



SUNO APPNA

MONTHLY NEWSLETTER

JULY 2024 EDITION

APPNA Jul 3-7 2024 47th Annual Convention

Gaylord National Resort & Convention Center, MD



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PRESIDENT'S MESSAGE



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Assalamu Alaykum APPNA Family!

We just concluded a marvelous APPNA summer convention in Washington, DC. We had record attendance on all three days, record ticket sales for all the events, and the highest number of attendees at the banquet on Saturday evening!

The convention had a very successful opening night ceremony that was well attended. Dr. Abdul Rasheed Piracha honored us with his gracious presence and opened the convention.

We had a very productive CME program for the first time in APPNA history. CME was specialty-based, well-attended, and liked by the attendees. We had world-class speakers who are authorities in their fields in the United States. They delivered state-of-the-art lectures on all three days.

For the first time, APPNA hosted an innovation and entrepreneur seminar. The seminar was attended by many innovators, entrepreneurs, and investors, including members of OPEN, innovators from Pakistan, and the Middle East. This provided networking opportunities and proved to be a successful event. This also created a new revenue stream for APPNA.

YPC spearhead by Dr. Khurram Siddique had a record number of events geared towards young physicians, even students aspiring to go to medical schools. These well-attended sessions were highlighted by the presence of the vice president of USMLE, the president of the State Board of Medical Examiners, and ECFMG representatives. There were programs designed to help residents network with program directors who also attended these sessions.

The Alliance hosted a fashion show on Thursday featuring the young children of APPNA, which was a treat to watch. The Alliance also held several leadership courses geared towards the families and children of APPNA.

The APPNA social forum was geared towards the current needs of Pakistan and was a big hit, well received by all the members of APPNA.

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Thursday night's Qawwali program was one of a kind! The Mushaira on Thursday night included very famous poets from overseas and local ones were also on the panel. The Mushaira went on until the early morning hours and was heavily attended and appreciated.

For golf lovers, we had a tournament attended by the Pakistan Amateur golf champion as well.

On Friday night, Bassem Youssef entertained us with his comedy and satire, and it was a treat to watch Bassem live at APPNA for the first time. He was so impressed by APPNA that he decided to stay another day. Congresswoman Rashida Tlaib was a big hit, and her keynote address was inspiring and moving for many of us. Sajjad Ali entertained us in the late hours of the night.

Saturday was a house-full event attended by the highest number of APPNA members ever. The food was amazing all three days, catered by Sabri Nihari from Chicago, and the entertainment on Saturday night by Atif Aslam was, I think, the best show Atif has ever done at APPNA.

No doubt the summer convention was a resounding success, thanks to the hard work of host committee chairs Tariq Mahmood, co-chair Tayyab Rana and the entire host committee. I also want to thank Tipu, Laiq, and Nic Suh for their efforts.

I also want to thank the sponsorship committee for a job well done and for collecting the highest amount of sponsorship ever in APPNA history.

I personally believe this was as good as it gets; one of the best convention meetings APPNA has ever hosted. I want to thank all the members who attended and made this such a resounding success and a memorable record-breaking event.

Long live APPNA!

Always wishing you the best

Dr. Asif Mohiuddin
President, APPNA



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EDITOR'S NOTE



Dear APPNA Members,

The APPNA 2024 Summer Meeting was held from July 3rd through the 7th at the Gaylord National Resort and Convention Center, MD, marking yet another milestone in the organization's illustrious history. The convention showcased a wide array of sessions and events that highlighted the diverse interests and professional commitments of APPNA members.

This report provides an overview of the convention's most notable achievements, focusing on its educational CME sessions, leadership development, entrepreneurship seminar, and mentorship programs for young physicians.

This meeting also underscored the organization's commitment to excellence in healthcare, research, education, and innovation. It effectively countered the common misconception that "*APPNA is all about song and dance.*"

While APPNA is renowned for its lively cultural events, it equally prioritizes professional development, community service, and educational initiatives

Continuing Medical Education (CME) Sessions

One of the crowning features of this year's convention was the robust lineup of Continuing Medical Education (CME) sessions. Topics ranged from cutting-edge medical research to best practices in patient care, delivered by some of the leading experts in the field. The sessions were meticulously organized to ensure maximum engagement, offering participants not only the opportunity to earn valuable CME credits but also to stay abreast of the latest advancements in medical science. The introduction of the subspecialty parallel session, including the debut of a Podiatry section, was particularly well-received.

Leadership Development Sessions

Recognizing the importance of strong leadership in the medical community, APPNA also dedicated an important session of the convention to leadership development. This session provided both seasoned leaders and aspiring professionals with critical insights and practical tools to enhance their leadership capabilities.



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Entrepreneurship Workshops

A key feature of the convention was the Innovation Symposium, focusing on entrepreneurship and innovation in the healthcare sector. The symposium brought together over 50 startups and venture capital firms, fostering a vibrant ecosystem of innovation.

Young Physician Sessions

Mentoring the next generation of physicians is a priority for APPNA, and this year's convention featured several sessions aimed at supporting young professionals. The sessions were particularly lauded for its practicality and the direct impact it had on young attendees, providing them with the support and guidance needed to navigate the complexities of their early careers. For the first time, APPNA YPC team had the great pleasure of hosting the ECFMG, USMLE and FSMB leadership team at the APPNA Annual Summer Convention. Representatives included Kara Oley (Executive Director and Senior Vice President of ECFMG), Humayun "Hank" Chaudhry MD (President and CEO of FSMB), and Alex Mechaber MD (Vice President of USMLE) respectively.

Entertainment

In addition to the educational and professional development sessions, the convention offered world-class entertainment to ensure a well-rounded experience. These events provided a welcome respite from the convention's more intensive sessions, promoting networking and camaraderie among attendees.

The Annual Summer Convention of APPNA was a resounding success, setting new benchmarks in terms of participation, engagement, and overall impact. By combining high-quality educational sessions, leadership development, entrepreneurial innovation, social engagement, world-class entertainment, and comprehensive mentorship, the convention not only met but exceeded the expectations of its attendees. The event solidified APPNA's role as a pivotal organization driving professional excellence and community impact within the medical fraternity.

I extend my warmest congratulations to Dr. Tariq Mahmood, Dr. Tayyib Rana, and the entire host committee for hosting an outstanding Summer Meeting.

As always, huge thanks to our TNL Combo -Tipu, Nick, and Laiq—for their support in making these meetings successful!

Sincerely,

Nauman Ashraf, MD

Chair, APPNA Communications Committee 2024

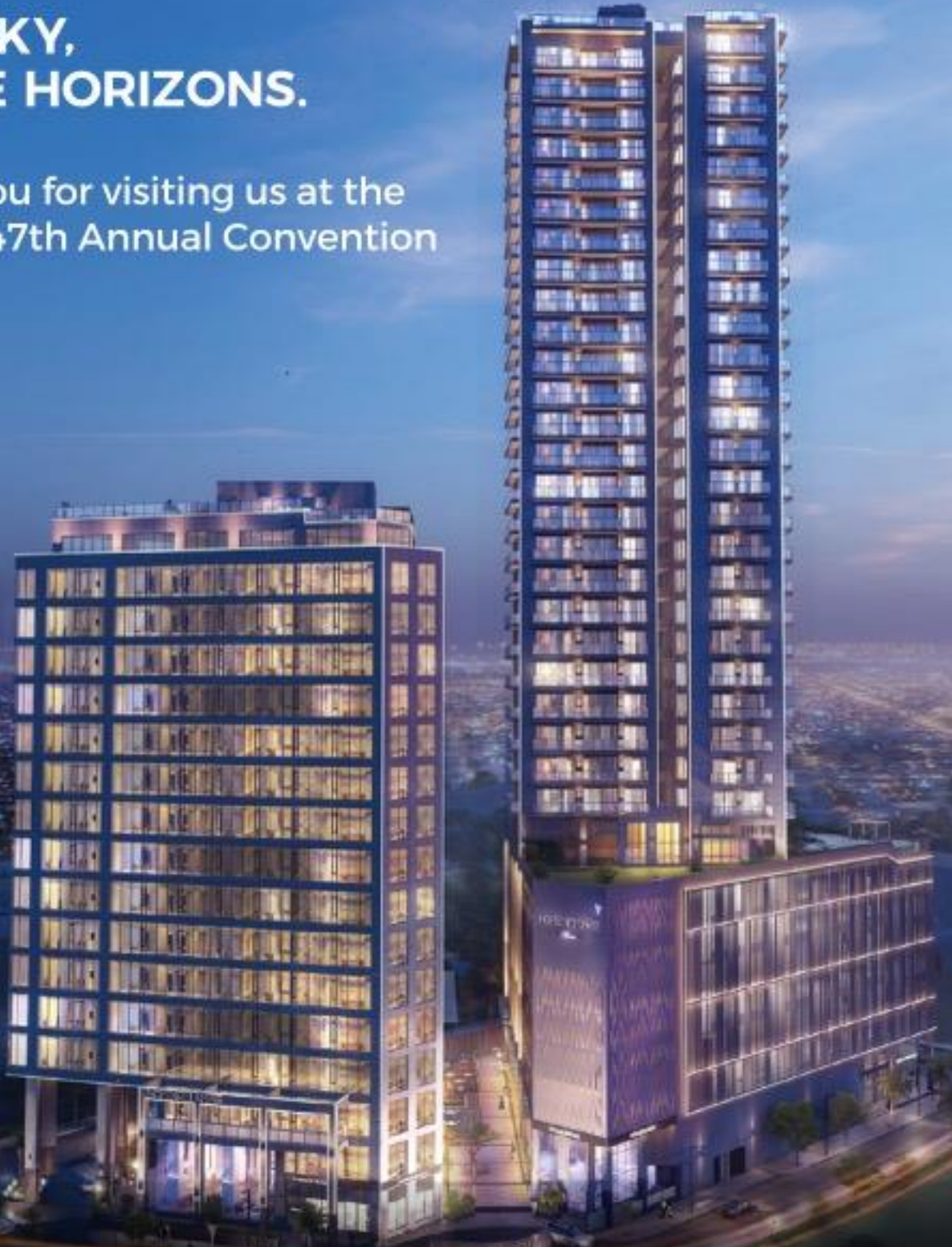
Advisor, APPNA YPC 2024

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APPNA 47th Annual Convention Report



Tariq Mahmood, MD
Chair



Tayyib Rana, MD
Co-Chair

Assalamu Alaikum Dear APPNA Members, Colleagues, Friends, and Family,

Thank you so much for the tremendously kind and generous messages that have come from many of you post summer conference. It's very touching and we are sincerely grateful.

We would like to thank each one of you who took the time to attend the 2024 Summer Conference at the Gaylord National Resort. This year, the Host Committee wanted to take a novel approach to the summer meeting. While core traditional content was essential, we chose to go outside the box to present exciting new content and entertainment to attract first time attendees and enrich the experiences of those returning.

A sincere shout out to our President Asif Mohiuddin whose vision for a dynamic and progressive conference was established very early on. His servant leadership style gave freedom for creativity to flourish. And his unprecedented support for local graduates and younger Pakistani graduates to have leadership roles in the major meetings gave genesis to a new electric atmosphere at the conference. Thanks also to the APPNA BOD for supporting Dr. Mohiuddin so he could run a great conference. No conference could ever succeed without the real VIPs of our host team, Mr. Tipu Ahmed, Mr. Laiq Siddiqui, Mr. Nicholas Suh, and Ms. Diana Trujillo. They are the beating hearts of our meetings which would collapse without their legacy experience, guidance, and execution.

The host committee wanted to provide world class entertainment selections and each evening came through better than the next. Bassem Youssef made us laugh while making us reflect upon issues of our time. Atif Aslam put on a show of a lifetime with a first time ever full venue past 1 am (thank you Khalid Ali for arranging the great Pakistani Artists). Rashida Tlaib inspired us how to empower ourselves during adversity to achieve success (thank you Drs. Zia Moiz and Sohail Qarni for helping secure the great Congresswomen and thank you Dr Mohammed Akbar for taking meticulous care of all VIP transportation needs).



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A very moving moment was seeing Drs. Rashid Piracha and Hameed Peracha receive Presidential Awards for their selfless and countless years of service to APPNA (thank you both and we pray for full health and recovery for both).

Chapter night and Cultural Night had outstanding speakers and entertainment (thank you Drs. Reema Chaudri, Amra Nasir, Majid Ghauri, Farrah Ghauri, Aiman Tohid, Batul Rizvi, and Ms. Farheen Mohiuddin). Alliance added a beautiful touch of Pakistani culture to Thursday evening's program (thank you Ms. Jabeen Bukhari). And to immerse our hearts further into the cultural theme of Thursday night, we were mesmerized with tremendous poetry in the Mushaira program which was attended by an overflow crowd (thank you Drs. Rizwan Ali and Sohail Qarni).

The introduction of subspecialty CME including a first ever Podiatry section was well received (thank you Drs. Mansoor Mohiuddin, Adnan Hyder, Aamer Ehsan, Mujeeb Shad, Noman Siddiqui, Hasan Kaleem, Namirah Jamshed, Khurram Moin, Bilal Hameed, Anis Memon and to all the distinguished speakers).

The Innovation symposium brilliantly led by Drs. Danish Bhatti and Shahid Rafiq was a huge success. It brought together more than 50 startups and VC firms to present and network for the first time at APPNA. The YPN/NAMA/Caribbean joint sessions were well attended and included the leadership of the Federation of State Medical Boards, USMLE, and ECFMG. Many thanks to the amazing YPC committee. The YPN committee held a very successful program (thank you Ms. Saba Sabzwari, Dr. Naheed Saleem, Ms. Samina Chotani, Ms. Nazia Hameed, Ms. Safinaz Faisal, and Dr. Huma Khan) which was at full capacity as was the SAYA cruise. The social forum was engaging and thought provoking hosting a full house as well (thank you Khalid Ali). The Alumni held excellent dinner programs, several, including NAMA/Caribbean, had record attendance. The food committee worked very hard to ensure all meals were high quality and satisfying (thank you Drs. Hameed Peracha and Ashraf Sabahat).

Masha Allah, no doubt this was a very successful, record-setting conference in terms of registrations (thank you Drs. Irfan Saeed and Yusuf Khan), attendance (ticket sales broke all previous records), programming, sponsorships (thank you Mr. Laiq Siddiqui and Dr. Habib Chotani, highest for any meeting in APPNA history), and new interest in APPNA. Most important and central to the success were all of you, the members, friends, and family from beautiful communities and chapters across North America and from the Alumni abroad who took the time to attend and participate. You all made the countless months of preparation well worth it. Thank you, thank you, thank you! Above all, we are thankful to Allah Almighty for Blessing us with success! May APPNA and its constituent communities continue to grow and flourish!

Sincerely,

Tariq Mahmood, MD

Chair, APPNA 47th Annual Convention

Tayyib Rana, MD, PCEO

Co-Chair, APPNA 47th Annual Convention

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Saturday Night Banquet & Entertainment



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Saturday Night Banquet & Entertainment





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Alumni & Entertainment





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Cultural Night & Entertainment



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APPNA CME Sessions



APPNA Election Debate





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APPNA Healthcare Entrepreneurship & Innovation Symposium





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APPNA Bazaar



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Jumma Prayer at APPNA Convention





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Summer Meeting CME Chair Report



Dear APPNA Members,

This year APPNA Summer convention was held at Gaylord resort in Washington DC during the 4th of July weekend. This year CME program was unique in a sense that for the first-time parallel specialty sessions were introduced and an introductory Podiatry CME session made its debut at the APPNA.

The CME program started early on Thursday July 4th with multispecialty session chaired by Dr Namirah Jamshed with talks on refractory hypertension by Dr. Azra Mahmud, landscape of primary care by Dr. Habib Chotani, Lifestyle medicine by Dr. Ilyas Yamani, peripheral neuropathy by Dr. Waqar Waheed, primary care of older adults by Dr. Namirah Jamshed, neurogenerative diseases by Dr. Ejaz Shamim and in the end a motivating keynote lecture on ECMO during covid by Dr. Ali Tabatabai.

On the second day there were two parallel specialty sessions on Psychiatry and on Oncology. Both sessions had very well-known speakers who provided excellent insight into new developments in their respective fields. Psychiatry session was chaired by Dr, Mujeeb Shad and included talks on teenage addiction by Dr. Muhammad Zeeshan, teenage suicide by Dr Abdul Hameed and Dr Mujeeb Shad and mental wellness by Dr Farah Abbasi.

The oncology session was chaired by Dr. Hassan Kaleem and included talks by Dr. Pashtoon Kasi on Liquid Biopsies, Dr. Saad Usmani on Multiple Myeloma, Dr. Muzaffar Qizalbash on cell therapy for cancer, Dr. Jasmine Zain on Car-T cells and Dr. Zainab Shahid on immunotherapy. All the talks were of very high caliber and delivered by leaders in the field.

The third day had three parallel sessions on Cardiology, Gastroenterology and Podiatry. Cardiology session was dedicated to Dr Shahbudin Rahimatoola and was highlighted by talks on Atrial fibrillation by Dr. Maria Viqar, Peripheral Vascular Disease by Dr. Salman Arain, Structural heart disease by Dr. Mohamad Ansari, Carotid artery stenting by Dr. Tariq Shahab, Risk assessment of CV disease by Dr. Khurum Nasir and treatment of myocardial infarction by Dr, Rameez Syed. Dr, Khurum Moin organized this session.

Gastroenterology session had several interesting topics like interventional gastroenterology by Dr. Ali Siddiqui, Clinical application of MASH by Dr. Bilal Hameed, Inflammatory bowel disease by Dr. Tauseef Ahmed, Obesity and its management by Dr. Mariam Khalid, pancreatitis management by Dr. Musrtafa Arain and colon cancer screening by Dr. Asma Shaukat, this session was chaired by Dr Anis Memon and Dr Bilal Hameed.



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The inaugural Podiatry session included provoking talks from Drs, Noman Siddiqui, Sara Mahmood, Hummira Abawi, Anam Khan, Bilal Khan and residents Hiba Mohiuddin and Shehreyar Raja.

The Grand Finale of the CME session was held on the topic of Artificial Intelligence and was moderated by Dr. Adnan Hyder who conducted a debate on whether AI provides hope or it's just a hype. The panelists included Omar Khawaja, Dr. Mona Siddiqui, Dr. Mohammad Khan and Dr. Qing Zheng. This session attracted the highest attendance and had a very stimulating discussion.

Overall, more than 350 registered for the CME session and despite parallel sessions, intriguing topics and stimulating discussions attracted a large audience. The experiment of having parallel sessions was very successful and future APPNA leadership is urged to continue this tradition and have more specialties included in future. One suggestion from many was to have the sessions open for interested physicians for free who are not interested in CME credits but still want to benefit from this educational program. Another suggestion was to post all the talks online as due to parallel sessions it was not possible to attend all sessions and enjoy all presentations.

In the end I would like to thank President Asif Mohiuddin, Chair of APPNA Summer meeting Dr Tariq Mahmood and Co-Chair Dr Tayyib Rana for their support for this program and hope to see even better educational activities in future APPNA meetings.

Sincerely,

Dr. Muhammad Mansoor Mohiuddin
Chair, Summer Meeting CME 2024



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Celebrate Life's Milestones Together!



July Specials

July is named after Roman dictator Julius Caesar (100 B.C.–44 B.C.).

July 1 is Canada Day, a Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.

July 3 brings the start of the hot and sultry Dog Days of Summer!

Independence Day, celebrated on July 4th, marks the anniversary of the adoption of the Declaration of Independence in 1776. This pivotal moment in American history signified the thirteen colonies' decision to declare independence from British rule, leading to the formation of the United States of America. The day is a symbol of patriotism and is celebrated nationwide with various traditions and festivities, including Fireworks, Parades, Family Gatherings and Barbecues. Independence Day is not just a celebration of the past but also a time to reflect on the values of liberty, justice, and democracy that continue to shape the nation. It is a day to honor the sacrifices of those who fought for these freedoms and to reaffirm the commitment to upholding the principles upon which the United States was founded.

APPNA Annual Summer Meetings in July

The Association of Physicians of Pakistani Descent of North America (APPNA) holds its annual summer meetings every July, bringing together healthcare professionals of Pakistani descent from across North America. These meetings are a cornerstone of APPNA's mission to foster professional development, community service, and cultural exchange.

Key features of the APPNA Annual Summer Meetings include:

1. **Educational Sessions:** The meetings offer a variety of continuing medical education (CME) sessions, workshops, and seminars led by esteemed physicians and experts. These sessions cover the latest advancements in medical research, clinical practices, and healthcare technologies, providing valuable learning opportunities for attendees.
2. **Networking Opportunities:** The events serve as a platform for physicians to connect, share experiences, and collaborate on initiatives that enhance healthcare delivery. The networking aspect is particularly beneficial for young professionals seeking mentorship and career guidance.



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3. Cultural Celebrations: The meetings celebrate the rich cultural heritage of Pakistan, featuring traditional music, dance, and cuisine. Cultural programs and gala dinners provide a space for attendees to enjoy and showcase their heritage, fostering a sense of community and pride.

4. Community Service Initiatives: APPNA emphasizes giving back to the community, both locally and globally. The annual summer meetings often include discussions and planning for humanitarian projects, medical missions, and charitable activities aimed at improving healthcare access and outcomes.

5. Leadership and Advocacy: The meetings also focus on leadership development and advocacy efforts. Sessions on healthcare policy, leadership skills, and advocacy strategies empower members to take active roles in shaping healthcare policies and addressing issues affecting the Pakistani-American community.

6. Family-Friendly Activities: Recognizing the importance of work-life balance, APPNA organizes family-friendly activities and social events, allowing attendees to bring their families and enjoy a well-rounded experience.

The APPNA Annual Summer Meetings in July are a testament to the organization's commitment to professional excellence, cultural preservation, and community service. They provide a unique and enriching experience for all participants, strengthening the bonds within the Pakistani-American medical community and beyond.

Please take a moment to let us know about any upcoming or recent personal milestones in your life, especially those occurring this month. Feel free to include a brief note or any pictures you'd like to share. Your stories contribute to the rich tapestry of our community, and together, we can create a supportive and joyous environment.

You can simply reply to appnacomunication@gmail.com with your news, and we'll make sure to highlight and share these moments during our community updates.

Let's celebrate life's journey together!

Best Regards,

Fariya Afridi, MD

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Upcoming APPNA Meetings in USA

Dear APPNA Members,

Get ready to have an unforgettable experience at our upcoming **FALL MEETING!**

Join us for days filled with the warmth of friendship, the excitement of educational sessions, and the thrill of entertainment.

Dive into lively discussions and gain valuable insights from our educational sessions.

But that's not all! Indulge

your taste buds with delicious food and enjoy some retail therapy with our shopping opportunities and prepare to be entertained with thrilling performances and activities.

Don't miss out on this incredible opportunity to connect, learn, shop, and have a blast! See you there!

Warm regards,

APPNA communication committee

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Aamir Ehsan, MD
Chair APPNA Fall Meeting

Asif Mohiuddin, MD
President APPNA

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