arranged. Saturday night banquet was attended by a large number of the members, five previous APPNA presidents, Dr. Moeed Pirzada, and consul general of Pakistan Mr. Ibrar Hashmi. The consul general was the keynote speaker as well.

APPNA secretary Dr. Aftab Khan and the president Dr. Arshad Rehan spoke about APPNA plans for the current year and president-elect Dr. ASIF Mohiuddin spoke about plans for next year. Local host committee was recognized. Plaques were awarded to Dr. Khurram Moin and Dr. Hameed Ahmad for helping with sponsorship for the meeting. It was followed by a dinner and musical performances by Ather Sani and Komal Rizvi. Sabeen Aslam and Farheen Mohiuddin were the master of the ceremony.

Sunday morning was the last day of the meeting. Guests were served a special Halwa Puri breakfast. Food at the meeting was arranged by Sabri Nehari.

Participants appreciated the arrangements of the multi day meeting and termed it rather equivalent to a summer meeting with the number of activities and events arranged.

Sharif Uz Zaman Khan, MD
Chair Host Committee, APPNA Spring Meeting 2023



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Dallas 2023 sponsorship committee chair, Dr. Rao Kamran Ali with Mr. Syed Javaid Anwar, a philanthropist, entrepreneur and supporter of APPNA.



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AIMCAANA

Allama Iqbal Medical College Alumni Association of North America



Dear APPNA members,

We at AIMCAANA are excited to share with you the latest news and updates from the current year 2023. We have had a busy year with numerous activities and accomplishments that we are proud to share.

Firstly, Young Physicians Committee AIMCAANA held several events throughout the year to keep our members and Iqbalian students connected. These events included networking opportunities for young Iqbalian graduates, guest speaker sessions mentoring Iqbalian students, and social networking with our fellow alumni in APPNA. We are in the process of starting a mentorship program where alumni can connect with current students to provide guidance and support. An office on campus has been established for this purpose. It was great to see so many of our alumni come forward and share their skills and knowledge with young Iqbalians.

Additionally, we have had many of our alumni achieve great success in their professional lives. Many have received professional awards/distinction in their specialties, established private practice or embarked on new and exciting career paths. We are proud of each one of our alumni and their accomplishments.

On Social Welfare front, we were able to send 185 Ramzan Rashan packages for needy employees of AIMC. AIMCAANA also donated a Frozen section machine to our Pathology Department with generous donations from our alumni.

Our Membership Committee has been working diligently to reach out to Iqbalians residing in North America to bring them into AIMCAANA folds.

Finally, we would like to encourage our alumni to stay connected with us and with each other. We have several social media channels such as Facebook, WhatsApp and our website where you can stay up to date with the latest news and events. We also encourage you to reach out to us if you have any ideas or suggestions for future alumni activities.

Looking towards the future, we have several plans in the works to continue to support our Alma Mater. Thank you for your continued support, and we look forward to seeing what the future holds for our alumni community.

Sincerely,

Naghma Malik
President AIMCAANA 2023



APPNA 46th Annual Convention

July 4-9, 2023 Dallas, Texas

NAMA

North American Medical Alumni



We are contacting you on behalf of the North American Medical Alumni (NAMA, www.appnanama.org) of APPNA and the Association of Physicians of Pakistani-descent of Caribbean Medical Schools (APPCMS).

North American and Caribbean medical school alumni of APPNA have had an increasingly active role in APPNA (www.appna.org), the largest medical professional organization of the Pakistani diaspora. We have participated in APPNA relief projects, medical mission trips, volunteer medical clinics, and CME programs both here and abroad.

Caribbean and NAMA members have ascended APPNA local chapter and national leadership, including Dr. Tayyib Rana (West Virginia University School of Medicine), who is currently a member of the APPNA Board of Directors. We are chairs, co-chairs, and members of the APPNA Membership, CABL, and Medical Corp committees, among others.

In speaking to many of our colleagues, we realize that, for some, your interest in APPNA has waned due to a combination of many factors, including the ever-present focus on work, family, and other pursuits. Many NAMA/Caribbean Lifetime members have stopped attending APPNA national meetings.

Others are unsure of what APPNA has to offer and so have not really considered joining APPNA or our respective alumni organizations.

We are here to reassure you that our experience with APPNA has been remarkably rewarding. We have collaborated on noteworthy projects together:

- Pakistan Flood Relief Fundraising
- Mission Trips to Muzaffarabad (Azad Kashmir), Nowshera (KPK), Guatemala, and Bangladesh (Rohingya camps)
- Skill Transfer Courses in Pakistani Medical Schools
- Monthly Zoom Grand Rounds in Pakistan (i.e., Shaukat Khanum Cancer Hospital)
- APPNA Cornea Transplant Tissue Donation Project
- Revision of the APPNA Bylaws
- Advocating for APPNA Grant Writing
- Guidance and Observership Support for Medical Students
- APPNA National & International Meetings and Annual Conventions
- APPNA International Trips to all parts of the world



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The expertise of Caribbean and NAMA alumni remains largely untapped. As more of you join APPNA as active members, we can elevate the professionalism of APPNA and make substantive networks of academicians, entrepreneurs, investors, and mentors.

Regardless of what medical school you are from, we encourage you to connect via the Caribbean/NAMA WhatsApp group and register on the NAMA website (<https://www.appnabama.org/membership-levels/>) so we can update you on opportunities for professional growth and partnership.

We will have more information regarding the NAMA/Caribbean Alumni programs at the APPNA Summer Convention in Dallas July 5th thru July 9th (<https://appna.org/appna-46th-annual-summer-convention-2023/>), including an excursion on Thursday, the Friday Alumni Dinner, and the Saturday Symposium. A sneak peek of one of the Symposium topics is deciding between a private practice or academics track as one embarks on their medical career.

Thank you in advance for your interest. We look forward to personally speaking and meeting with you. Please feel free to share this information with your North American and Caribbean medical school colleagues of Pakistani descent.
Sincerely,

The Executive Committees of APPCMS 2023 & NAMA 2023



NAMA / Caribbean
WhatsApp group





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NANA

Nishtar Alumni Association of North America



Representing Nishtar Alumni of North America as President this year is an honor. We are very blessed to have such a vibrant group of alumni members who are not only generous donors but also very supportive of young leadership. I do believe that this year our EC is composed of the youngest members among all other alumni associations.

Every year executive council sets new goals and meets most of those goals. Our goal is to accomplish four projects this year.

1. Completion of the Gastroenterology Project, which we started many years ago, where we upgraded the gastroenterology department in Nishtar with multiple endoscopes and ERCP equipment, and now the plan is to provide EUS Setup, which will cost around US\$330,000. Funds are already Collected.

2. We are currently renovating a dedicated reading room/library in one of the hotels in Nishtar, which will provide a comfortable reading environment for USMLE aspirants.

3. We will Upgrade the IT lab in Nishtar, which will help change the traditional paper-based exam system to IT-based exams. The plan is to renovate the previous IT lab and add 110 computer stations.

4. Renovation/Upgradation of ICU and provide essential equipment like BiPAP/CPAP/flexible bronchoscopy/bedside ultrasound and other life-saving equipment. This project will cost us around \$100,000.

We are also working on completing the Nishtar Foundation for the smooth transfer of funds from Nana to the Nishtar Foundation in Pakistan. One of her senior members is actively working on that. Hopefully will have this foundation completed by the end of this year.

Nishtar Alumni has the most extensive loan program with funds up to \$1.3 million. It Helps more than four dozen students per class through their five years of education.

NANA YPC is arranging for Dozens of observer ships for students and has a great mentorship program.

Zeeshan Noor, MD, FACP



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APPNA Maryland Chapter



The Maryland APPNA chapter (founded in 2021) is still in its infancy, but has accomplished many goals.

As one of the founding members we have collectively registered the Maryland chapter with the state of Maryland, as a tax-exempt non-profit 501c3 organization and continue to steadily increase our membership. We have done several social welfare projects. We have collaborated with ICNA and held extremely successful health fairs at several locations. We have administered hundreds of flu vaccines as well as free lipid panels and screening tests for the community, distributed face masks, and provided diabetic education.

We have started our telemedicine project for mental health and will soon be starting tele neurology for our non-affording community members. We provide highly personalized care by board certified physicians from the comfort of their home by telehealth.

Our physicians and executive committee members were also involved in different social welfare projects for Pakistan- especially empowering women and women education. In the US some of our social welfare projects include helping the local Afghan refugees, collaborating with the Maryland Women's shelter and continuing active participation in community health fairs, in collaboration with ICNA.



We strive to promote membership engagement and have held several successful events including two annual summer picnics and annual dinners in the winter. We arranged a picnic for APPNA Maryland families in July 2021 and 2022 and have planned the 2023 summer picnic for Sunday June 4th. We had our 2nd Annual Maryland APPNA chapter dinner and CME which was attended by 120 people and was a great success, complete with live entertainment. We arranged 3 AMA category 1 CME credits along with the dinner. The upcoming annual dinner will be in winter 2023- on November 4th.

Our aim is to maximally grow and engage the Maryland physician community and provide a platform for physicians to volunteer, network and give back to their communities. Please donate to <https://mdappna.org> and collaborate with us on our many welfare projects.

Let us all work together to grow our APPNA Maryland chapter community!

Samina Qureshi, MD
President, APPNA- Maryland Chapter 2023
email: squreshi15@hotmail.com



SAVE
THE
DATES

1st APPNA CANADIAN RETREAT

SEPTEMBER 2-4, 2023



Hilton Mississauga Meadowvale

More information coming soon!
www.appna.org

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Event Schedule

Venue: Gaylord Texan Resort & Convention Centre

Tuesday, July 4, 2023

5:00 PM - 8:00 PM	Local Chapter Meeting	Texas 3
8:30 PM-9:30 PM	Reception	Texas 6
9:30 PM- 12:00 AM	Late Night Concessions	Dallas 1 Foyer
10:00 PM - 2:00 AM	Ghazal Nite	Texas 3

Wednesday, July 5, 2023

8:00 AM - 10:00 PM	Exhibitor Registration	Longhorn D/E Reg & Office
8:00 AM - 11:59 PM	Prayer Room	Grapevine Ballroom 5-6
3:00 PM - 10:00 PM	Registration	Center Pre-Function
6:00 PM - 7:00 PM	Inauguration Ceremony	Grapevine Escalator Landing
7:00 PM - 9:00 PM	Reception/Hi-Tea	Grapevine A
9:30 PM - 1:00 AM	Entertainment	Grapevine C (Rana Akbar Hall)
9:00 PM - 1:00 AM	Late Night Concession Stand	Dallas 1 Foyer

Thursday, July 6, 2023

7:00 AM - 10:00 PM	Registration with mid-day break	Center Pre-Function
7:30 AM	CME Breakfast	Grapevine C (Rana Akbar Hall)
8:00 AM - 10:00 PM	Exhibitor Registration	Longhorn D/E Reg & Office
8:00 AM - 11:59 PM	Prayer Room	Grapevine 5-6
8:00 AM - 1:00 PM	CME	Grapevine C (Rana Akbar Hall)
9:00 AM - 6:00 PM	Bazaar	Longhorn D/E/F
9:00 AM - 6:00 PM	Non Retail Exhibition	Center & Grapevine Pre-Function
10:00 AM	CME Coffee Break	Grapevine C (Rana Akbar Hall)
11:00 AM - 5:00 PM	Food Court/ Cash Concessions	BAZAAR - Longhorn E/F
12:00 PM - 10:00 PM	Recreation Hall (Basketball, Ping Pong & Pickleball)	Longhorn C
1:00 PM - 2:00 PM	CME Lunch	Grapevine C (Rana Akbar Hall)
1:00 PM - 2:00 PM	Vendor Meet & Greet	Center Pre-function
2:15 PM - 3:45 PM	Council Meeting	Grapevine C (Rana Akbar Hall)
6:00 PM - 10:00 PM	Class Reunion -Class of 92 (Dow)	Ft. Worth 5 (Ayub Omayya Hall)
7:00 PM - 9:00 PM	Cultural Night - Dinner & Entertainment	Texas Ballroom (Arif Toor Hall)
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Dallas 1 Foyer
9:30 PM - 12:30 AM	Cultural Night Entertainment	Texas Ballroom (Arif Toor Hall)
10:00 PM - 3:00 AM	Mushaira	Grapevine C (Rana Akbar Hall)



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Friday, July 7, 2023

7:00 AM - 10:00 PM	Registration with mid-day break	Center Pre-Function
7:30 AM	CME Breakfast	Grapevine C (Rana Akbar Hall)
8:00 AM - 11:59 PM	Prayer Room	Grapevine 5-6
8:00 AM - 1:00 PM	CME	Grapevine C (Rana Akbar Hall)
9:00 AM - 6:00 PM	Bazaar	Longhorn D/E/F
9:00 AM - 6:00 PM	Non- Retail Exhibition	Center & Grapevine Pre-Function
10:00 AM	CME Coffee Break	Grapevine C (Rana Akbar Hall)
11:00 AM - 12:30 PM	King Edward GB Meeting	Austin 1
11:00 AM - 12:30 PM	DOGANA GB Meeting	Dallas 5 (Hassan Bukhari Hall)
11:00 AM - 12:30 PM	Jinnah Sindh GB Meeting	Dallas 3
11:00 AM - 12:30 PM	Nishtar GB Meeting	Fort Worth 3
11:00 AM - 5:00 PM	Food Court/ Cash Concessions	BAZAAR - Longhorn E/F
11:30 AM - 1:00 PM	Lunch with Javed Ahmed Ghamidi (by invitation only)	Grapevine 1
12:00 PM - 10:00 PM	Recreation Hall (Basketball, Ping Pong & Pickleball)	Longhorn C
12:30 PM - 1:30 PM	CME Lunch	Grapevine C (Rana Akbar Hall)
1:00 PM - 2:00 PM	Vendor Meet & Greet	Center Pre-function
1:00 PM - 2:00 PM	Jumma Prayer	Texas C (Arif Toor Hall)
2:15 PM - 4:00 PM	Makalma - Javed Ahmed Ghamidi key Saath	Grapevine C (Rana Akbar Hall)
4:00 PM - 7:00 PM	YPN Social evening	Grapevine 1
6:00 PM - 1:00 AM	Childcare/Baby sitting Alumni Dinners	San Antonio 4/5/6
6:00 PM - 9:00 PM	Aga Khan	Grapevine Ballroom A
6:00 PM - 9:00 PM	Allama Iqbal	Texas Ballroom 1
6:00 PM - 9:00 PM	Caribbean / NAMA	Dallas 3
6:00 PM - 9:00 PM	Dental	Grapevine 3
6:00 PM - 9:00 PM	DOW	Grapevine C (Rana Akbar Hall)
6:00 PM - 9:00 PM	Fatima Jinnah	Austin 1
6:00 PM - 9:00 PM	Jinnah Sindh	Grapevine B
6:00 PM - 9:00 PM	Khyber	Texas 5
6:00 PM - 9:00 PM	King Edward	Grapevine D (Mushtaq Khan Hall)
6:00 PM - 9:00 PM	Liaquat	Fort Worth 3
6:00 PM - 9:00 PM	Nishtar	Fort Worth 5 (Ayub Omayya Hall)
6:00 PM - 9:00 PM	Quaid-e-Azam	Texas 4
6:00 PM - 9:00 PM	Army Medical College	Grapevine 4



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6:00 PM - 9:00 PM	Ziauddin/ Bolan/ Punjab	San Antonio 1
6:00 PM - 9:00 PM	Rawalpindi	Dallas 5 (Hassan Bukhari Hall)
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Dallas 1 Foyer
9:30 PM	Entertainment	Texas Ballroom (Arif Toor Hall)

Saturday, July 8, 2023

7:00 AM - 10:00 PM	Registration with mid-day break	Center Pre-Function
7:30 AM	CME Breakfast	Grapevine C (Rana Akbar Hall)
8:00 AM - 10:00 PM	Exhibitor Registration	Longhorn D/E Reg & Office
8:00 AM - 11:59 PM	Prayer Room	Grapevine 5
8:00 AM - 1:00 PM	CME	Grapevine C (Rana Akbar Hall)
8:00 AM - 1:00 PM	PAPANA Meeting	Grapevine Ballroom 2
9:00 AM - 6:00 PM	Bazaar	Longhorn D/E/F
9:00 AM - 6:00 PM	Non- Retail Exhibition	Center & Grapevine Pre-Function
9:00 AM - 11:00 AM	AKU Breakfast Meeting	Austin 1
10:00 AM	CME Coffee Break	Grapevine C (Rana Akbar Hall)
10:00 AM - 12:00 PM	UPF Meeting	Dallas 5 (Hassan Bukhari Hall)
11:00 AM - 2:00 PM	APCNA Meeting	San Antonio 1
11:00 AM - 2:00 PM	YPC Resident/Medical Student Seminar	Grapevine Ballroom A
11:00 AM - 5:00 PM	Food Court/ Cash Concessions	BAZAAR - Longhorn E/F
11:00 AM - 5:00 PM	SAYA / Youth Program	Grapevine Ballroom B
12:30 - PM - 2:00 PM	Class Reunion of Allama Iqbal - Class of 1998	Austin 1
12:00 PM - 4:00 PM	APPNA Dental CE Program	Grapevine Ballroom 1
12:00 PM - 10:00 PM	Recreation Hall (Basketball, Ping Pong & Pickleball)	Longhorn C
12:30 PM- 1:30 PM	Healthcare Delivery in Pakistan	Fort Worth (Ayub Omayya Hall)
1:00 PM - 2:00 PM	Vendor Meet & Greet	Center Pre-function
1:30 PM - 3:00 PM	APPNA Healthcare Entrepreneurship Symposium	Dallas 5 (Hassan Bukhari Hall)
1:00 PM - 5:00 PM	YPN - Young Professionals Network	Grapevine D
2:00 PM - 3:15 PM	NAMA & Caribbean Meeting	Fort Worth 5 (Ayub Omayya Hall)
2:00 PM - 3:30 PM	Class Reunion - KE Class of 72/73	Dallas 3
2:00 PM-3:30 PM	Social Forum	Grapevine C (Rana Akbar Hall)
3:45 PM - 5:30 PM	APPNA General Body Meeting	Grapevine C (Rana Akbar Hall)
4:00 PM - 5:00 PM	PALA Meeting	Dallas 5 (Hassan Bukhari Hall)



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Saturday, July 8, 2023

6:00 PM - 1:00 AM	Childcare/Baby sitting	San Antonio 4/5/6
7:00 PM - 1:00 AM	SAYA Dinner & Entertainment	Grapevine Ballroom B
7:00 PM	APPNA Banquet & Entertainment	Texas Ballroom (Arif Toor Hall)
9:00 PM - 1:00 AM	Late Night Food Concession Stands	Dallas 1 Foyer

Sunday, July 9, 2023

8:00 AM - 12:00 PM	Bazaar	Longhorn D/E
9:00 AM - 12:00 PM	Halwa Puri Nashta	Longhorn E/F



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CME Program (Total Upto 12 CME Hours Credit)

This activity is being certified for ABIM MOC.

Learners will have the ability to claim MOC credit.

DAY 1 - Thursday,			
8:00 am to 1:00 pm			
Session 1:			
8:00 am - 10:00 am			
08:00-08:05	Dr. Dawood Nasir - Welcome Remarks	Moderator:	Anesthesia. Professor of Anesthesia, UTSW. Dallas, TX
	Dr. Hussain Haideri	Session Chair	Nephrology. Dallas, TX
		Session Co-Chair	
08:05-08:30	"Epidemic of Obesity and Metabolic associated Fatty liver disease. Update on the diagnosis and management"	Dr. Adnan Muhammad	Gastroenterology & Transplant Hepatology, Assoc. Prof. of Medicine, Univ. of Central Florida College of Med. Clinical Adjunct Faculty, Lincoln Memorial Univ. Advent Health Medical Gp.
08:35-09:00	"Updates in cancer screening, de-escalation of chemotherapy in breast cancer, advances in immunotherapy and targeted therapies"	Dr. Revathi Angitapalli	Hematology and Oncology, The Center for Cancer and Blood disorders
09:05-09:30	"Healthcare Data Standards - Demystifying Myths"	Dr. Asif Syed	Research Scientist, NIH and MD Anderson Cancer Ctr.
09:35-10:00	"The GI approach to anemia in the pediatric patient"	Dr. Henna Patel	Pediatric Gastroenterology, Brown University
Tea Break (10:00 am -			
Session 2:			
10:30 am - 1:00 pm			
10:25 -10:30	Dr. Sunbal Zafar	Moderator:	Gastroenterology and Hepatology. Gastroenterology Practice Associates, Dallas, TX
	Dr. Talat Khashgi	Session Chair	Rheumatology. Clinical Assistant Professor of Rheumatology, UTSW. Dallas, TX
		Session Co-Chair	
10:30 - 11:00	"Robotic colorectal surgery"	Dr. Christopher Dwyer	Colorectal surgery. Texas Colon and Rectal Specialists
11:05 - 11:30	"Depression and Obesity in Perimenopausal Women - A scoping Review".	Dr. Uzma Khan	Psychiatry. Contra Costa County Behavioural Health Services and South Coast Community Services, USA
11:35 - Noon	"Suicide assessment for primary care providers"	Dr. Harris Lari	Psychiatry. Assistant Clinical Professor, Dept. of Psychiatry. Univ. of British Columbia
12:05 - 12:30	"Artificial Intelligence and Diabetic Retinopathy"	Dr. Aman Kirmani	Ophthalmology, United Kingdom, NHS
12:35 - 1:00	"Cannabinoids in Medicine"	Uzma Zakir, RPh	Pharmacist, Director Outreach, Connecticut, Prime Wellness of CT
Lunch 1:05 pm			
DAY 2 - Friday			
8:00 am to 1:00 pm			
Session 3			
8:00 am - 10:00 am			
08:00-08:05	Dr. Sunbal Zafar - Welcome Remarks	Moderator:	Gastroenterology Practice Associates, Dallas, TX
	Dr. Furqan Moin	Session Chair	Neonatology. Pediatrix, Dallas, TX
		Session Co-Chair	
08:05-08:30	"Pain management in chronic disease using whole health options"	Dr. Haider Warraich	Cardiology. Chief of CHF clinic, Tufts Univ. Boston
08:35-09:00	"Using the 5Ms in geriatrics to make decisions for older patients with multicomplexity"	Dr. Namirah Jamshed	Geriatrics. Associate Professor, Geriatrics UTSW. Dallas, TX
09:05-09:30	"Management of obesity in children"	Dr. Faisal G. Qureshi	Pediatric Surgery. Professor of Pediatric Surgery, UTSW. Dallas, TX
09:35-10:00	"Graduate medical education and Burnout"	Dr. Sara Tariq	Int. Medicine. Prof. of Medicine, Assoc. Dean of Student affairs, The Univ. of Arkansas for Medical Sciences. Little Rock, AR
Tea Break (10:00 AM -			



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CME Program

This activity is being certified for ABIM MOC.
Learners will have the ability to claim MOC credit.

Session 4			
	10:30 am - 1:00 pm		
	Dr. Hussain Haideri	Moderator:	Nephrology. Dallas, TX
	Dr. Mustafa Husain	Session Chair	Psychiatry. Prof. of Psychiatry, UTSW. Dallas, TX
		Session Co-Chair	
10:05 - 10:30	"Intravascular Lithotripsy: A novel approach to atherosclerosis treatment"	Dr. Hamid Salam	Cardiology
10:35 - 11:00	"Role of Artificial Intelligence in medicine"	Dr. Junaid Kalia	Neurology. NeuroCare, Prosper, TX
11:05 - 11:30	"Application of Genomic Medicine in our Clinical Practices"	Dr. Aamir Ehsan	Pathology. CEO and Medical Director Corepath, San Antonio, TX.
11:35 - Noon	"Minimally invasive surgery for spine trauma"	Dr. Mohammed Adeel Khaleel	Spine Surgery. Texas Metroplex Institute for Sports Medicine & Orthopedic Surgery (TMI)
12:05 - 12:30	"Physician pt. relationship and the effect on compliance"	Dr. Sobia Yaqub	Internist. Allen, TX
	Lunch 12:35 pm		
DAY 3 - Sat July			
8:00 am to 11:30 am			
Session 5:			
8:00 am to 11 am	Shahbudin Rahimtoola Annual Cardiology Symposium at APPNA		
08:00-08:05	Dr. Arman Raza - Welcome Remarks	Moderator:	
	Dr. Khurram Moin	Symposium Chair	
	Dr. Taimoor Gill	Session Co-Chair	Cardiology. Baylor Scott and White, Frisco, TX.
	Dr. Hussain Haidri	Chair CME	
08:05-08:30	Cardiogenic Shock	Dr. Faisal Wahid	Cardiology
08:35-09:00	What is HF and how to best manage it; debunking common misconceptions and myths	Dr. Mahwash Kassi	Cardiology
09:05-09:30	Atrial fibrillation	Dr. Arshad Jahangir	Cardiology
09:35-10:00	Syncope	Dr. Maria Viqar	Cardiology
10:05 - 10:30	Management of the Patient with Inoperable CAD	Dr. Salman Arain	Cardiology
10:35 - 11:00	TAVR	Dr. Mehdi Ansari	Cardiology
11:05 - 11:30	"Ethics in Medicine"	Dr. Shawnta Hobbs	Ethics. Palliative Care. Baylor Scott and White, Dallas, TX.



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The Making of Martyrs in Bangladesh, Pakistan & India: Mujib, Bhutto and Indira By Faisal Khosa

Dr. Faisal Khosa is an APPNA lifetime member and active in serving APPNA has authored an international best-selling book published by Bloomsbury. This book is part of a series on styles of Leadership (Autocratic, Affiliative, Bureaucratic, Coaching, Democratic, Dynastic, Populist, Servant, Strategic, Situational, Transactional, Transformational and Visionary). The first book in the leadership series was published in 2021. This book has received endorsement and insightful reviews by 18 historians, political science experts and best-selling authors.

This narration covers the sequences leading up to Independence of 1947 and subsequent developments in the Subcontinent and has been included in the curriculum of South Asia Schools around the world.

The second book in the leadership series is being edited by Bloomsbury.

Dr. Khosa has also signed a contract to author and edit a book series on Equity, Diversity and Inclusion with the publisher Elsevier and the first book in this series is expected in January 2024: Equity, Diversity, and Inclusion in the Health Professions: Actionable Dissemination Initiative.

Dr. Faisal Khosa's recent accomplishments:

Michael Smith Foundation – Health Professional Investigator Award (2023 - 2028)

https://healthresearchbc.ca/award_researcher/faisal-khosa/

Don Rix Leadership Lifetime Achievement Award (2022)

https://www.youtube.com/watch?v=VM_vtM44Acg

BC Achievement Foundation – Mitchell Award of Distinction in Community Service (2022).

<https://www.youtube.com/watch?v=8HqwXUD-Ptw>

Vancouver Medical Dental & Allied Staff Association – Diversity, Equity & Inclusion Award (2022)

<https://youtu.be/gM1Pwfx6Q2o>

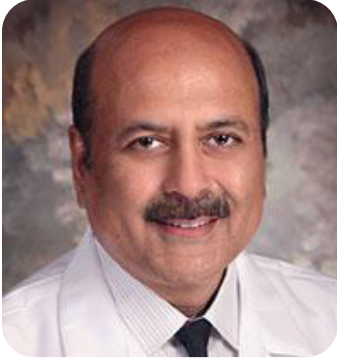
University of British Columbia – Equity, Diversity & Inclusion Inaugural Award (2022)



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APPNA has a bright future



Growth of APPNA is linked to its membership. Like any other professional organization, APPNA has many ongoing and proposed future projects that attract the interest of its members and stimulate growth. But to add new members is the main source of its growth, diversification, and longevity. It is encouraging to see the addition of new alumni, such as Bolan, bringing the total to 16 and Ziauddin is in works.

According to Latest NRMP data, the matching rate of non-US citizen IMG is 59.4%. This is a small increase of 1.3%, compared to 93.7% for US MD graduates and 91.6% for US DO graduates, which is steady. IMG US citizens matching rate was 67.5%, which is an increase of 6.2%.

A majority of these US IMG graduates are from Caribbean medical schools. Alumni of Caribbean medical schools along with NAMA can provide the growth needed to increase membership. There are other factors which are being debated to increase membership including annual membership fee and streamlining the various memberships including Local chapters and Alumni dues.

Other accomplishments that APPNA achieved were to settle the lawsuits and now have healthy reserves to conduct its day to day business.

APPNA as a professional organization is here to stay and represent all doctors of Pakistani descent by increasing its members and diversifying its base to attract graduates not only from Pakistan but from US and the Caribbean.

Nadeem Ahmed, MD
Ross University, Class of 1985
President Caribbean Alumni



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How To Make Money In Real Estate Value added opportunities?

By Kaiser Pathan MD MBA

Also known as value-oriented real estate, value-add real estate is any commercial property with existing income but significant opportunities for improvement via operational enhancements, market repositioning or redevelopment. In other words, value-add properties are those that have some income but are not yet at their maximum income potential.

The basic strategy behind value-add real estate investments is to increase the income of a property while the total value of the property appreciates simultaneously.

VALUE-ADD STRATEGIES

Now, taking a closer look at strategies within the field of value-add real estate investing, here are three common strategies to consider:

- Operational value investing
- Renovation or physical value investing
- Location or reposition value investing

1. Operational Value

- The operational value strategy involves investing in CRE — whether through individual properties or a portfolio — that may derive and provide value from improvements in operations.
- Improvements in operations can take many forms, but one readily available example can be found in improvements for energy efficiency. For example, replacing traditional light bulbs with LED lights can save thousands of dollars in operational costs, making the property more efficient.

2. Renovation or Physical Value

- When you invest in a commercial property or portfolio that presents the potential for appreciation via renovations or similar physical improvements, you are participating in a renovation or physical value-add investment strategy.
- For example, if you purchase an office building that has little in the way of common areas, gyms, dining options and similar amenities, you can add value by adding these features to increase occupancy. That, in turn, creates the potential to increase cash flow.

3. Location or Reposition Value

- The location or reposition value strategy is a method of value-add investing that relies on properties' physical locations or potential to change functions. ROI depends on the inherent value of a prime location or the value added by repositioning a building to occupy a more valuable function.
- For instance, you might add significant value by converting a low-traffic retail center



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into a high-occupancy office park. Alternatively, you might derive value from purchasing an empty or low-occupancy property that is located in an area that is quickly developing or undergoing gentrification.

VALUE-ADD INVESTMENT EXAMPLE

- We see enormous potential in value-add real estate. That is why we have invested heavily using a value-add investment strategy. Over time, we have acquired a portfolio of real estate properties that offered the perfect blend of potential and current income.

HOW DOES VALUE-ADD ROI WORK?

- There is no doubt that value-add CRE investing presents some risks, which we have outlined in detail above, but there is also the potential reward to consider. The opportunity to re-lease, reposition, redevelop and otherwise improve these properties presents an expansive potential for ROI.
- Particularly, when executed correctly, value-add investment strategies present opportunity for income growth through improvements, capital appreciation and, ultimately, increased cash flow and/or dividend payouts to investors.

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201-522-7803



APPNA 46th Annual Convention

July 4-9, 2023 Dallas, Texas

No One Like a Mother

All children feel close to their mothers
And this feeling may never diminish.
Children count on their mothers' love,
Even as they grow up and become parents.

When something bad happens to a mother,
The children right away start feeling sad.
It does not matter how old the children are,
Whatever hurts their mother, hurts them too.

Even when they are grown up adults,
A mother's loss is heartbreaking for them.
After losing a mother, many children feel,
As if they lost a part of themselves.

After their mother is gone, many children say,
"We cannot find anyone who loves us like her."
They feel no one fully understands them,
And feels hurt when they are hurting.

Saleem A. Khan, MD
May 14, 2023

Nurses, Pandemic Heroes

We all know how hard nurses work
As they try to help all those patients,
Who suffer from pain and stress.

Last three years were very challenging
But during Pandemic they never gave up
And continued their excellent work.

They often put their lives at risk
And made sacrifices every single day,
As they tried to save very sick patients.

We should acknowledge these heroes
For all their services during Pandemic,
When they were under a lot of stress.

We certainly owe our gratitude to them.
There are many reasons why we should say,
"Thank You" to all the nurses we know.

Saleem A. Khan, MD
5/6/2023



APPNA 46th Annual Convention

July 4-9, 2023 Dallas, Texas

Epidemic of Obesity and Metabolic Associated Fatty Liver Disease

By Adnan Muhammad, MD FACP FAASLD

There is worldwide increase in the prevalence of obesity which is defined by body mass index (BMI) > 30. It is estimated that about 3.12 billion people (39% of the global population) are obese. Obesity rates are also trending up in United States. At present more than 40% of U.S. population (135 million) is obese and if this trend continues, nearly half of Americans (168 million) will be obese by 2030. Worldwide prevalence of metabolic associated fatty liver disease (MAFLD) is 25%, however it doubles (50%) in patients with type 2 diabetes. MAFLD is linked to obesity and metabolic syndrome which include insulin resistance, diabetes, hyperlipidemia, hypertension and increased waist circumference. There is increase in inflammatory markers such as CRP, IL 6, TNF alpha in patients with MAFLD. These inflammatory markers result in dysfunctional adipose tissue in liver, heart and kidneys causing steatohepatitis (SH), cardiovascular disease and chronic kidney disease. Cardiovascular disease is the most common cause of mortality in patients with MAFLD followed by cirrhosis and liver cancer. Sedentary lifestyle, high-calorie diet, high fructose intake along with several genes are risk factors for MAFLD. Intestinal dysbiosis also plays a role in production of secondary bile acids which is toxic to hepatocytes causing increased collagen matrix, hepatic fibrosis and cirrhosis. MAFLD causes SH which results in hepatic fibrosis leading to cirrhosis, portal hypertension, liver failure and liver cancer. Liver biopsy is the gold standard to diagnose MAFLD and SH. However, several non-invasive biomarkers and imaging modalities are available to diagnose SH, fibrosis, and cirrhosis. FibroScan (Transient Elastography) is a noninvasive modality which can measure hepatic steatosis and fibrosis over an area estimated to be 100 times greater than liver biopsy. Sensitivity of FibroScan is 91%, specificity 92%. Goal of treatment in MAFLD include reversal of SH and to prevent progression to cirrhosis. The mainstay of therapy is lifestyle modification which include weight loss, calories restriction, increase physical activity, avoidance of high fructose containing food and low-fat diet. At the present time there is no FDA approved treatment to treat MAFLD, however multiple target molecules are being studied in phase 3 clinical trials. There are multiple FDA approved weight loss drugs available to treat obesity with positive impact on decreasing SH and reversal of fibrosis. They include GLP 1 agonist, GLP 1 in combination with GIP agonist which results in 25-30% weight loss and 10 % reduction of liver for fat content. Weight loss surgery (sleeve gastrectomy and Roux-en-Y gastric bypass surgery) can be considered in morbidly obese individuals with MAFLD meeting the criteria of surgery according to the BMI classification. At the present time there is no screening guidelines for MAFLD in general population, however it is recommended to screen high risk individuals such as patients with type 2 diabetes and obesity. In summary epidemic of obesity and MAFLD poses great challenge to worldwide medical community. Multidisciplinary approach is needed to find and treat these patients with long-term follow-up to prevent complications.



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July 4-9, 2023 Dallas, Texas

جانے والے

اُنکا بلاوا آیا تھا۔ وہ چلے گئے
وہ کبھی لوٹ کر نہ آئیں گے

تم کیوں گڑگڑا کر کہتے ہو
کاش وہ ہمیں چھوڑ کر نہ جاتے

وہ تو خوش ہیں اپنے جہان میں
جہاں کوئی غم نہیں نہ ہی کوئی درد

ہمیشہ کی طرح وہ تو چاہتے ہیں
تم صدا خوش رہو، مسکراتے رہو

ڈاکٹر سلیم خان۔ ڈیلاویئر

(اپنی بہن کے ہمیشہ چلے جانے کے بعد اپنے غم کا اظہار کرتے ہوئے)



APPNA 46th Annual Convention

July 4-9, 2023 Dallas, Texas

پھانس

وہ تو سننے کی بات تھی
کان میں پڑنے کی بات تھی
کسی کے لئے غیر ضروری
کسی کے لئے لازمی سی بات تھی

وہ تو دیکھنے کی بات تھی
پرکھنے کی بات تھی
کسی کے لئے قطرہ شبنم
کسی کے لئے سیلاب کی بات تھی

وہ تو سمجھنے کی بات تھی
دل میں اترنے کی بات تھی
کسی کے لئے مروت
کسی کے لئے محبت کی بات تھی

وہ تو کہنے کی بات تھی
منہ سے نکلنے کی بات تھی
کسی کے لئے سرگوشی
کسی کے لئے چیخنے کی بات تھی

وہ تو مخصوص کرنے کی بات تھی
ایک دل کے دکھنے کی بات تھی
کسی کے لئے پھانس چھبی
کسی کے لئے جگر کٹنے کی بات تھی

Lara Zuberi
Hematology/Oncology

طاق پر رکھی ہوئی چند کتابوں کی طرح

عمر بیتی کی بے ربط حوالوں کی طرح

کیا اغیار نے دھوکہ تو کبھی اپنوں نے

دل نے رکھے ہیں بھرم بھولنے والوں کی طرح

میں تری راہ میں پلکوں کو بچھاتی کیسے؟

تو نے چاہا ہی نہیں چاہنے والوں کی طرح

میرا دامن بھی مرے دل کی طرح خالی ہے

بس تری آس میں ہوں درد کے ماروں کی طرح

کچھ کہوں بھی تو مرے لفظ کہاں کافی ہیں

تیرے اسرار ہیں بے مہر خیالوں کی طرح

اس جہاں میں مری ہستی کا کوئی مول نہیں

دفن کر دو مجھے بے دام خزانوں کی طرح

سنبل معراج

Sumbul Meraj, MD

President APPNA Chapter of Greater Saint Louis.



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تیری آنکھیں

ان سے نیند پھر کبھی نہ روٹھے
چین کا ساتھ پھر کبھی نہ چھوٹے
اس شمع کو سدا جلائے رکھنا ماں
کہ یہ امید کی کرن پھر کبھی نہ ٹوٹے

ان آنکھوں کو پھر سے ہنسنے دو ماں
ان کو پھر نہ کبھی برسنے دو ماں
میں ان میں اپنے آپ کو دیکھتی ہوں
اس آئینے میں مجھے خود کو پرکھنے دو ماں

ان کی ہنسی
میرے دکھوں کا مرہم ہے ماں
میری خوشی کا سبب ہیں ماں
اس جیون کا حاصل ہیں ماں

ان کے بنا میں دیکھ نہیں سکتی
کہ یہ میری آنکھوں کی روشنی ہیں ماں

Lara Zuberi

میرے دنیا میں قدم رکھنے پر
جن ہیروں نے اُجاگر کیا
زندگی کے ہر اندھیرے کو
جن چراغوں نے روشن کیا

تیری آنکھیں تھیں ماں

میری آنکھوں کے آنسوؤں سے
جو اک دم سے بھر گئیں
سن کر میری داستانِ غم
جو بے اختیار برس گئیں

تیری آنکھیں تھیں ماں

میرے گرد اندھیرا دیکھ کر
جن سے نیند روٹھ کر چلی گی
میرے دل کے زخم سہ کر
جو خون کے آنسو رو گئیں

تیری آنکھیں تھیں ماں

ان پتھروں کو پھر ہیرو بنا لو
یہ چراغ پھر سے جلا لو
ان میں نہیں سجتے یہ آنسو
ان میں نور پھر سے بسالو



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**YOUR DONATIONS CAN
CHANGE LIVES**

INTRODUCTION

Shifa Foundation is the sister organization of Shifa International Hospital and one of the well-reputed non-for-profit organizations, established in 1991. Shifa Foundation endeavors to provide assistance to the underprivileged and needy people across Pakistan in preventive & curative healthcare, water & sanitation, environment and climate change, disaster emergency response and to promote voluntary services in educational institutions.

Since its existence, Shifa Foundation has developed deep understanding of the complex needs of people in the most deprived areas of Pakistan and has also gained technical expertise in sustainable solutions to address these needs. Shifa Foundation, by using its experiences and research, has also advocated and influenced policymakers and practitioners for the development of marginalized segments of our country.

WHAT WE DO

- **Feed a Poor Family** (Monthly Food for Families)
- **Medical Awareness & Outreach Camps in Far Flung Areas**
- **Clean Drinking Water for Drought Areas**
- **Cataract Surgery** (Healthcare for all)
- **General Treatment for Deserving Patients**
- **Cancer Treatment** (Healthcare for all)
- **Treatment of Breast Cancer Patient**
- **Helping Flood Affectees**
- **Treatment of Cleft Lip & Cleft Palate**

FEED A POOR FAMILY

\$50

Under this program provides Food Packages to hundreds of poor families and daily wagers per month.



SPONSOR A MEDICAL CAMP

\$600

In one day medical camp our Doctors try to treat a minimum of 150 to 200 patients free of cost with Screening, Basic Rapid Lab Test, Eye Screening, and Pharmacy.



PROVIDE CLEAN DRINKING WATER

\$750

Hundreds of needy Families used to fetch water from distant ponds but now because of Shifa Foundation's "Sponsor a handpump" program.



SPONSOR A CATARACT SURGERY

\$135

At the Shifa foundation hundreds of needy people have been treated, free of cost, still hundreds of people out there who can not afford cataract surgery.



SPONSOR A CANCER PATIENT

\$600

Shifa Foundation with the help of Shifa International Hospital provides early diagnosis and treatment services, either free or on subsidized rates to poor and deserving patients.



**YOUR
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CAN BE SOMEONE'S
LAST HOPE**



FOR ONLINE DONATIONS
SCAN ME

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Account Title: Shifa Foundation Through Check: 101 W. 22nd St.

Suite #108, Lombard, IL 60148,

For Receipt contact details: 101 W. 22nd St. Suite #108, Lombard, IL 60148

Phone: +1 (630) 743 6953 Fax: +1 (630) 889 9511

Online via website: www.shifafoundation.org/us; infshifafoundation.org



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APPNA Events 2024

Save the Dates



APPNA Strategy Meeting

January 25-29, 2024

Mexican Cruise (From Tampa, FL)

Committee:

Nadeem Ahmed, Tayyib Rana, Mujtaba Qazi

APPNA Spring Meeting

April 25-28, 2024 Chicago, IL

Chair - Dr. Sajid Mehmood



APPNA Summer Convention

July 3-7, 2024

National Harbor, MD (D.C.)

Chair - Dr. Tariq Mahmood

APPNA Fall Meeting

September 26-29, 2024

San Antonio, TX

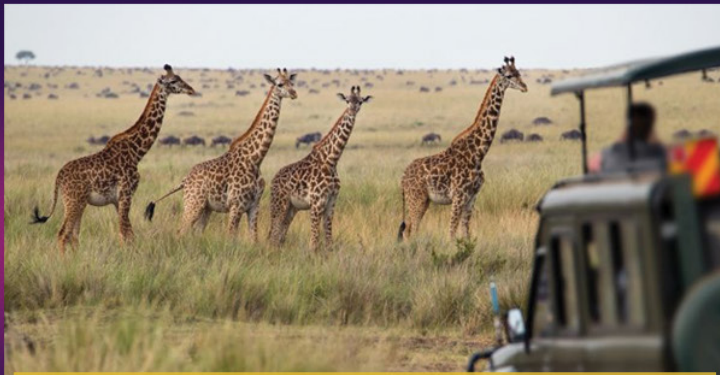
Chair - Dr. Aamir Ehsan



CAPPCNA

International Meetings 2024

Chair - Dr. Saeed Sabir
Co-Chair - Dr. Nadeem Ahmed



Botswana Safari

Cape Town - Victoria Falls - Botswana
February 24 - March 3, 2024



Brazil

Amazon Cruise and Rio De Janeiro
July 21-29, 2024



Iran

Mashad - Shiraz - Isfahan - Qum - Tehran
October 3-15, 2024



China

Beijing - Guilin - Zhujiyajiao - Shanghai
October 11-20, 2024

Save the Dates



OBAT Helpers creates empowerment through community development for a forgotten, unfortunate group of people commonly known as Bihari or Urdu Speaking (formerly known as stranded Pakistanis) and Rohingya refugee populations residing in camps in Bangladesh.

Transformative Change

BOOTH D11
Located at the Center's Pre-Function Area



OBAT's scholarship student, Yeasmin's camp home was burnt to the ground ten years ago. Today, she is studying to become a doctor at Prime Medical College in Rangpur.



Education

Providing vital educational opportunities to students to break free from poverty and create sustainable change.



Healthcare

Narrowing the wide healthcare gap for those who lack access due to poverty, stigma, and unemployment.




Empowerment

Training through tools, resources, and support needed to sustainably uplift entire generations of forgotten communities.

Visit **BOOTH D11** at the APPNA Convention to Learn More About OBAT's Work!

OBAT is a 501(c)(3) nonprofit organization with a TAX ID #: 47-0946122
Visit our website at www.obathelpers.org



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Friends of Indus Hospital, Inc (FOIH) is a US-based 501(c) (3) registered Zakat Eligible and Tax Deductible charity organization making efforts to raise funds for Indus Hospital & Health Network (IHHN) in Pakistan.

IHHN's Key Initiatives

IHHN's specialized programs



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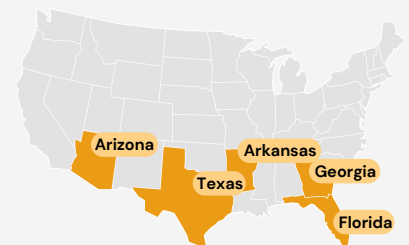
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#7

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Acquisitions
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Dispositions
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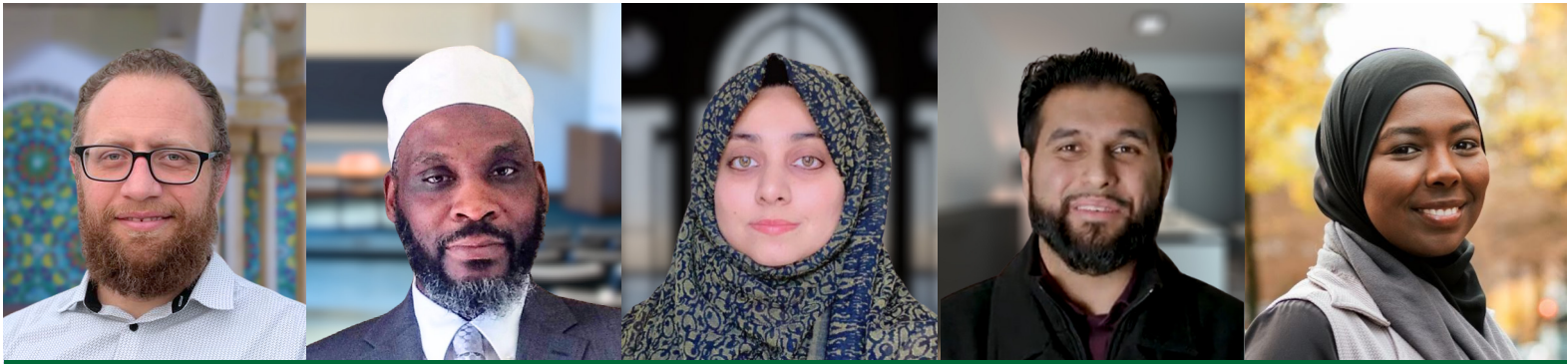
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Welcome to APPNA 46th Annual Convention in Dallas, Texas
“Home of the Dallas Cowboys”



On behalf of our family we extend our warmest welcome to APPNA Physicians and their families. Texas has a strong and a vibrant Pakistani American Physician community. We appreciate your contributions to the profession of medicine and the community. We hope you enjoy our diverse, vibrant culture and the hospitable company of our friends.

Lubna Naeem MD
Internal Medicine

Past APPNA Secretary and Treasurer
Past APPNA South Central Texas Chapter President

Muhammad Naeem MD
Gastroenterology

Past APPNA South Central Texas Chapter

Association of Physicians of Pakistani Descent of North America

APPNA
FALL
MEETING
2023

November 16-19, 2023



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in Dallas

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Dr. Syed Hasan
Gastroenterology Associates of THPG



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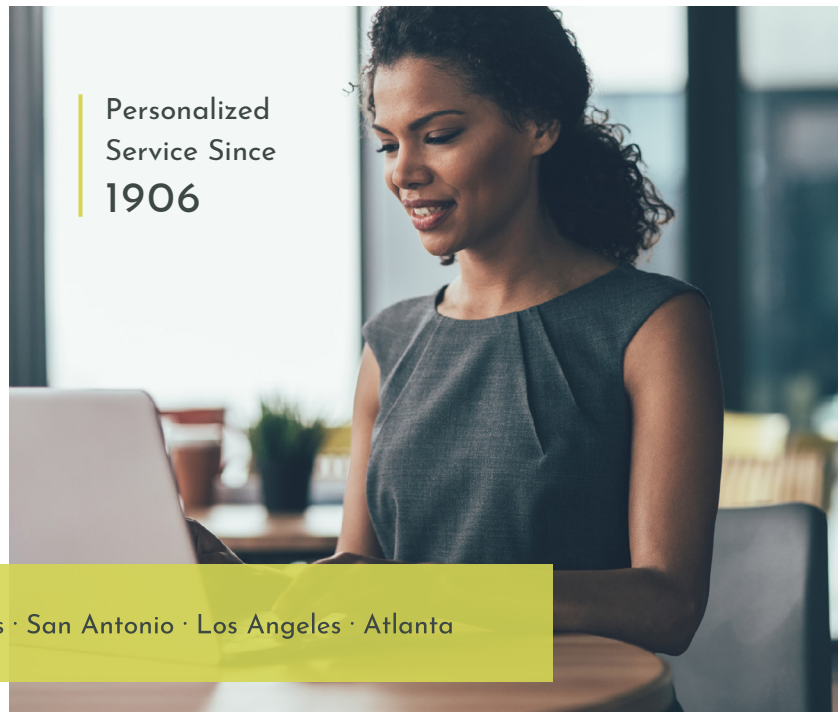
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Fundamental Choice Portfolio Manager
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A personal approach to investing

I provide comprehensive wealth management and investment planning processes to help my clients achieve their goals. As a Senior Vice President-Investment Officer and Fundamental Choice Portfolio Manager, I manage risk in clients' portfolios with active tactical money management strategies and can integrate Social Responsibility factors into personal strategies. For over 16 years, I have helped clients address their financial concerns and develop sound strategies by having great resources available from Wells Fargo affiliates. I work with individuals, businesses focusing on their retirement plans, Estate Planning, Institutional Endowment Plans & Trusts. I specialize in designing comprehensive tax-deferred retirement plans for physicians and small to mid-size business organizations.

I bring 20 years of Accounting and Finance experience with a fortune 100 company. Prior to joining the financial industry, I worked for over eight years as the Director of Finance with Macy's/May Department stores International where I managed assets more than \$1 Billion.

I earned my BS degree in finance and MBA in Public Accounting from St. John's University, New York.

I enjoy playing golf and traveling with my wife and family. My wife, Farrah is a clinical Research specialist in Ophthalmology. Our son, Raheel is an Anesthesiologist, MD, and our daughter, Zofi has joined me at Wells Fargo Advisors.

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