



Association of Physicians of
Pakistani Descent of North America

APPNA

APRIL 25-28, 2024
CHICAGO, IL

SPRING MEETING



www.appna.org



APPNA

Association of Physicians of
Pakistani Descent of North America

6414 S Cass Ave, Westmont, IL 60559-3209 USA
www.appna.org



APPNA SPRING MEETING APRIL 25-28, 2024 CHICAGO, IL

President's Message



Assalamu Alaykum,

Dear APPNA family

On behalf of local host committee of Chicago and on behalf of APPNA BOD I welcome you and your family to spring meeting in Chicago.

First I'd like to thank the chair of the host committee Dr. Sajid Mehmood who has worked hard for many months to make this happen. I would also like to thank the entire host committee of Chicago and specifically Dr. Sohail Khan as well as Dr. Amin Nadeem, Dr. Rahat Sheikh and Dr. Waseem Kagzi for their efforts in organizing this APPNA Spring meeting.

There is a lot of hard work and many hours of dedication that goes into organizing a meeting of such a magnitude.

There is excellent CME program with topics in Hematology oncology and life style medicine for the spring meeting and I encourage all of you to please attend the CME lectures. The host committee has also put together an excellent social forum with pertinent issues that face us as Pakistanis.

The Host committee has arranged for some delicious food items that you can enjoy during this meeting. The bazaar has been phenomenal this year in Chicago with so many different vendors available to cater to you and your families shopping needs.

Of course, attention has been paid to getting best entertainment possible with artist like Sajad Ali that will take many of us back in time of our youth days.

There are different meeting sessions focusing on the needs of younger physicians organized by YPC. A session has been organized for young students regarding challenges faced when entering into medical school. There is also mental health walk spearheaded by Dr. Maliha Ahsan, a lecture set up by Alliance and YPN on parenting and leadership by leading speakers Dr. Fazal, Dr. Zeeshan and Dr. Abbasi. For the lovers of Urdu literature, There is a great Mushaira organized by Dr. Javaid Akbar. YPN event is balanced and well attended this year thanks to Saba Mehmood.

Host committee under leadership of Sajid Mehmood has done a lot of work and has given us excellent choices of lectures and sessions that are catered for all ages. There's something for everybody in this Spring meeting to enjoy.

I hope you and family have a good time and welcome to Chicago

Asif Mohiuddin, MD
President APPNA



APPNA SPRING MEETING APRIL 25-28, 2024 CHICAGO, IL

Chair Host Committee Message



Dear APPNA members and attendees of Spring Meeting

My host committee and I are delighted to welcome you all in the windy city, strongly hoping that you all have a pleasant experience throughout the duration of the event and leave with everlasting memories. Right from the beginning, each and every member of my team has put extra efforts in adding more value to the various sessions of the Meeting by their innovative ideas and paying attention to the fine details especially CME activity and Social forum. This year, we have planned to touch those areas which were previously not considered worthy of spending time like

Lifestyle Medicine as well as Artificial Intelligence in Healthcare by bringing the best experts in the respective areas. Besides, we have also arranged a Mushaaira night on Friday keeping in view the interest of a sizeable proportion of our membership with literary taste.

First and foremost, I want to appreciate my dear friend and APPNA President Dr Asif Mohiuddin for his trust in tasking me with the responsibility of Chairing the event as well as continuous assistance all along without micromanagement. I also want to take this opportunity to appreciate my entire Host committee for making my job much easier by working as a team and taking lead in countering the challenges throughout the organization of the event. Special thanks to our Advisor Dr M. Sohail Khan, President PPS Dr Tariq Butt, Co-Chairs Dr Amin Nadeem, Dr Rahat Sheikh, Dr Samina Hijab, Chair CME Dr Waseem Kagzi and Dr Nureain Mirza for their timely assistance and full cooperation. I was also fortunate to have assistance from our senior colleagues as well as local leadership of Human Development Foundation like Dr Naheed Qayyum who have a track record of hard work under dire circumstances in providing relief to less-privileged segments of communities in Pakistan. I can't thank my wife Saba enough for not only providing active assistance in organizing the event but also relieving me from my family commitments in recent months in order for me to focus better.

I wish we can have a better time to arrange this event while atrocities are being inflicted on innocent and helpless population of GAZA and UKRAINE as well as resulting conflicts in the surrounding regions. To make the situation even worse in GAZA, the surviving affectees are being deprived of much needed medical and nutritional assistance with little uproar and inadequate efforts from the civilized world. As APPNA has a rich tradition to provide monetary & healthcare assistance to those affected by natural and manmade disasters, we have managed to bring a selfless volunteer to share her eyewitness experience from the war-ravaged areas of GAZA.

We strongly pray and wish for permanent peace globally as well as emphasize the need for our collective efforts to decrease misery of the entire humanity regardless of race, religion, caste or geographic region. Ameen.

Sajid Mehmood MD FCCP
Chair, APPNA Spring Meeting 2024



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From The Editor's Desk



Celebrating our Resilience

As we invite you to celebrate the world-class city of Chicago and the APPNA Spring Meeting 2024, for which so many have worked tirelessly, I asked myself: What else can we celebrate together?

We have known and lived through adversity. As the Pakistani American diaspora, we have faced some unique challenges over the last few decades and have emerged more robust than ever.

Despite the times and their repercussions in Pakistan, the USA, and the World, we have not just survived but succeeded and prospered. Under duress, we have refused to wither and go away.

All through these decades, we have kept sharing and giving. We have and continue to give back to Pakistan. We continue to advance the well-being of America. We continue to be the best healers there are. We continue to grow APPNA and groom the next generations. Through all this and more, we have strived for a better, brighter world.

It is time to appreciate who we are and salute our resilience. Please take a moment to celebrate all of us for our grit, resolve, and accomplishments.

We have arrived, and are still happening.

Arif Ahmad, MD, FACC, FHRS
Editor English Section
APPNA Spring Journal 2024



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Co-Chair Host Committee Message



I would like to welcome you wholeheartedly to this great city of Chicago on occasion of APPNA's spring meeting 2024. I am co-chair of host committee which has been led by my friend Dr. Sajid Mehmood. I have also taken responsibility of publication chair for this magazine. I have been resident of greater Chicago area for over 20 years, I am an intensivist by profession who is involved both in academia and clinical practice. I appreciate all the members & supporters of host committee who have worked tirelessly to make this event a huge success. We believe that this is going to be great event with planned activities like CME, alumni get togethers, social forums, mushaira, entertainment and networking forums. I am certainly hopeful you and your families will enjoy the activities at spring meeting but will also enjoy so many things Chicago offers as "best big city in USA". Please stay safe and feel free to contact member of host committee in case of questions.

Nadeem Amin, MD
Co-Chair APPNA Spring Meeting 2024

Co-Chair Host Committee Message



Dear APPNA Family, Assalamalaikum and Welcome to the Spring Meeting in my town Chicago , where the weather is almost always cold but people have warm hearts. It is a great pleasure to have you all here this week to enjoy the get together. I would like to take a moment to extend my warmest greetings to each and every one of you , for making the effort to be here . On behalf of Host Committee , let me assure you that we strive to make every effort to keep your stay as pleasant as possible. We are here to answer any questions you may have . We the host committee members are your guides , concierge and moreover part of your family . You can reach us 24/7 in case you need any kind of help . In the end I would like to thank all the members of host committee under the leadership of our Chair Dr. Sajid Mehmood to work tirelessly to get you the best venue , food and entertainment Chicago has to offer . Thank You President APPNA Dr. Asif Mohiuddin for giving us the opportunity to host our very own APPNA FAMILY.

Rahat Sheikh, M.D., F.A.A.F.P.
Co-Chair APPNA Spring Meeting 2024



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Advisor Host Committee Message



Dear APPNA Family,

Welcome to the Windy City, especially during these turbulent times that are impacting our communities profoundly. As we gather here, we are reminded of the weighty responsibility we bear due to the era we find ourselves in. In the midst of uncertainty, it is crucial that we navigate with a clear and forward-looking vision. We must paint a positive picture of ourselves, both to those who support and those who may oppose us.

I extend a warm welcome to each of you to this meeting, happening at a pivotal moment. While we have planned enjoyable events, we also aim to stimulate intellect and address pressing issues. Advocacy is paramount in these challenging times, and it's imperative that we engage fully. I encourage all of you to participate, particularly in events like the social forum scheduled for Saturday, April 27th, where esteemed scholars will provide their insights on the current situation.

Our meeting adopts a comprehensive approach, catering to all age groups. As you partake in the festivities, let us also remain attuned to the needs of our broader community.

Peace and goodwill to all,
Regards,

M. Sohail Khan, MD
Advisor, APPNA Spring Meeting 2024

Chair CME Message



Dear esteemed physicians, As we gather for the APPNA Spring Meeting 2024 in the vibrant city of Chicago, it's with great pleasure that I extend a warm welcome to each of you. I hope your stay in this magnificent city allows you to appreciate its architectural marvels and cultural richness. I'm excited to share with you the dynamic Continuous Medical Education (CME) program we have meticulously curated for this two-day event. A particular highlight is the program scheduled for Saturday, April 27th, from 8 AM to 12 noon. During this session, we'll delve into ways to enhance both our personal health and professional practice, all while earning valuable CME credits.

We're privileged to have experts from the Lifestyle Medicine University join us to explore the seven principles of Lifestyle Medicine. From plant-based nutrition to better sleep and stress management, we'll discover actionable strategies to integrate these principles into our lives and effectively prescribe them to our patients, thereby fostering diversity in our approach to patient care. On Friday, we've arranged a diverse CME program featuring specialists in endocrinology, pulmonology, critical care, and oncology. They'll address pivotal topics relevant to our ongoing medical education. As you immerse yourself in the enriching educational opportunities and networking experiences offered at the Spring Meeting, I encourage you to take moments to savor the beauty of Chicago and ensure a safe and enjoyable journey throughout your stay. Thank you for your

Waseem Kagzi, MD
Chair CME, APPNA Spring Meeting 2024



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Host Committee



Sajid Mehmood, MD
Chair



Amin Nadeem, MD
Co-Chair



Rahat Sheikh, MD
Co-Chair



Samina Hijab, MD
Co-Chair



M. Sohail Khan, MD
Advisor



Waseem Kagzi, MD
Chair, CME



Tariq Butt, MD
President PPS



Nurien Mirza, MD
Chair Hospitality



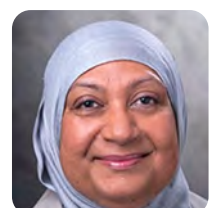
Javid Akbar, MD
Chair Mushaira



Arif Ahmad, MD
Editor Publication



Ahsan Siddiqui
Chair Food Committee



Maleeha Ahsan, MD
Chair
MH Awareness Walk





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Host Committee



Saba Mehmood
Chair YPN



Jabeen Bukhari, MD
Chair Family Alliance



Hina Sheikh



Farah Nadeem



Yasmin Kagzi



Sakina Mirza



Murtaza Arain, MD



Naheed Qayyum, MD



Imtiaz Arain, MD



Omar Nasib, MD



Javed Imran, MD



Zubair Syed, MD



Amera Rahman, MD



Tehmina Bajwa, MD



Sameer Shafi, MD



Adeel Ahmad, MD, MBA



Nasar Katariwala, MD



Farhat Abbas Khan, MD



Shahid Ahsan, MD



Mahwash Siddiqui, MD



Sarwat Shaheen, MD



Shakaib Razaq, MD



Qasim G Chaudhry, MD



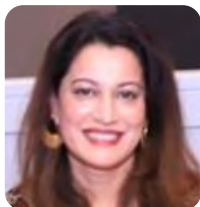
Tariq Hameed, MD



Umar Tariq, MD



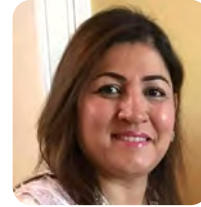
Khurram Ghori



Iram Ahmed, MD



Ejaz Khan, MD



Sobia Katariwala



Moin Haque



Raza Khan, MD



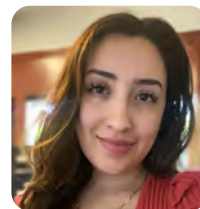
Nicholas Suh
Director Operations
APPNA



Tipu Ahmad



Laiq Siddiqui



Diana Trujillo



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President Elect's Message



Dear APPNA family & attendees of the APPNA spring meeting!

It is my honor and privilege to welcome you all to the 2024 spring meeting in the beautiful city of Chicago hosted by the vibrant APPNA Chicago Community, led by the super talented Chair, Dr Sajid Mehmood.

As we gather together to meet, learn and network let's not forget the humanitarian disaster happening in Gaza right now . As physicians and human beings it saddens us and makes us want to help out as much as possible. So let's talk to our lawmakers and fellow Americans to draw attention to garner support for a permanent ceasefire. And also let's support ongoing humanitarian and medical aid being delivered by brave human beings including one of our own Dr Fozia Alvi.

I wish you and your families an enjoyable Spring Meeting . Also my heart felt thanks to the host committee, Mr. Tipu and Mr. Laiq Siddiqi for their tireless efforts in hosting us so graciously.

God Bless USA,

God Bless Pakistan!

Humeraa Qamar, MD, MPH, FAAP,
APPNA President Elect 2024



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Secretary's Message



We the Association of Pakistani Physicians of North America (APPNA), we stand united, fueled by compassion, resilience, and a shared vision. Our mission transcends borders, weaving together the tapestry of healing hands across continents. From bustling cities to serene villages, our physicians touch lives with unwavering dedication. Whether it's a bustling clinic in Chicago or a remote health camp in Lahore, our commitment knows no bounds. We're not just practitioners; we're architects of hope, bridging cultures and languages with empathy. From the first batch of Dow Medical and KE two of our oldest institutes to the newest medical graduates, we're a family. Our bonds transcend time zones, echoing through virtual conferences and late-night calls. We're parents, dreamers, and healers, woven together by purpose. APPNA isn't just an acronym; it's a symphony of healing. So, let's raise our stethoscopes, our hearts, and our spirits. Let's be the change we wish to see. Because when we stand together, mountains bow, and miracles unfold.

Among many achievements and progress APPNA is making every year I wanted to highlight one important project called APPNA Scholarship Endowment Program has been making a significant impact since its inception in 2013. Let me share the details:

1. Purpose and Mission:

- The program aims to **ease the financial burden** for deserving medical students studying at various medical colleges in Pakistan.
- Most recipients come from underprivileged families, and many have siblings concurrently pursuing education at other institutions, making it challenging for their parents to cover all expenses.

2. Initial Contribution and Growth:

- It all began with an **anonymous donor's generous contribution of ONE MILLION DOLLARS.**
- Encouraged by this initial investment, alumni members rallied to raise additional matching funds.
- Currently, the endowment stands at an impressive **\$3,137,983.00**

3. Annual Disbursement:

- The Scholarship Committee disburses funds annually at a rate of **3% of the invested funds** as of December 31st of the prior year.
- Each participating medical school alumni submits the names of recipients from the preceding year to the APPNA Central office for audit purposes.

4. Current Account Values (as of September 30, 2023):

- Nishtar: **\$1,432,014**
- King Edward: **\$718,399**
- Jinnah Sindh: **\$274,351**
- Quaid-e-Azam: **\$199,371**
- Rawalpindi: **\$177,627**
- Allama Iqbal: **\$138,032**
- Fatima Jinnah: **\$123,334**
- Khyber: **\$46,413**
- Bolan: **\$28,442**

5. Joining the Cause:

- We invite non-participating alumni to contribute to this worthy program.
- By supporting these scholarships, you're not just donating; you're making a difference in the lives of aspiring physicians.
- Visit APPNA's website to donate online or download the pledge form for payment by check or credit card.

Remember, this scholarship fund is a powerful way to channel your **Zakat funds** toward education and empowerment. Let's continue to nurture the future of healthcare together!

Dr. Rizwan Naeem
Secretary and Member Board of Directors APPNA 2024



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Treasurer's Message



As a treasurer of my beloved organization APPNA, my goal is to ensure transparency, accountability, compliance with regulations, and financial sustainability. After taking the office, we realized that APPNA was not in full compliance with IRS rules and regulations in terms of accounting and tax filing. We actively pursued and hired a national level firm with expertise in tax filing for non-profit organizations. Since then all necessary data from the past was gathered and tax documents (990 Forms) were prepared. I am glad to inform the membership that 990

Tax Forms were submitted to IRS last week. It'll put APPNA back on track as a certified 501c3b non-profit organization.

Keeping in mind the mission of APPNA as a philanthropist, medical education, and social welfare organization, we prepared 2024 budget. The budget was unanimously approved by the finance committee, board of directors and then the council. Inshallah, 2024 will financially be a positive year for APPNA. We also reviewed our investment funds. Adjustments were made as necessary so as to maximize the profit gains. We aim to keep the membership posted on the all the progress.

In collaboration with finance committee, APPNA financial policy has been revised. It was last updated in 2021. A check-list has been created for different parties involved in finance and compliance management. The aim is to connect the dots so that APPNA stay compliant as a non-profit organization in the years to come. The revised policy is now being presented to BOD and then council for review.

In the end, I am thankful to APPNA membership for giving me this opportunity to serve as a treasurer. I'll like to assure the membership that all donations past or present are tax-deductible.

Long Live APPNA as financially stable and complaint organization for year to come!!

Shahzad Iqbal, MD
APPNA Treasurer 2024



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Immediate Past President's Message



Dear APPNA family,

I welcome you all to the 2024 Spring Meeting in the beautiful city of Chicago. The local host committee deserves our praise for working hard and putting together an excellent program for the meeting.

Enjoy the meeting!

Sincerely,

Arshad Rehan.



APPNA Board of Directors 2023 at APPNA Fall Meeting 2023, Houston, TX



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APPNA Strategy Meeting 2024



Assalamu Alaikum!

Dear APPNA Colleagues, Family, and Friends,

The APPNA 2024 strategic planning meeting was held from January 25th through the 29th aboard the Royal Caribbean Radiance of the Seas cruise departing from Tampa, Florida bound for Cozumel, Mexico.

Thanks to President 2024, Dr. Asif Mohiuddin's forward thinking leadership, this meeting was a historic milestone for APPNA as this was the first major meeting chaired and organized by North American and Caribbean Alumni.

The goal was to formulate executable solutions, goals, and objectives for the upcoming year and beyond, that were based upon "SWOT" modeled analysis.

We were privileged to capitalize on the expertise of a diverse group of participants, including five past presidents (Drs. Arif Muslim, Manzoor Tariq, Mubashar, Rana, Sajid Chaudry, and Haroon Durrani), the President Elect (Dr. Humeraa Qamar), current and prior members of the Board of Directors (Drs. Rooh Afza Afridi, Sajid Mehmood, Muhammad Sanaullah, and Irfan Aslam), and Council, multiple committee chairs, and even "first timers." Our intense discourse and brainstorming extended beyond the regular scheduled sessions into midnight debates.

The meeting focused on three themes: (1) expanding APPNA's revenue stream by focusing on improving and streamlining member services and securing grants and sponsorships; (2) coordinating APPNA's education programs and leveraging the specialty expertise of our physicians; and (3) accelerating membership growth, by focusing on the recruitment of physicians-in-training and young physicians, and by streamlining the election process. Each session was led by a group of panelists, who provided an overview of the





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All participants expressed their genuine concern that the meeting should conclude with specific actionable recommendations and plans, rather than leave with lofty ideals and no follow through. Therefore, we held focused add-on sessions to formulate a consensus-approved action item list (see below) pertaining to the above three

subjects. We will update the membership of the progress of such actionable items at the national APPNA meetings and via email as needed. Key ad hoc committees were formed, including a Sponsorship Committee, to work with various Pharmaceutical and institutional sponsors and the American College of Medicine of APPNA committee, to coordinate the activities of RESA, YPN and Merit.

We thank all of the APPNA members who took time from their busy schedules to focus on the issues of the day affecting APPNA. We especially appreciate the cooperation displayed between President Dr. Asif Mohiuddin and President-Elect Dr. Humeraa Qamar during the Strategic Meeting to move this consensus-based agenda forward. It is our hope that having North American and Caribbean alumni of APPNA involved in this process added a novel approach to this annual meeting. Together, with the invaluable contributions, experience, and support of our colleagues from all chapters and alumni, we all hope to deliver an even better APPNA for all.

As always, we would like to thank Tipu and Laiq for their important logistical support for the meeting.

Sincerely,

Dr. Tayyib Rana, Chair Strategic Meeting 2024 (NAMA)
Dr. Nadeem Ahmed, co-Chair (Caribbean)
Dr. Mujtaba Qazi, co-Chair (NAMA)
Dr. Asif Mohiuddin, President APPNA 2024





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APPNA Communication Committee



Dear APPNA Members,

APPNA's Communications Committee is tasked with supporting the President and the Board of Directors in managing all official electronic communications. This includes responsibilities such as handling electronic newsletters, maintaining social media platforms, and overseeing the APPNA website.

Planned activities for the year:

A) APPNA's Monthly Newsletter: Communications Committee will disseminate digital copies of APPNA's Monthly Newsletter, Suno APPNA. We will focus on different themes every month to highlight achievements of APPNA in various domains.

1. The first issue focused on the highlights of the APPNA Strategy Meeting 2024. It included summary report of the actionable items from the SWOT analysis on business development, educational endeavors, membership growth, and elections. It can be accessed through this link:
[SunoAPPNA-Newsletter-Jan2024-updated.pdf](#)
2. The March issue will focus on the Educational Landscape of APPNA. We will discuss the plan of developing an administrative body of American College of Medicine (under the auspices of APPNA), achievements of our educational committees – MERIT, YPC and RESA, and their goals for the year 2024.
3. The April issue's theme will be, Celebrate our Chapters. We will highlight the achievements of different APPNA Chapters and their ongoing projects for 2024.
4. The May issue will include Spring Meeting highlights and the updates on the actionable items from the Strategy Meeting.
5. The June issue will focus on the membership theme. We will share our current membership data and the benefits of being an APPNA member.
6. The July issue will capture Summer Meeting highlights.
7. The August issue will showcase different philanthropic projects of APPNA.
8. The September issue will highlight advocacy efforts by APPNA for the year 2024.



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9. The October issue will highlight activities of all our different APPNA Committees.

10. The November issue will feature Fall Meeting highlights.

11. The December issue will be the last issue of the year and will feature all our achievements for the year 2024.

B) APPNA Communication Committee is working closely with the IT team to update APPNA's website and APPNA's APP. We welcome feedback from all of you to improve our digital presence.

C) APPNA Communications Committee will work with the IT team to disseminate APPNA's educational, advocacy and philanthropic achievements on different digital outlets of APPNA – YouTube, LinkedIn, Instagram Facebook, and Twitter.

D) We are excited to add a section in the newsletter on, Celebrate Life's Milestones Together! The Committee's Co-Chair, Dr. Fariya Afridi, will manage this section and it will include personal milestones in our members' lives.

E) The Communication Committee has proposed to hold quarterly Zoom town hall meetings with the BODs where APPNA members will be able to ask live questions from their elected candidates.

I look forward to working with amazing team members of my committee – Drs. Umar Tariq, Fariya Afridi, Tahira Qureshi, Muhammad Farrukh Shamim Malik, Asim Shah, Mansoor Alam, Riaz Khan, Azhar Jan and Naushaba Naz butt.

Sincerely,

Nauman Ashraf, MD
Chair, APPNA Communications Committee 2024
Advisor, APPNA YPC 2024
Email: appnacommunication@gmail.com



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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 past year 2023.

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. It was great to see so many of our alumni come forward and share their skills and knowledge with young Iqbalians. As a result of these efforts, more than 35 young Iqbalians were successful in 2024 Residency Match in USA.

Secondly, 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. Fundraising for our Scholarship program/AIMCAANA House was undertaken and will continue through 2024. I would like to thank all donors for opening their pockets for these noble causes.

Additionally, we had a phenomenal AIMCAANA Annual Meeting during APPNA Summer Convention 2023 at Dallas with a Record-Breaking attendance by Iqbalians/APPNA members. Many of our Iqbalians received professional and service awards during Summer Convention as they excelled in leadership positions. Our very own Iqbalian, Humeraa Qamar, was elected as APPNA President Elect 2024, which was an exciting victory for all Iqbalians. We are proud of each one of our alumni and their accomplishments.

Our Membership Committee had been working diligently to reach out to Iqbalians residing in North America to bring them into APPNA folds. We were able to add 90 new members to APPNA during 2023. Looking towards the future, we have several plans in the works to continue to support our Alma Mater. Thank you APPNA for providing us a platform to get together, communicate and reunite with your continued support.

Sincerely,

Naghma Malik
President AIMCAANA 2023



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APPNA Maryland Chapter



The Maryland APPNA chapter (founded in 2021) is still young 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 continue to provide health education to local places of worship.

We will soon start a collaboration with an organization in aiding Maryland women transitional housing for victims of domestic abuse. In addition, we are exploring projects in Pakistan in development of housing and schools in rural villages.

Our current project, Zubaida Ajmal Independent Living Centre, is for the welfare of women with disabilities. The project works for the education and training of girls with disabilities; sign-language and Braille Classes, provision of wheelchairs and accessible infrastructure. The focus is on the livelihood of women with disabilities for their economic growth and development.

In the US some of our social welfare projects include helping the local Afghan refugees, funding local school libraries and continuing active participation in community health fairs, in collaboration with ICNA to provide free health care services to minority communities. We strive to collect locally for all central APPNA projects and relief efforts for local and global crisis. We strive to promote membership engagement and have held several successful events including quarterly meet and greet events, summer picnics and annual gala dinners in the winter. We held our 3rd Annual Maryland APPNA chapter dinner and CME on November 4th, 2024. This event was a great success as it was attended by approximately 200 people, complete with live entertainment.

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. Our platform is to collaborate fully with local organizations and enhance their offerings as well as take on new projects. 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 and 2024



ZAILC: Society for Special Persons project 2024



Receiving Governor's Letter of Greeting at Annual Gala 2024

With Compliments

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Amin Nadeem, M.D.



Sajid Mehmood, M.D.



APPNA SPRING MEETING APRIL 25-28, 2024 CHICAGO, IL

APPNA Minnesota Chapter



Mn chapter stays actively involved in local community programs in twin cities area.

My self and many other MAPP members volunteer in 2 local mosque free clinics.

As a chapter president I raised funds for Appna cornea project in 2023 Donated to local food shelf program by raising funds and matching with Appna pantry project last year as well Also held a fundraising event to support HDF community projects in Pakistan March of 2024.

MAPP strongly condemn current humanitarian crisis in GAZA and support APPNA leadership in demanding ceasefire soon in GAZA

Sincerely,

Bushra Dar MD
President Minnesota Association of Pakistani physicians (MAPP)



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APPNA SPRING MEETING APRIL 25-28, 2024 CHICAGO, IL

APPNA Greater Cincinnati Chapter Achievement



Through collaborative efforts, dedication, and a shared vision, we have accomplished

significant milestones in serving our community and advancing the mission of APPNA.

1. Community Outreach Programs:

- Participated in health camps, providing free medical check-ups and consultations to over 500 individuals (Rahma health Fair).

2. Continuing Medical Education (CME) Events:

- Hosted CME events featuring renowned speakers and experts in various medical specialties, enhancing the professional development of our members.
- Facilitated knowledge exchange and networking opportunities, fostering a culture of lifelong learning and growth among healthcare professionals.

3. Philanthropic Initiatives:

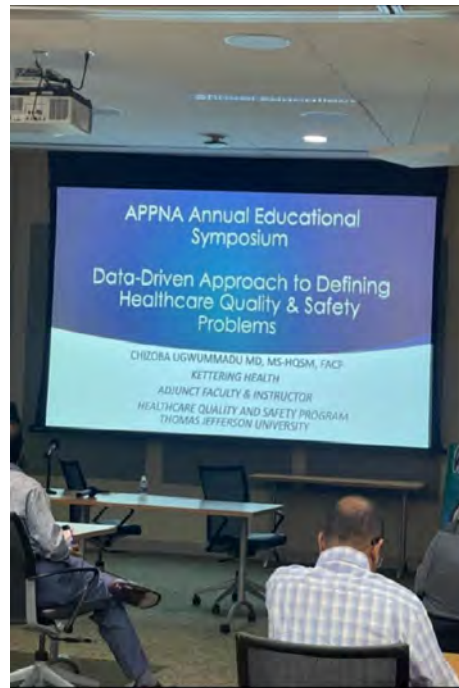
- Collaborated with local and Pakistani organizations to raise funds for charitable causes, including medical & disaster relief efforts, and healthcare infrastructure development projects.
- Demonstrated our commitment to social responsibility by actively engaging in philanthropic activities and initiatives.

4. Membership Growth and Engagement:

- Expanded our membership base by attracting healthcare professionals from diverse backgrounds and specialties.
- Fostered a sense of belonging and camaraderie among members through networking events, social gatherings, and professional development opportunities.

5. Collaboration and Partnerships:

- Fostered partnerships with local healthcare institutions, academic centers, and community organizations to maximize our impact and reach.



In conclusion, the APPNA Greater Cincinnati Chapter remains committed to our mission of promoting excellence in healthcare, advancing medical education, and serving our community with compassion and integrity. We extend our gratitude to all members, volunteers, sponsors, and supporters who have contributed to our success.

Sincerely,

Nadia Yaqub, MD
President, APPNA Greater Cincinnati Chapter



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APPNA SPRING MEETING

APRIL 25-28, 2024 CHICAGO, IL

Event Schedule

Venue: Sheraton Grand Chicago Riverwalk Hotel

Thursday, April 25, 2024

1:00 PM - 4:30 PM Exhibitors move-in Riverwalk A

Friday, April 26, 2024

7:00 AM	Prayer Room	Huron
8:00 AM - 1:00 PM	Registration Desk	Pre-Function (Outside Illinois Boardroom)
5:00 PM - 10:00 PM	Registration Desk	Pre-Function (Outside Illinois Boardroom)
8:00 AM - 7:00 PM	Bazaar	Riverwalk A
8:00 AM - 7:00 PM	Non Retail Exhibit	Mi, Superior, Mayfair Pre Function, Inside MI B
9:00 AM - 1:00 PM	CME	Michigan AB
1:00 PM - 2:00 PM	Jumaa Prayer	Mayfair
2:00 PM - 3:00 PM	Mental Health Awareness Walk	Hotel Lobby
7:00 PM - 8:30 AM	Dinner	Sheraton IV-V
8:30 PM	Program and Entertainment	Sheraton IV-V
11:00 PM - 1:30 AM	Mushaira (Poetry)	Michigan AB

Saturday, April 27, 2024

7:00 AM	Prayer Room	Huron
7:00 AM - 1:00 PM	Registration Desk	Pre-Function (Outside Illinois Boardroom)
5:00 PM - 10:00 PM	Registration Desk	Pre-Function (Outside Illinois Boardroom)
8:00 AM - 7:00 PM	Bazaar	Riverwalk A
8:00 AM - 7:00 PM	Non Retail Exhibit	Mi, Superior, Mayfair Pre Function, Inside MI B
8:00 AM - 12:00 PM	CME	Michigan AB
9:00 AM - 11:00 AM	Launching Your Medical Education Program	Mayfair



APPNA SPRING MEETING

APRIL 25-28, 2024 CHICAGO, IL

Event Schedule

Venue: Sheraton Grand Chicago Riverwalk Hotel

Saturday, April 27, 2024

11:00 AM - 1:00 PM	YPN	Mayfair
12:00 AM - 2:30 PM	Class Re-Union	Ontario
1:00 - 3:00 PM	APPNA Alliance	Mayfair
1:00 - 2:00 PM	HDF	Michigan AB
2:00 PM - 4:00 PM	Social Forum	Michigan AB
3:00 PM - 5:00 PM	FJ Alumnus	Ontario
3:00 PM - 5:00 PM	YPC - Career	Mayfair
4:00 PM - 6:00 PM	Council Meeting	Michigan AB
6:30 PM - 8:00 PM	Dinner	Sheraton IV-V
8:30 PM	Program & Entertainment	Sheraton IV-V

Sunday, April 28, 2024

8:00 AM - 11:00 AM	Bazaar	Riverwalk A
9:00 AM - 10:00 AM	Fatima Jinnah Alumnus Walk	Hotel Lobby
9:00 AM - 11:00 AM	Halwa Puri Nashta	Chicago VI



APPNA SPRING MEETING

APRIL 25-28, 2024 CHICAGO, IL

CME Program

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

Waseem Kagzi, MD - Chair

Sajid Mehmood, MD, FCCP - Chair Spring Meeting

Asif Mohiuddin, MD - President APPNA 2024

Friday, April 26, 2024

9am - 9:45am

Diabetes management in 2024 - Paradigm shift from Glucentricity to end organ protection

Mahwash Siddiqui, MD

Medical Director Endocrinology, Diabetes and Metabolism
Mount Sinai Hospital, Chicago
Clinical Assistant Professor
Rosalind Franklin University of Medicine and Science and
Ross University School of Medicine

9:45am - 10:20am

Advancements in Clinical Management of Interstitial Lung Disease

Nureain Mirza MD FCCP

Board-certified, Pulmonologist & Intensivist
Clinical Instructor, Mount Sinai Hospital, Chicago

10:20am - 10:30am

Coffee Break

10:30am - 11:15am

Updates in the Management of patients with chronic lymphocytic leukemia

Farrukh T Awan, MD

Professor of Medicine
Division of Hematology & Oncology
Harold C. Simmons Comprehensive cancer center
UT Southwestern Medical Center

11:15am - 12pm

Team based Resuscitation-Following car pit analogy

Amin Nadeem, MD, FCCP

12pm - 1pm

Role of Brukinsa in Adult patients with CLL/SLL NON-CME LUNCHEON LECTURE

Irfan A. Mirza , MD

Illinois Cancer Specialists
Chairman, Department of Medicine
Ascension Resurrection Medical center
Feinberg School of Medicine, Northwestern Universtiy Hospital



APPNA SPRING MEETING

APRIL 25-28, 2024 CHICAGO, IL

CME Program

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Waseem Kagzi, MD - Chair

Sajid Mehmood, MD, FCCP - Chair Spring Meeting

Asif Mohiuddin, MD - President APPNA 2024

Saturday, April 27, 2024

8am - 8:50am

Evidence-based Lifestyle Medicine - The Science

Brad Biskup PA-C, DipACLM

Diplomate & Inaugural Chair of the Certification Committee
American College of Lifestyle Medicine
Certified Exercise Specialist American College of Sports Medicine

9am - 9:50am

(Including 10 mins questions)

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Johannes R. Fisslinger MA, LPHCS, HWC

Board member, Lifestyle Medicine University Foundation
Founder, Lifestyle Prescriptions® University &
HealthiWealthi Coaching Platform
Host of the Global Lifestyle Medicine Summit

10am - 10:50am

(Including 10 mins questions)

The Practice of Lifestyle Medicine

M.I. Yamani, M.D.

Board-certified Internist
Master in Clinical Service Operations, Harvard Medical School
Master in Medical Management
Founder, CEO & Medical Director, All Care Medical Consultants.
Chief Medical Officer, Lifestyle Prescription University
Certified Practitioner for Dr. Dean Ornish Lifestyle Medicine Program

11am - 11:50am

Lifestyle Medicine Audience Q&A Panel

Moderator: Dr. Waseem Kagzi

Panelists:

Dr M Ilyas Yamani MD,

Dr Brad Biskup PA-C, DipACLM,

Dr Johannes R. Fisslinger, MA, LPHCS, HWC

12pm - 1pm

GENERATIVE AI SUPERPOWERS for Healthcare Professionals

Dr. Humayun Rashid



APPNA SPRING MEETING

APRIL 25-28, 2024 CHICAGO, IL

The Uber Battles

Conscious incompetence to Unconscious competence

Furrukh S Malik FACC

Faculty Vanderbilt School of Medicine, Board of Directors APPNA
Member Board of Governors American College of Cardiology
Governor American College of Cardiology TN



We all talk about leadership. We attribute qualities to a great leader and expect a lot in return. We know of a great leader when we see it, how to define it is a difficult narrative.

Mr. Sully Sullenberger was the pilot of US airways flight 1549, that had to make an emergency crash landing in Hudson River, New York in 2009. All 155 people on board survived. Sully was an unknown pilot for over 20 years, a fighter pilot before and a diplomat later but became a household name as he landed his crippled Boeing on that frigid morning. He made a monumental decision in under 30 seconds based on the composite of

experience, intuition, and instinct. It could easily have been a disaster and today Sully would be an American villain.

How did Sully come to that decision in under 30 seconds and became a public hero and a leader overnight?

The answer lies in his career. Sully had been a competent pilot all his life. He had flown as a US fighter pilot and then over 20 years as commercial Pilot. He was unconsciously competent and practiced his skills thousand of hours before that fateful morning. His experience and training helped him to quickly calculate the fateful seconds needed to land at an airport or take his chances in the river. In the end he had just enough time to make it to the river saving 155 lives.

This brings us to the most important lesson of leadership. Leadership is an unconscious competence trait entirely about you as a person and being better at knowing your business.

According to John Maxwell "5 levels of leadership", leadership is much less about what you do and much more about who you are, one must learn to lead oneself before leading others.

Personal insecurity, ego and blind spots are the impediments to our growth, dimming our horizon. To brighten the horizon, we must enlighten ourselves in this journey, as leadership is a journey and not a destination. Addressing and dealing with your fears, egos and poor habits is a lifelong challenge but most important on this personal journey of leadership as Shirzad Chamine points out in his remarkable masterpiece, Positive Intelligence. The journey to unconscious competence is one of repetition, a constant desire to address the blind spots and attain perfection culminating after thousands of hours of application.

In our quest of leadership, at times we all are looking at the differences between us and them. To succeed we have two options, either we elevate ourselves or we demote others. Many a times



APPNA SPRING MEETING

APRIL 25-28, 2024 CHICAGO, IL

we chose to stifle other's ideas, block their paths to success to maintain our elevated status. Our yardstick of success is the difference between us and bottom others, so if we cannot rise, we must keep others down. The growth of ideas follows this path and if leaders do not have innovative ideas, they cannot lead their organization by blocking the promising ideas of others. In the end your group, organization is the ultimate sufferer. The road to conscious competence is exploring all ideas and learning from most.

Winning ideas needs empowerment support and resultant success will highlight all of us, a collective gain in limelight. Developing people and their ideas is not additive it is a multiplier. Developing others require leaders to listen, coach and inspire without fear of losing their advantage. Paul O'Neill (Secretary of treasurer 2001-8) aptly put "With leadership anything is possible, without it nothing is possible". It has been refined to good effective leadership. The beliefs and behavior of people in leadership can make or break a team, group, or organization. The idea of collective growth and positive culture is a learned trait in the leadership journey and adds to unconscious competence.

For any degree of professional competence setting goal and aspiration is paramount in the journey of leadership. Articulation of that goal is not only a personal target but inspirational mantra for all. Gandhi in 1920s on his return from South Africa claimed, "I am going to get freedom for our country". Many thoughts of this minute brown human to be delusional. But his courage and conviction propelled him to a high pedestal.

In our leadership journey from conscious incompetence to unconscious competence and more, we all must strive to be successful individually, address our incompetencies/blind spots, raise our fellow colleagues, empower innovative ideas, and learn to bask in the collective success and its bright Horizon.

Furrukh S Malik FACC
Faculty Vanderbilt School of Medicine
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APPNA SPRING MEETING APRIL 25-28, 2024 CHICAGO, IL

It is Time for a Professional APPNA- An Afterthought

Arif Ahmad, MD, FACC, FHRS



At APPNA, we are a highly professional group of physicians who volunteer for things we are not trained to do. That includes most of us in various elected and nominated roles. Thus, even though we have the content, the delivery of that content is less professional and for no fault of anyone. We are all trying to be the best volunteers we can, but unfortunately, it does not add up to a professionally run organization.

Interestingly, much of what we criticize in Pakistan is done ourselves in APPNA. A lot of our oxygen in APPNA is still being used up by the election cycles, their build-up and fallout, and for what? The energies left in our volunteer bank after that are not enough to walk us up the ladder.

For a Pakistani American Physicians group, do the workings of APPNA remind you more of a dysfunctional organization in Pakistan or a proficient one in America, a PMDC or ABIM? Take, for example, the unanswered queries by membership, other disjointed communications, and the redundancy and inefficiency in many of our processes. The loss of our tax-exempt status is a symptom of a deeper disease state, which no number of election cycles can cure. This misstep, if not corrected diligently, may throw our train off the tracks. All this generates significant member dissatisfaction and retards the growth of APPNA.

Contrast this to our smooth and professionally run practices, clinics, and hospitals.

In a way, it is the making of a perfect storm. Preoccupied with the success of their short stint, a one-year President is restricted by Events, revenue generation, and the day-to-day. Several in the BOD are Presidential hopefuls, which limits their oversight. Without a board of the past as overseer, this is a recipe for free fall unless some organizational safety checks and alarm mechanisms are put in place.

All setbacks are opportunities for betterment. It is time for an increasingly complex Appna to be operated more professionally. We have the content, and we need to protect, package, and deliver it more professionally to go to the next level. It is a significant undertaking, but the rewards are worth the effort.

Working on professionalism may provide us with opportunities to improve our processes, mindset, culture, and morale. APPNA's growing pains may be the cause of some of our shortcomings. Following APPNA's money and expense trail may help analyze the value we are getting for our money. Improving organizational structure into must-do (staying compliant with the laws), should-do (member/people services, revenue generation), and may-do (everything else) assigns relevance to various tasks. For APPNA officers, having a sound knowledge of APPNA bylaws and policies, including conflict of interest, is an opportunity. For the membership, it is important to realize the volunteer status of the officers.

The idea is not to fault anyone but to better us all. I have no doubt we will get it right. An in-house accountant or manager can help dot the i's and cross the t's. However, I suggest a more introspective look with a committee of professionals tasked with improving the professionalism of APPNA for all officers and members alike. Sharing their recommendations may be a good exercise in getting our individual and collective wheels of professionalism turning.

A professional APPNA is not an option but a mandatory step in the pursuit of parity now and excellence later.

Warm Welcome to all APPNA colleagues to the Windy City,
"My kind of town, Chicago is"

Congratulations

to the Host Committee Chair & his dedicated team, on putting together a diverse,
comprehensive and wonderful program.



On behalf of PPS

Ijaz Qayyum M.D.
President PPS 1999

Naheed M Qayyum M.D.
President PPS 2001



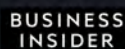
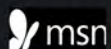
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APPNA SPRING MEETING

APRIL 25-28, 2024 CHICAGO, IL

Reflections on being a Primary Care Physician

Asad Butt, MD

I am now two years out of residency and find that the life of a primary care physician (PCP) is not exactly what I imagined. The government, along with insurance and pharmaceutical companies, have immense power in dictating how I practice medicine.

At a basic level, I understand that there are limited resources in terms of food, money, and housing. So these third-parties have to get involved and decide how to allocate those resources.

It's frustrating though, and quite ironic, that the CEO of a pharmaceutical company who just received a million dollar bonus has no trouble stating that \$2,000 for a given medication is just too much for them to cover. Or that a politician can be so proud to announce a multi-million dollar project for space exploration, yet there is not enough money to build affordable housing here on planet Earth.

I am often left prescribing older generic medications that are not ideal, but affordable. This is after I have spent hours submitting prior authorizations trying to prove that the patient does really need the medication. And yes, I am sure they need it - thank you for making me do this paperwork to begin with.

I do not blame the government or corporate America for all of the troubles in Medicine. I wish the issue was that simple! Patients, and the decisions they make, also play a role in this situation. Every doctor faces the difficult task of motivating patients to do the "right" thing. We are taught in medical school to respect patient autonomy, and the freedom to make "bad" decisions. But it still leaves me uncomfortable when patients choose to ignore evidence-based advice despite knowing the consequences. So what makes me optimistic despite all these troubles?

There is the collaborative nature of healthcare which I have found enlightening. Nurses, therapists, social workers, and dieticians all come with their own unique training and perspectives that can help to improve patient outcomes. There is also the cutting edge research that takes place, especially in the US. I love reading journals to see what recent trials or experiments have taken place. Science has come a long way in treating certain diseases. Hepatitis C treatment, as an example, first became available a little more than 30 years ago!

And lastly, as one doctor told me, in Medicine "you are either laughing or crying." I have stories that you would never believe took place in real life. And humor has served as one of the best coping mechanisms in the face of tragedy.



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- ♦ Evaluate patient's daily activities and assist Physician in helping restore patient's level of function
- ♦ Promote safety and ability to move and help to reduce pain

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- ♦ Under direct supervision of RN or PT, CNA assist the patient with personal care, hygiene, and services essential to health care at home

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Spring Meeting 2024

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**Dr. and Mrs. Nadeem Ahmad
St. Louis, MI**



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Fawwaz Qayyum – Managing Partner
Tariq Delwar – Managing Partner

A Warm Welcome to all of our
APPNA Colleagues Visiting Chicago

Congratulations to the
Host Committee
for their Dedication and Teamwork

Best regards,

Dr. Erum Qazi (DOW) &
Dr. Mujtaba Qazi (New York University)



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Kyphoplasty: Minimally invasive treatment of compression fractures in the elderly by using cement as a filler.



MILD: Minimally Invasive Lumbar Decompression. Safe outpatient procedure that relieves pressure by removing excess ligament tissue in the spinal cord.



Epidural Steroid injections: Injected steroid to target affected nerve root; can be performed in the neck (cervical), mid-back (thoracic), lower back (lumbar) and the tail end of the spinal cord (caudal).



Spinal cord stimulator (SCS): Minimally invasive, implantable technology that blocks pain signals to the brain, providing a drug-free alternative for treating chronic pain.



APPNA SPRING MEETING APRIL 25-28, 2024 CHICAGO, IL

A Tale of Resilience

Muhammad Asim Khan, MD, FRCP, MACP, MACR

Professor Emeritus of Medicine, Case Western Reserve University, Cleveland, OH

This poignant narrative recounts the extraordinary journey of a remarkable individual whom I had the honor of caring for at our teaching hospital's Arthritis Clinic. Despite my role as the Director of the Division of Rheumatology, I made sure to see and take care of her myself.

She faced profound challenges, being deaf, mute, and completely blind, compounded later in life by rheumatoid arthritis. Yet, she defied her limitations by mastering Braille, using this tactile language to communicate and engage with the world. Despite facing adversity, she maintained a steadfast determination to lead a fulfilling life.

During each visit, she would bring a note typed meticulously on her typewriter, detailing her symptoms and questions. These notes showcased her remarkable resilience in the face of chronic arthritis, her proactive approach to exploring treatment options, the strong connection she felt with me as her healthcare provider. She would often share insights on current events from the Braille edition of *The New York Times*, showing her continued engagement with the world despite her challenges. Unfortunately, due to word count limits, I cannot include these notes here, but they truly demonstrate her strength of character and will forever be remembered.

A social worker proficient in Tactile American Sign Language (Tactile ASL) and the Alphabet of Sign Language used to accompany her during each visit to the Arthritis Clinic to assist with communication. She would communicate by forming shapes with her fingers and thumbs to spell out words on the social worker's hands, and vice versa. Through diligent care, I was able to mitigate the progression of arthritis in her fingers and thumbs, preserving her vital tactile method of communication.

She trusted in my abilities as her physician, appreciated my recommendations and was willing to try any treatments to relieve her symptoms. She often asked me about my sons and showed great interest in my homeland, Pakistan. She shared her recent readings on arthritis management, which gave her hope and renewed optimism about living with the disease.

Despite occasional discouragement, she always expressed determination to live a near-normal life. With no family of her own, she maintained an independent lifestyle. She graciously invited me to her apartment and allowed me to capture moments through photography, one of which is featured here.

Ms. L.C.'s passing at the age of eighty-eight marked the end of a remarkable journey, commemorated by funeral services held on Thanksgiving Day in 1989.

Recommended Readings: 1. Khan MA. The patient-doctor. *Ann Intern Med.* 22000, 133: 233-235.
2. Khan MA. Accomplishments of Heinz Baumberger PhD: a remarkable patient with ankylosing spondylitis for 72 years.. *Clin Rheumatol.* 2016;35(6):1637-1641.
3. Khan MA. 3. Khan MA. What a life lived despite adversity!. *The Kemcolian.* 2023, 36 (Spring/Summer): 35-36. (Three errata: "175" should be "158", "1997" should be "2000", and the correct webpage is www.HLAB27.com).



Figure 1: Legend: Ms. L C in her apartment with her typewrite and copies of the Braille version of the New York Times.



APPNA SPRING MEETING

APRIL 25-28, 2024 CHICAGO, IL

A Looming Crisis: How Climate Change Threatens Health Equity

Dr. Zeeshan Pasha

These populations struggle to cope with the increasing frequency and intensity of extreme weather events like heatwaves, floods, and wildfires. Disasters displace residents, disrupt essential services like clean water and sanitation, and damage homes. Recovery efforts are often slow and insufficient, leaving vulnerable populations with limited resources to rebuild and protect themselves from future events.

Beyond immediate disasters, the long-term health effects of climate change pose a significant threat to health equity. Air pollution worsens due to wildfires and increased ozone formation, leading to a rise in respiratory illnesses such as asthma. Children, older adults, and those with pre-existing respiratory conditions are particularly vulnerable. Changes in rainfall patterns threaten food security, leading to malnutrition and dietary deficiencies. This is especially concerning in regions heavily reliant on agriculture, where disruptions in food production can disproportionately impact low-income populations already struggling to access nutritious food.

The impact of climate change goes beyond physical health. The stress and trauma associated with extreme weather events and environmental degradation can lead to increased mental health problems like anxiety and depression. Displacement, loss of livelihoods, and disruption of social networks further exacerbate these issues. Mental health services are often scarce and unevenly distributed, leaving vulnerable communities with even fewer resources to cope with the growing mental health burden.

Addressing climate change with a focus on health equity is crucial for a healthier future for all. Investing in renewable energy sources and sustainable practices can significantly reduce air pollution, improving respiratory health for everyone. Building resilient infrastructure, including early warning systems and improved sanitation facilities, allows communities to better prepare for and recover from disasters. Strengthening local food systems through investments in sustainable agriculture, local markets, and community gardens can ensure access to fresh, healthy food even when faced with disruptions in global supply chains.

Promoting health equity also requires empowering marginalized communities. Including these communities in decision-making processes ensures their needs are addressed when crafting climate solutions. This can involve creating job training programs in the green economy, equipping individuals with the skills needed for a sustainable future. Supporting community-based healthcare initiatives and increasing access to healthcare services for vulnerable populations is also essential.

Climate change presents a daunting challenge, but it's a challenge we can address. By prioritizing health equity in climate action, we can create a more just and resilient future. Investing in solutions that benefit the most vulnerable strengthens our collective ability to weather the storm. Ultimately, a healthy planet goes hand-in-hand with a healthy population, and by ensuring everyone has an equal opportunity for well-being, we build a stronger world for all.



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Global Climate Change & Water Crisis in Pakistan

Naheed M Qayyum M.D.



Did you know

Pakistan is among the list of 10 most vulnerable countries of the world to climate change?

Water scarcity is an increasing problem on every continent, and Pakistan is in danger of alarming scarcity by 2025!!

We know NASA wanders in space looking for water and life : **Water is Life....**

About 71 percent of the Earth's surface is water-covered, and the oceans hold about 96.5 percent of all Earth's water. Water also exists in the air as water vapor, in rivers and lakes, in icecaps and glaciers, in the ground as soil moisture and in aquifers, and even in you. **Water all around us, and here we are in midst of a Gobar Water Crisis!**

Pakistan is vulnerable and most affected by adverse impacts of climate change, as evidenced by the impact during 2022 floods. Unprecedented heatwave and drought in summers followed by the abnormal rains and floods during monsoon season has a direct impact on millions of people in Pakistan, resulting in the loss of lives, damage to public infrastructure, and displacement from homes. Agriculture, the backbone of Pakistan's economy, has been devastated by both drought and floods. While the flood water gradually recedes, the stagnant contaminated water causes several health risks for the inhabitants.



To understand the scope of this problem one must examine the status of water availability vis-a-vis the burgeoning population, agriculture, and other uses of water. Impact of abnormal melting of glaciers, nonavailability of dams for storage of rainwater, and lack of smart means for agriculture water are larger policy and infrastructure matters: **But for the common man access to water remains a fundamental necessity, a human right and thus is a part of human development.**

Unfortunately, water shortages are nothing new in Pakistan. Droughts and floods have ravaged Pakistan's population for decades. As the population and economy have grown, so has the need for water. **Yet, water availability has gone in the opposite direction: a steady decrease of over 80% in 70 years.** As a result, Pakistan's water shortage has become a nationwide crisis.

Pakistan is one of the most critically water-stressed countries in the world ... and it's only predicted to get worse. Lack of water can be deadly in more ways than one. Family members — often women and children — must walk long distances to gather water. Because this usually takes so long, they can't work full-time or attend school. **And most of the time, the water they can get is dangerously contaminated.** Rivers, where animals drink and bathe, or standing pools of water, where bugs and bacteria thrive, present an overwhelming risk of diseases like cholera, typhoid, and dysentery. **Currently, over 21 million people in Pakistan don't have access to safe drinking water. That's one in 10 people.** And with approximately half of Pakistan's population under age 25, millions of children are especially at risk of contracting waterborne illnesses. **Pakistan's water crisis also affects its hygiene and sanitation practices.** Most homes have no running water or toilets. As a result, people must constantly combat sickness caused by unhygienic practices. Sewage runoff is also a constant danger in many areas. Pakistan's water crisis isn't only affecting the drinking



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water supply. It's also severely impacting its economy **The economic costs to Pakistan of poor water and sanitation, floods and droughts are estimated to be 4.0 percent of the GDP or about US\$ 12 billion per year.** In the agricultural sector, farming uses over 90% of Pakistan's water supply : Over 80 percent of the country's water resources are used by four major crops (rice, wheat, sugarcane and cotton) which contribute only 5 percent to GDP.²⁵ Pakistan Institute of Development Economics,(PIDE), Islamabad, in a recent article observed that "Water scarcity is a frightening situation that is already happening in Pakistan ". It warned that **"if the situation remains unchanged, the whole country may face 'water scarcity' by 2025".**

It therefore becomes incumbent upon us to implement effective water management wherever we can ,no matter how small the scale: both water conservation and storage ,along with preventing the seepage and wastage by glacier runoff, must be addressed. The vicious and devastating cycle of drought and floods, with its widespread destruction of life, livestock and livelihood, creating homelessness and poverty, must be broken.

Solutions, the HDF Way:

A problem of this magnitude needs an action at the national policy and governance level followed by effective implementation: There is an urgent need to institute a major paradigm shift that promotes the more judicious use of water. This will include water infrastructure maintenance, water conservation technologies and awareness-raising.

The Human Development Foundation ,with its holistic approach towards community development, is doing just that. In its Water, Sanitation and Hygiene (WASH) Program, HDF is taking a multidimensional approach. Rather than waiting for a big policy reform, HDF has proceeded to improving access to clean drinking water, provision of irrigation water and conserving water through building water reservoirs and small dams. Serving the vulnerable communities for the past 27 years, HDF through its Sustainable Development Program, has provided 1442 hand pumps, 90 water filtration plants, 34 Drinking Water Supply Schemes and 8 Tube Wells. But our most impactful projects have been the 5 Dams we have built.

In 1999-2001 a prolonged drought struck Baluchistan, when HDF entered the community for Disaster Relief and stayed for sustainable development. HDF built its first Dam in Zhob, with community participation and at a fraction of the cost quoted by outside contractors. The impact seen by this dam led the community to participate in building 3 more dams with HDF, which have transformed the region from a desert to a lush green area with beautiful trees and healthy crops (The before and after pictures are heartwarming). The most recent dam, Afaf Dam , inaugurated on March 16th 2023 in Soon Valley, Khushab district, has been recognized by SDIP (Sustainable Development Institute of Pakistan) for its impact on sustainable environment and addressing the Climate Change. Covering an area of 5.62 acres, it has the capacity to store 30 million gallons of water, and irrigates 650 acres of cultivable land.12000 locals benefitted with improved water sources and 2000 households are protected from future flooding. An olive garden, comprising of 10,000 olive trees, has been planted adjacent to this dam and will boost the economy of this community. **A small dam, making a big difference in so many lives!** Inspired by the impact of this dam HDF has planned 5 new dams in 2024: Two in Punjab and Three in Baluchistan. One cannot solve the water crisis for all of Pakistan, but the difference one can make in one community at a time is worth the effort.

Wont you please join HDF in its effort to meet the Climate Change challenge head on and solve the water crisis situation in the areas we can?

Together we can make a difference.

Give the Gift of Water: Give the Gift of Life!

Author: Naheed M Qayyum, M.D, a practicing Allergy & Immunology Specialist, served on HDFNA Board of Directors, 1997-2022, and currently is a Trustee for Human Development Foundation. She is a lifetime APPNA member, lifetime KEMCANA member, a past president of PPS, and served on APPNA SEHAT committee 1992-2001,as Secretary-Treasurer.



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Africa Poem

Call of the Wild from Africa
Hopped some planes to Africa
Buses and boats and walking tours
We all explored some of Africa
Oceans and parks and river cruise
There are Misty falls in Africa
Hiked Lion's Head, Tram to Table top
Had a bit of all in Africa
In Africa, we flew some more
Come land of falls Zimbabwe
Victoria falls and mighty gorge
There's so much more to Africa
Zambia and Zimbabwe
Dawn rise and magic Safari
Botswana wonders full display
Magic of Chobe Wildlife Park

Elephants tall and big and small
Grass-munching giants, you call hippo
Cutest things you'd ever see
Baby elephant, hippo baby
An island on the Chobe River
That joyland filled our hearts with love
Spell-bound us in a world away
The Jungle Book that we all read
That jungle book so came to life
That kid we all hid in our chest
That kid sprung up with joy and might
As All good things come to an end
So did this Africa respite.
We had a ball in Africa.
We had it all in Africa

Atif Sohail





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Grandfather's Advice

Dear Grandchildren,

My advice to you, try to balance your:

1. Religious Practices (Obligations)
2. Personal Life (Health, diet, rest and exercise)
3. Family life (Good relations with your parents, siblings and other important relatives)
4. Service to community (Volunteer and charity work)
5. Friendship (Time spent and resources used for friends)

I wish you the best of luck for your bright future.

Love,
Grandfather Saleem A. Khan

Virtues of Silence

Silence releases tension from the brain and promotes Creativity.

Silence can communicate acceptance of the other person when they are feeling sorrow.

Silence is a very effective step on the spiritual journey.

Silence is necessary to attain wisdom. (Jewish thought)

Whoever guards his mouth preserves his life. (Bible)

He who keeps silent, saves himself. (Prophet Muhammad PBU.H)

Silence fasting has been used in many different cultures and religions to provide a sense of grounding.

Saleem A. Khan, MD
3/14/2024



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اداریہ

ہواؤں کا شہر شکاگو



میرا تعارف شکاگو سے 1993 میں ہوا، تعارف ایسا کہ پھر کسی اور شہر سے ایسا تعارف نہیں ہو سکا۔ مٹی گن جھیل، سیمز ٹاور، جان ہین کاک سینٹر اور سب سے بڑھ کر پاکستانیوں کا اس شہر میں ارتکاز اتفاقات زمانہ کے ایک شاہکار کی طرح تھا۔ وقت گزرتا گیا۔ میں مزید تعلیم کیلئے نیو جرسی چلا گیا۔ لیکن اس شہر کی کشش اپنی جگہ برقرار رہی اور آج بھی ہے اور پھر میں واپس آ گیا۔ جیسے اپنے گھر ہمارے وہ ساتھی جو شکاگو سے زیادہ آشنائی نہیں رکھتے ان کو خوش آمدید کہتا ہوں۔ جتنا شکاگو خوبصورت ہے اتنے ہی خوبصورت وہ لوگ ہیں جنہوں نے اس شہر میں آپ سب کی میزبانی کا شرف حاصل کیا ہے۔ آئیے کچھ لمحے اس شہر کے نام اکٹھے جی لیں۔

جاوید اکبر



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اور میں چپ رہا

تیری نظروں کے ٹیزر سے کمزور دل
چھلنی چھلنی ہوا
اور میں چپ رہا
تیرے طعنوں کے ریزر سے میرا جگر
زخمی زخمی ہوا
اور میں چپ رہا
تیرے میک آپ سے لتھڑے ہوئے گورے گال
تیری ہرنی سی چال
نقلی بھوئیں تیری وگ تیرے بال۔
کیا جینا محال۔
اور میں چپ رہا
چھلکتی تھی نینوں سے تیرے شراب
گویا مئے ناب
بن پئے مست پھرتا رہا آفتاب
ہاں وہ خانہ خراب
اور وہ چپ رہا
غیر کی بزم میں ایک دن تو ملی
مجھ پہ بجلی گری
حلق سے نہ آواز نکلی مری
میری قسمت بری۔
اور میں چپ رہا

تیری یادوں کو پھینک آیا تھا نہر میں
ڈوبیں اک لہر میں
تا کہ بدنامی نہ ہو تری شہر میں
یا سارے دہر میں۔
اس لئے چپ رہا
سن کے میری غزل بولے سب و نس مور
مچا غل ساری اور
میں نے سوچا کہ اب نہ کروں ان کو بور
کہ اتنا تھا شور
اس لئے چپ رہا
اس لئے چپ رہا
آفتاب ناز



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داد

تمنا تھی لب پہ کہ میرے خدا
تری یاد میں میرے آنسو ہے
پری دے ہو ایسی جو مجھ پہ فدا
تیری شادی پر شعر میں نے کہے
ملی مجھ کو بیگم کہ سب سے جدا
ولیمہ پہ تیرے ہم بھوکے رہے۔
بھاری رہا پاؤں اس کا سدا
نہیں بھوکا اسٹیک و سلاد کا
نتیجہ یہ نکلا ہے فریاد کا
میں بھوکا ہوں یارو فقط داد کا
چہیتا ہوں ابا میں اولاد کا

وہ بھدا سا موٹا سا میرا رقیب
پر سنیلٹی اس کی اتنی عجیب
نہیں بھوکا اسٹیک و سلاد کا
وہ دھنوان تھا اور میں تھا غریب
میں بھوکا ہوں یارو فقط داد کا
خوش اس کی قسمت میں بد نصیب
کروں کیا میں اب دل برباد کا
آفتاب ناز
مختصر
میں بھوکا ہوں یارو فقط داد کا

دشنا میوں کے جو چہرے لگے
جو الا مکھی دکھ کے پھٹنے لگے
زخم غم کے مرے دل پہ اتنے لگے
کہ چھاتی کے بچنے ادھڑنے لگے
سینہ نہیں میرا فولاد کا
میں بھوکا ہوں یارو فقط داد کا

یہ میرا گھر
میرے تیرا گھر
تو قیام کر
آرام کر
مری گود میں
رکھ اپنا سر
بنے دل مرا
تیرا مستقر
میرے لئے تو
ہے مقتدر
تو خوب ہے
تو خوب تر
کر گیا میرے
دل میں گھر
میرے دل میں
تو کر بسر
نہ سماج کا
مجھے کوئی ڈر
نہ رواج کا
مجھ پہ اثر
تجھے کیا کہوں
تجھے کیا خبر



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Class Fellow

by Dr Shahnaz Hameed Mian- Graduate of KE 1971

لنگڑا کر تو میں بھی چل رہی تھی
اسکی باتوں سے دل میں جل رہی تھی

موٹاپا سے کچھ وزن بھی بڑھ گیا تھا
شوگر اور بلڈ پریشر بھی چڑھ گیا تھا

دانت بھی کافی ٹوٹ گئے تھے
شرم سے چھلکے چھوٹ گئے تھے

در اصل دونوں ہی کا تھا ایک ہی حال
ہے نا پھر یہ کلاس فیلو ہونے کا کمال

لاٹھی ٹیکے یہ بابا جو ابھی آیا تھا
اک دھندلا سا چہرہ میری آنکھوں میں سمایا تھا

بال سب سفید تھے کمر بھی جھلکی ہوئی تھی
عینک موٹی سی تھی سانس رکی رکی سی تھی

نتی دانتوں کی بتیسی کان میں آہ بھی تھا
جھریوں سی بھرا چہرہ رنگ کچھ کالا بھی تھا

میرا ہی کلاس فیلو جو کبھی گاتا بھی تھا
اسکا فٹ بال کھیلنا مجھ کو بھاتا بھی تھا

دوستیں مجھے اسکے نام سے چھیڑتی تھیں کبھی
لیکن وہ بہت خوب رو اور ہنڈسم تھا جبھی

تھوڑی ہمت کر کے میں نے پوچھ ہی لیا
کیا آپ نے 71 میں کے ای سے گریجویٹ کیا

مسکرا کر پھر قہقہہ لگا کر اس نے یہ راز کھولا
چنچل و شوخ حسینہ پر بڑھاپے نے حلہ کیوں بولا

پہچان تو لیا تھا تمہیں مگر پریشان تھا
کہیں میں غلط تو نہیں ہوں پشیمان تھا

کھسیانی سی ہو کر میں نے جو اپنا جائزہ لیا
بالوں میں چاندی جھریاں نے بھی گھیرا کیا



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ایک روشنی کی کرن

ایک روشنی کی کرن، چمکتے ہوئے ستارے
راتوں میں جگمگاتے، دلوں میں بہارے
جب چاندنی کی تپش، ہر دل میں بھر جائے
تو ہر دل کا رنگ، نئے رنگ میں بدل جائے
روشنی کا جادو، ہر زخم بھر دیتا ہے
دلوں کو خوشبو، خوابوں کا سفر دکھاتا ہے
سمجھتا ہے فضا، پرانی باتوں سے
خوابوں کا عالم، نئی راتوں سے
خواب کی تلاش
خواب کی تلاش میں، راتوں کا سفر
دل میں اُمید، آسمانوں تک پہنچ جائے
روشنی کی لٹار، دل میں اُمید جگاتی ہے
خاموش راتوں میں، خواب سجاتی ہے
ستاروں کا جادو، خاموش راتوں میں
دل کا تپش، خاموش لمحات میں
خاموش راتوں میں، خاموش خواب
دل کا تپش، نئی رات کا سفر

اُمید کا سفر

اُمید کا سفر، دل میں رنگ بکھیرتا

خاموش لمحات میں، نئی زندگی پیدا ہوتی

روشن فضاؤں میں، اُمید کا سفر

دل کا تپش، نئی زندگی پیدا ہوتی

خاموش لمحات میں، اُمید بکھیرتی ہے

دل کا تپش، نئی زندگی پیدا ہوتی

روشن فضاؤں میں، اُمید بکھیرتی ہے

دل کا تپش، نئی زندگی پیدا ہوت

اس خالص احساس کے ساتھ، اس شعور بزبان پر لایا جائے

جس نغمہ میں زبان داستان پر لایا جائے

سعد ندیم



نیا سال

یہ سال وی ایچ ہی لنگھ جائے گا
جیویں پچھلا سارا لنگھیا سی
نہ یار ملیا نہ وصل ہو یا
بس ہجر دے سب نے ڈنگیا سی
آناز کجھ ہو ر نہ منگ لئیے
جیہڑا پہلاں کدی نہ منگیا سی
مینوں رنگ دے ربا اس رنگ وچ
جس رنگ وچ بلھے نوں رنگیا سی

آفتاب ناز

عشق

عشق میں دل مرا پھر پڑاتا رہا
اسے چپکے سے میں تھپتھپاتا رہا
پیار میں گیت تیرے میں گاتا رہا
دیکھ کر مجھ کو تو جھنجھناتا رہا
عسل وصل چکھ گیا میرا رقیب
اس لئے گرد ترے بھنبھناتا رہا
دکھائی نہ کیوں تونے اپنی جھلک
میں درپر ترے گر گڑاتا رہا
نام تیرا تھا نوک زباں پر مری
خواب میں بھی وہی بڑ بڑاتا رہا
دیکھی جب میں نے تیری نگہ خشمگیں
میرا سارا بدن تھر تھراتا رہا

آفتاب ناز



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عشق

اس قدر مسرور ہو تم۔ راز کی کیا بات ہے
عشق بولا حسن سے آج پہلی ملاقات ہے
جبیں یہ افشاں۔ نین کا جل۔ گال غازہ۔ ہونٹ لال
بزم میں۔ جس جس نے دیکھا۔ بول اٹھا کیا بات ہے
ثبت کر دو۔ لبوں پہ میرے۔ مہر اپنے۔ پیار کی تم
لمس تیرے ہونٹوں کی۔ میرے لئے سوغات ہے
حسن نے ہاتھ جھٹک دیا رخ عاشق کیو مکر لٹک گیا
قرینہ عشق سے بھٹک گیا ارے ابھی تو شروعات ہے
ہجر کا آج بیا ہے سم۔ نکل نہ جائے کہیں میرا دم
ٹپک رہی ہے یہ بام غم۔ دکھوں کی آج برسات ہے
ناز سے میں نے پوچھا کل۔ ہے کیسا جیون تو بولا وہ
چار دن کی ہے چاندنی۔ اور پھر اندھیری رات ہے۔

آفتاب ناز

حلوہ

احمد کا ہو حلوہ یا سلیمان کا حلوہ
کتنا مجھے پسند ہے ملتان کا حلوہ
کرتا ہے تر میرا حلق دوران خطابت
جوش بڑھا دیتا ہے مردان کا حلوہ
یہ کون ہے خلاف شرع جس کا ہے لباس
بن گیا ہے خطرہ اس کی جان کا "حلوہ"
قتل واجب ہو گیا ہے اس کا مومنو
عربی شریف میں لکھا قرآن کا "حلوہ"

آفتاب ناز



ZT AUTOMOTIVE
DRIVEN BY EXCELLENCE

ACCREDITED INVESTORS ONLY

TRACK RECORD

- Founded in 2014 as a diversified portfolio company for automotive brands
- Operating 12 auto dealership brands in FL, GA, and TX
- Leadership team with over 70 years of industry experience, operating highly successful, service-oriented businesses
- Recognized by Automotive News as Top 150 Dealership Groups in 2022

ZT MOTORS HOLDING, LP INVESTMENT OFFERING

- Offering Type: Preferred Equity
- Target Raise: \$140M
- 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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Himont Teaching Hospital

Collaboration between

Himont Group

With 30 years of excellence, Himont Group has established itself as a renowned Pharmaceuticals, Biotechnology, Consumer and Herbal company in Pakistan. We are innovative with relentless passion for pushing the boundaries of what is possible in healthcare.

MEDICANA HEALTH GROUP

For over 30 years, Medicana Group is a conglomerate of companies based in Turkey that operates in Health and Education. The group has been active in the healthcare sector in Turkey and has foreign presence in United Kingdom, Iraq, Bosnia, Central Asia and Germany.

