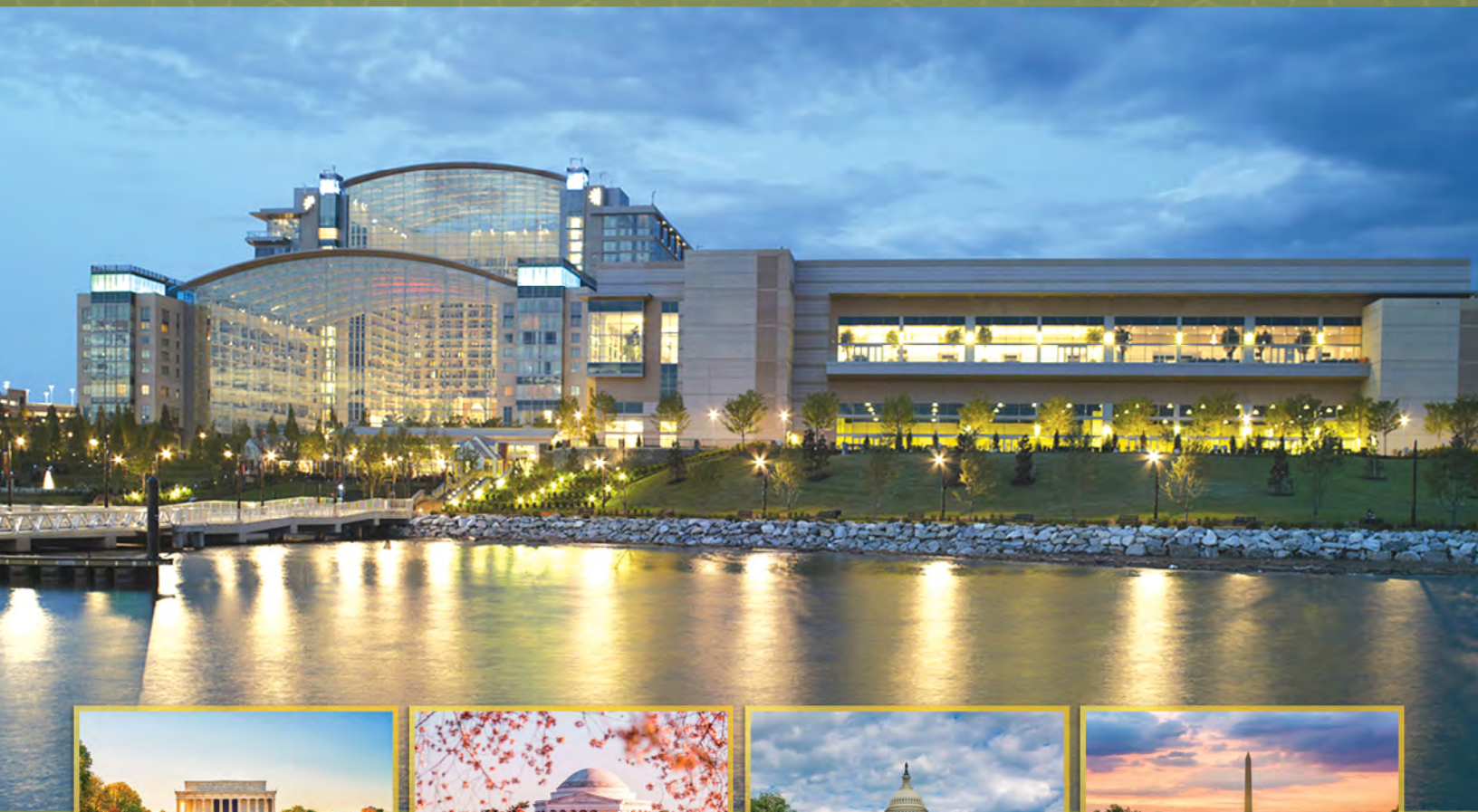


APPNA ^{Jul 3-7} 2024 47th Annual Convention

Gaylord National Resort & Convention Center, MD



www.appna.org



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APPNA
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APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

President's Message



Dear APPNA family,
Assalamu Alaikum,

It is my honor and privilege as the President of APPNA to welcome you to the Annual Summer Convention in Washington D.C.

I would like to start by thanking Dr. Tariq Mehmood, Dr. Tayyib Rana and Dr. Reema Chaudri and the entire DMV Host Committee team that has worked tirelessly and tenaciously to arrange a most enjoyable program for this Summer Convention. It is important to appreciate that this is all done voluntarily. Innumerable number of hours are required to put together such a comprehensive program.

I would like to thank Dr. Mansoor Mohiuddin for his efforts in organizing very high quality specialty based CME sessions by inviting some of the country's renowned physician speakers in their fields. We have worked diligently to be able to offer for the very first time specialty based CME sessions. Outstanding speakers in each of the specialties have been recruited from all over the United States to present in person seminars. The colon cancer awareness walk will raise public awareness for this disease.

It has been our goal to ensure that this meeting has diverse programs which will cater to the entire family. There are a variety of events geared to engage high schoolers, college students, residents and fellows. Seminars are scheduled to cultivate leadership, provide parental guidance and the opportunity for young professionals to network on many levels.

For the first time ever there will be a Healthcare Entrepreneurship and Innovation Symposium in collaboration with OPEN. Attendees will have the opportunity to present their inventions to a group of Angel investors and their companies. The objective is to attract and connect these inventors with potential investors who can provide funding, collaboration and support. I would like to thank Dr. Danish Bhatti, Dr. Shahid Rafiq and Dr. Khalid Mehmood for all of their help in this endeavor.

The Host Committee has arranged for a robust Social Forum addressing the current needs of physicians of Pakistani descent in the United States as well as the issues Pakistan is currently facing.

We have a very large Bazaar with vendors from many parts of the world including local US vendors to cater to your family's shopping needs.

Dr. Tariq Mehmood and the Host Committee have ensured that the entertainment is top notch for this meeting. We have invited the most outstanding Pakistani artists who are able to come to the US in a timely manner for your entertainment pleasure. Thank you Khalid Ali for your help in this regard.

You will have the finest catered food from Sabri Nehari. An amazingly sumptuous menu awaits you each night.

I want to thank Dr. Tariq Mehmood and his team for their hard work in arranging a meeting of such magnitude. I would also like to thank Tipu Ahmad, Laiq Siddiqui, Nicholas Suh and Diana Trujillo for their efforts and dedication to APPNA. They have been available always, day or night, to help solve any and all issues.

Best wishes and hope you and your family enjoy the meeting and your time in the Washington D.C. area.

Asif Mohiuddin, MD
President APPNA 2024



APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

Chair Host Committee Message



Dear APPNA family, on behalf of the organizing committee it is with great pleasure that I welcome you to the much anticipated APPNA summer convention 2024 from July 3rd to 7th in the historic and vibrant city of Washington DC.

The convention this year is at the beautiful Gaylord national resort perched on the shores of the Potomac River and just minutes from Washington DC. The convention this year is packed with an array of activities and opportunities designed to enrich both your professional and personal experience.

This year we are excited to have a session on artificial intelligence added to the specialty based CME program. There will be separate psychiatry, gastroenterology, oncology and cardiology CME sessions. These cutting edge educational sessions are crafted to provide you with the latest advancements, research and practical knowledge that you can apply in your practice. There will be special session on innovation in medical technology.

We will have multiple class reunions and chapter night to honor chapters of APPNA which are truly the backbone of the organization.

We believe the importance of relaxation and enjoyment alongside professional development. Our convention will feature top class live entertainment along with Mushaira featuring top poets. You will be treated to fine dining experiences that showcase a wide array of culinary delights. There will be a golf outing at the beautiful lake presidential golf course to test the skills of APPNA professional golfers.

The APPNA bazaar will again showcase more than 300 vendors displaying their products and services. We have made every effort to ensure that this convention provides you with an exceptional experience .

As we come together for this convention, let us celebrate our shared heritage, professional achievements and the bonds that unite us as a community. We are confident that this event will not only be intellectually stimulating but also deeply rewarding on a personal level.

I am deeply thankful to the host committee along with our event coordinators Tipu Ahmed and Laiq Siddiqui for their commitment , dedication and tireless efforts.

We are thankful to Dr Asif Mohiuddin for his leadership and giving us opportunity to organize this prestigious event. We are looking forward to welcoming you all at the summer convention.

Sincerely

Tariq Mahmood. MD
Chair, APPNA 47th Annual Convention



APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

Co-Chair Host Committee Message



Assalamu Alaikum APPNA members, family, and friends!

Welcome to the Nation's Capital, Washington, DC, for the 2024 APPNA Summer Convention. The convention returns to Washington after several years. The stunning Gaylord National Resort serves as the venue on the Potomac during the Nation's Independence Day celebration week with the buzz of the Presidential election in the background.

This year's APPNA Summer Convention comprises several first time events including a healthcare innovation symposium where some of the most exciting startups and VC firms will showcase their incredible technologies and offer a look into angel investment opportunities that are not readily available to the general public.

A special CME session on artificial intelligence in healthcare will be presented by leaders in the healthcare AI space. Also this year, we proudly welcome and inaugurate a Podiatry CME session lead by top foot and ankle clinicians and surgeons. This will be an entirely new cohort of providers and educators at APPNA. For young physicians, aspiring physicians, as well as those interested in various fields of healthcare, at least six, not to be missed sessions on career prep, professional school admissions including alternatives to MD and DO, training programs, licensing exams, practice recruitment, investing advice for healthcare providers, will be held after the overwhelming popularity of these sessions which have been carefully crafted to offer the greatest pearls to attendees.

Additionally, there are several unique subject matter parallel sessions scheduled that will cater to a diverse audience and enrich the conference options.

Finally, it would not be an APPNA summer convention without A list entertainment, tantalizing food options, a colorful and buzzing bazaar, an engaging social forum, and key note speakers from government, educational, and business institutions. Most importantly, APPNA's greatest showcase and experience is you, the vibrant members, alumni, chapters, specialty groups, respective families, and friends whose coming together makes APPNA the great institution it has become.

A sincere thank you to President Asif Mohiuddin and the BOD for entrusting us with this endeavor. And much gratitude to Tipu Ahmed and Laiq Siddiqui for their tireless commitment to APPNA, none of APPNA's meetings would happen without their dedication and hard work.

Finally, thank you to our wonderful host committee who also volunteered valuable and countless hours in the planning and execution of the meeting.

Enjoy the conference and please reach out to us with any questions or concerns, we will be available onsite to ensure you have an excellent experience!

Tayyib Rana, MD, PCEO
Co Chair, APPNA 47th Annual Convention



APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

From The Editor's Desk



Salaam APPNA family and friends!

Welcome to the APPNA 47th Annual Summer Convention! We are truly thrilled to have all of you back in the nation's Capital, Washington DC, and all the history and Monuments it has to offer. It is our pleasure to host you in the magnificent and luxurious setting of the Gaylord Resort at National Harbor offering you world class entertainment and relaxation. The nation will be celebrating its birthday and the air is again electrified by the upcoming Presidential election.

We are so grateful for our local attendees and those of you that have traveled far and wide, rearranged your schedules, to be here to immerse yourself in the unique experience that is APPNA. Whether you are attending for the first time or the 47th, we treasure your trust in what we have to offer. We promise to make it an extraordinary experience!

Our mission is to provide all attendees with the most informative and entertaining events possible. We have assembled a roster of authoritative speakers who represent the best and the brightest in their fields. There will be sessions for parents, students, youngsters, residents and young physicians. Fun activities will include the opportunity to play basketball, golf and pickle ball. The Bazaar will be abuzz with more than 300 stalls for your shopping pleasure. The superlative entertainment, delectable culinary delights and genuine Pakistani ambiance will be iconic and unforgettable.

As Chair of the Publication Committee, my hope is to shine the brightest of spotlights on contemporaneous articles and thoughtful and insightful poetry. I appreciate the honor and trust bestowed upon me by the President of APPNA, Dr. Asif Mohiuddin and by the Chair and Co-Chair of the Convention Dr. Tariq Mehmood and Dr. Tayyib Rana. I would like to thank Dr. Irfan Rizvi for his succinct words of wisdom. Tipu Ahmad has continued to serve as the backbone of APPNA and this endeavor would not even be conceivable without his hard work and dedication. A special thanks to Laiq Siddiqui and Nicholas Suh for their diligence to APPNA.

We strive to make this a pinnacle event!

My warmest and sincerest thanks!

Reema Chaudri, MD
Chair Publication Committee
APPNA Convention 2024



APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

Host Committee



Tariq Mahmood, MD
Chair



Tayyib Rana, MD
Co-Chair



Khalid Ali



Reema Chaudri, MD



Mansoor Mohiuddin, MD



Habib Chotani, MD



Hameed Peracha, MD



Irfan Saeed, MD



Ashraf Sabahat, MD



Sohail Qarni, MD



Adnan Hyder, MD



Usman Akhtar, MD



Yousuf Khan, MD



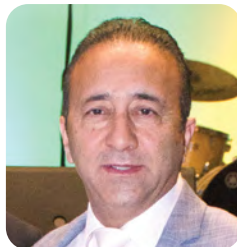
Batool Razvi, MD



Mohammad Akbar, MD



Nicholas Suh



Tipu Ahmad



Laiq Siddiqui



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President Elect's Message



My Dear APPNA family,

It is my unique honor and privilege to be writing this message as your President Elect APPNA 2024.

I have been involved with APPNA for close to 25 years, serving in various capacities as member and chair and co chair of close to 20 committees . I was also uniquely privileged to serve as Founding President Women Physicians of APPNA in 2008.

The sum of all my contributions to APPNA was me getting elected as Treasurer APPNA 2021 and then as President Elect 2024.

I bring a unique perspective to APPNA BOD as a woman leader and pediatrician, a softer and more empathetic voice to the leadership rank, with zero ego and a big capacity for listening , (important attributes of a successful leader) . I am here to listen , problem solve and reach out to all alumni , chapters and APPNA community regardless of gender or linguistic differences . I am here to serve members from all 4 provinces of Pakistan and 50 states of USA and from Canada. I am looking to you all , my friends and family of APPNA, to help me achieve my goals for 2025, leading to a harmonious, inclusive and meaningful year filled with hope and joy for our and our kids future in this great nation. I am specifically looking to engage more women physicians and young physicians in leadership roles, two groups that have historically been underrepresented. Please reach out to me via email or phone call with ideas, suggestions and advice and also if any of you are looking to work in any committee of APPNA in 2025.

I have also been busy working in the background with Nicholas Suh , Tipu Ahmad and Laiq Siddiqui in creating an exciting schedule of National meetings and international meetings for 2025 including APPNA Hajj and APPNA Umrah for our members.

Please see posters around the meeting venue for more details.

May Allah bless you all with good health and happiness!

Long live Pakistan, USA and Canada. Long live APPNA.

Regards,

Dr. Humeraa Ahmad-Qamar
President Elect APPNA 2024



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Secretary's Message



We the Association of Pakistani Physicians of North America (APPNA), 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, or a young physicians guidance seminar in NY 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 our oldest institutes to the newest medical graduates of over 20 medical colleges, we're a family. Our bonds go beyond 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 two of important projects dear to me which will make APPNA stronger and last longer:

APPNA Scholarship Endowment Program and young physicians' guidance program has been making a significant impact since their inception. Let me share some details:

- 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,
- 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!

Another flag ship project of APPNA to help YP is:

Young Physicians Committee's (YPC) Preceptors and Observer ship Program.

Last year, APPNA successfully placed over 200 Pakistani students for their US based rotations, and this year, our goal is to be able to accommodate around 400. On average, we receive more than 600 applications per year, and unfortunately, we do not have enough preceptors to accommodate everyone.

Your support as preceptors would greatly improve the learning experience of these aspiring medical professionals.

Please join and participate in the YPC observer ship program, please fill out this form:

<https://bit.ly/4cJGT6K>

Your contribution will help shape the next generation of healthcare professionals from Pakistan.

Rizwan Naeem, MD

Secretary and Member Board of Directors APPNA 2024

Long live APPNA

Long Live Pakistan US and Canada



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Treasurer's Message



As a treasurer of my beloved organization APPNA, my goal is to ensure compliance with regulations, transparency, accountability, and financial sustainability. After taking the office, we realized that APPNA was not in compliance with IRS rules and regulations in terms of accounting and tax filing from last few years. In mid February, our non-profit 501c3b status was retroactively revoked by IRS. We hired and actively worked with a national level firm with expertise in tax filing for non-profit organizations. All necessary data from the past was expeditiously gathered and tax documents (990 Forms) were filed. With help of few local area members, a meeting was held with Illinois Secretary of State's Office to help expedite the reinstatement process. Thanks to Dr. Manzoor Tariq, Dr. Aftab Khan, and Chaudhry Munir Akhtar (Chicago Businessman) for setting-up the meeting. I am glad to inform that IRS has now reinstated APPNA non-profit 501c3 status. Congratulations to our entire membership.

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. All meetings (including Strategy, International, and Spring) have been financially productive. Hoping to have 2024, a financially productive year for APPNA. We also reviewed our investment funds. Adjustments were made as necessary so as to maximize the profit gains. Currently, Stephens Inc. and Arch Global are handlings our investment funds. APPNA investment funds are over 8M now.

As a chair of Finance Committee, we held multiple zoom meetings. 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 revised policy is now being presented to council for review. In order to streamline our bookkeeping and accounting needs for the future, we interviewed multiple firms. After approval from APPNA board of directors, we have now hired a CPA firm for our bookkeeping, accounting and tax filing needs.

In the end, I am thankful to APPNA membership for giving me this opportunity to serve as a treasurer. Long Live APPNA- as a regulatory compliance and financially stable non-profit organization for years to come!!

Shahzad Iqbal, MD
APPNA Treasurer 2024



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Immediate Past President's Message



Dear APPNA family,

Welcome to the 47th Annual Summer Convention, a celebration of forty-seven great years of the largest democratic organization of Pakistani professionals anywhere in the world!

APPNA meetings have always been an excellent opportunity for meeting old friends & making new friendships, discussions about social issues of the day, state-of-the-art continuing medical education for professional development, great entertainment, and savoring wonderful Pakistani cuisine. APPNA sets very high standards for itself, and every coming meeting surpasses the previous ones.

A growing concern lately, has been the impact of inflation on costs of holding the meetings and the resultant financial burden on membership. We must strive to keep the meetings as affordable as possible. One possible way of reducing the cost burden to the attendees is judiciously curtailing expenses, particularly those for entertainment and food. This can be done without compromising quality with out-of-the-box thinking and bold decisions. The board must deliberate the issue promptly.

We could never hold these meetings without the help of our sponsors and vendors. Please encourage them by visiting their booths in the lobbies & the bazar area.

My most sincere thanks to the local host committee; our most hardworking event organizers, Tipu Ahmed & Laiq Siddiqui; and the office staff, Nic Suh & Diana Trujillo for making this meeting possible.

More than anyone else, thank you for attending this event and making it a success.

Enjoy the 47th Annual APPNA Summer Mela!

خوش آمدید۔ جی آیا نوں۔ پلی کری آیا۔ پخیر راغلی۔ وبش آتکے۔ استیقبال

Regards,

Arshad Rehan



APPNA 47th Annual Convention

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In Memoriam

“Wherever the art of Medicine is loved, there is also a love of Humanity.” - Hippocrates

The members of APPNA are the organizations greatest assets.

On this page we pay homage to those members who have passed away this year.
Their presence we miss, their memory we treasure, forgetting them never.

Let us take a moment to silently honor them.



Dr. Kashif Haqiqi



Dr. Mehr Iqbal



Dr. Mahilaqa Alvi



Dr. Anwar Nasir



Dr. Aisha Zafar



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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



**Irshad R. Sheikh, MBA, AAMS®**

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

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

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

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Mubashar A. Choudry MD, FACC

Sitara-i-Imtiaz

Professor of Cardiovascular Medicine

Interventional Cardiology

Former Member of United States Presidential Commission drug free communities for the White House

President of the affiliated practices:

- Washington Cardiovascular Institute
- Washington Vascular Specialists
- Vascular Ambulatory Surgical Centers

Washington, DC

Maryland

Virginia

Welcomes delegates to APPNA 47th Annual Summer Convention 2024



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APPNA Spring Meeting 2024



Dear APPNA Members

Myself and my hardworking members of Host committee are grateful to you all who took off their busy practices & family time to visit APPNA Spring meeting at Sheraton Grand Riverwalk, Chicago from April 25 - 28, 2024. We are humbled and delighted to hear positive and appreciating remarks from most of you about your pleasant experience throughout the duration of the event enjoying the full-house sessions of CME, Social forum, Career seminars, YPN event and so forth. As Chicago is well-known for its best desi food, therefore, we put extra efforts in not only arranging the best variety of food but also creating the right ambience in order for you to enjoy to its

fullest. I am extremely glad to share that despite having the best possible arrangements starting with a conveniently-located hotel in the heart of Chicago downtown, well-decorated banquet halls, multiple non-ticketed events/sessions as well as high quality food, we have managed to generate a net profit of approximately \$50,000.00 for APPNA.

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 their kind & unconditional support by working as a team 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 can't thank enough to my wife Saba 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.

We were fortunate enough to have Rep Delia Ramirez of Illinois, Rep Jamaal Bowman of New York in attendance on Saturday night as well as virtual presence of Rep Ilhan Omar of Minnesota via a video-recorded message coming up with a unified message of ceasefire in war-ravaged GAZA to prevent further loss of lives. That was preceded by a heart-wrenching video presentation from a selfless volunteer Dr Fauzia Alvi who has spent time on the ground providing necessary medical care





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to the victims along with her team. As APPNA has a rich tradition to provide monetary & healthcare assistance to those affected by natural and manmade disasters, we were able to raise more than \$50,000.00 in donations/pledges in no time.

The festivities kicked off right from the Welcome reception dinner on Thursday night where we hosted approximately 200 member & non-member friends both from and out of town as opposed to anticipated 125-150 guests. CME sessions on both Friday & Saturday were well-attended witnessing larger than usual registrants compared to previous Spring or Fall meetings. Thanks to our dynamic CME committee led by Dr Waseem Kagzi as well as world class speakers with their strong credentials and years of experience in their respective fields. This year, we have planned to include unique and non-conventional areas in the CME curriculum like Lifestyle Medicine as well as Artificial Intelligence in Healthcare. Mental Health awareness walk on Friday afternoon was also well-attended despite not so friendly weather. The theme of Jashan-e-Bahaaran was well received & liked by the guests especially the peaceful Spring ambience created in-house which was flavored by delicacies belonging to 4 major provinces of Pakistan. The hallmark of the dinner night were Baluchi Sajji and freshly squeezed sugarcane juice on site further adding to the elegance of the event. Besides, the Host committee under the perfect oversight by Dr Javaid Akbar has also arranged a Mushaira night on Friday keeping in consideration the interest of our membership having literary taste. On Saturday, we had a packed schedule running parallel sessions throughout the day given the fact that maximum attendance had been witnessed on Saturdays during previous Spring meetings. CME session, YPN get together, Career & Leadership seminars, YPC sessions for Medical students & graduating Residents, Social forum highlighting the challenges faced by today's Pakistan as well as Class/Alumni reunions were the defining features of a successful and oversold Spring conference. As we have saved the best for the last, dinner for Saturday night banquet had displayed an innovative grazing table along with LIVE nihari station also along with usual traditional desi food.

Eventually, the Meeting concluded with Sunday morning 'Halwa-Puri' breakfast and attendees leaving the hotel with good memories of time spent.

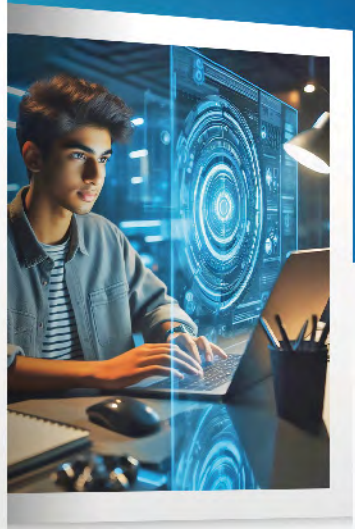
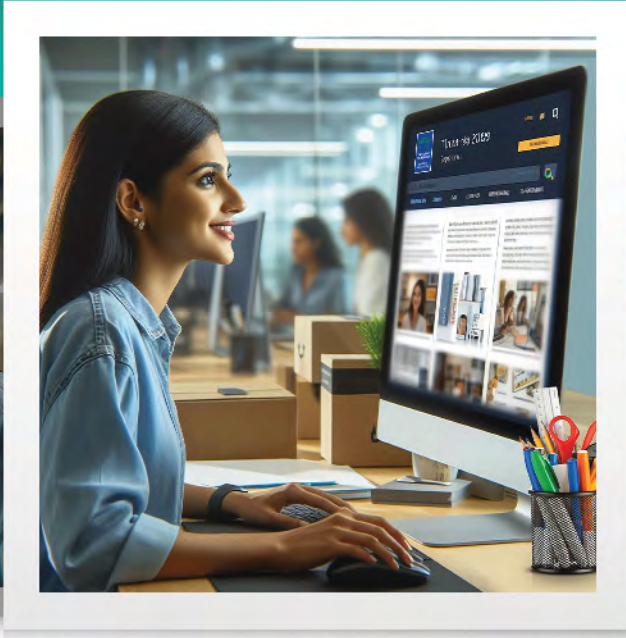
Sajid Mahmood, MD
Chair, APPNA Spring Meeting 2024





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Indus Hospital & Health Network

IHNN is on a mission to elevate Pakistan's healthcare system. It treats **6 MILLION+** patients every year absolutely free of cost through its nationwide network.

IHNN's Key Initiatives

IHNN's specialized programs



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Maternal & Neonatal Care



Primary Healthcare



Physical Rehab



Boat Clinic



Container Clinic



Mobile Medical Bus



Primary Care Clinics



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201-357-5549



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APPNA Fall Meeting September 26-29, 2024 San Antonio, TX Chair - Dr. Aamir Ehsan



Dear Friends and Colleagues...Howdy!!

On behalf of the Host Committee for APPNA Fall Meeting 2024, I would like to invite and welcome you to be our guests from September 26th to 29th. We plan to have a meaningful meeting and the theme is:

"Stomp Out Cancer"

Meetings Venues:

Friday (Sept 27th)

Saturday (Sept 28th)

Briscoe Western Art Museum.

Hyatt Regency Riverwalk.

Airports to Fly into: San Antonio International (SAT) and/or Austin-Bergstrom International (AUS). Any airline is fine; however, you might get better options with Southwest.

Hotel lodging is within 10 minutes from the San Antonio airport. Renting a car is not necessary if staying Downtown or close to the Riverwalk.

Driving Distance:

- Austin to San Antonio: 90-minute drive.
- Houston to San Antonio: 3 hours' drive.
- Dallas to San Antonio: 4 hours' drive.

Fun Facts and Places to Visit in San Antonio:

- 7th largest city of USA (Military City).
- San Antonio Riverwalk.
- The Alamo - Rich colonial heritage. An 18th-century Spanish mission preserved as a museum; marks an infamous 1836 battle for Texas independence from Mexico.
- Briscoe Western Art Museum.
- Japanese Tea Garden.
- Botanical Gardens.
- Majestic and Empire Theatres.
- Natural Bridge Caverns.

Aamir Ehsan, MD

Chair, APPNA Fall Meeting 2024

210-317-3779 (Cell)



APPNA 47th Annual Convention July 3-7, 2024 Washington D.C.

APPNA Advocacy Committee Canada 2024



Dr. Tariq Awan (Chair) , Dr Amir Aslam (Co-Chair)
Dr. Naushad Noorani , Dr Tariq Vakani ,
Dr Razi Sayeed , Dr Saad Yasin ,
Dr Humaira Ali , Dr Huma Aftab ,
Dr Asim Noor

It's an absolute honour and privilege to chair APPNA Advocacy Committee Canada. It is a new committee and credit goes to the vision of our President Asif Mohauddin and all esteem board members/leadership to found this very important committee.

We had our first meeting with full quorum and active participation from all esteemed members to create a policy/guiding document regarding the advocacy legislative and government affairs, especially in Canada at local, state and national levels

We intend to establish base in Pakistan and also work with all our related APPNA committees.

Our mission is to achieve collectively and effectively with legislative advocacy for our membership and practising physicians while advocating and helping new physicians to integrate in the Canadian health system, public awareness campaign, professional development, and in long term research and data analysis.

Advocacy committee remains committed to continue advocating for the interests of new and also practicing physicians, and plays its important role in improving healthcare policy, and foster change in the healthcare system at all levels.

Long live APPNA

Sincerely,

Dr Tariq Awan, MD,CCFP,FCFP
Chair, APPNA Advocacy committee Canada 2024



A Leading Private Equity Firm



BROADSTREET

TAREK HUSSAIN (PARTNER)

Cell: +1-812-391-0914

Email: tarek@thcapitalpartners.com

\$ 3B

In transactions

17,000

Acres of land

35+

Front-office personnel

600

Homes planned

30,000

Expected homesites

600+

People employed via
our business ventures

15,000

Homesites

\$ 10B

Estimated economic
Impact on the Carolinas

41

Master planned communities
/ infrastructure developments

3,000+

Estimated overall job
creation from our projects

BROADSTREET GLOBAL FUND, LLC

Our Subseries

Infrastructure Land Development

Home Development

Hotel/Lodging

Land Banking

Restaurants

Specialty Finance

Crypto Mining

Self-Storage Facilities

Automobile Dealerships

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- > D.R. Horton
- > Lennar
- > Ryan Homes
- > Contender Development
- > Durham Homes, USA
- > Meritage
- > Culver's
- > Marriott Hotels
- > Crystal Lagoons
- > Pulte Homes
- > Public Storage



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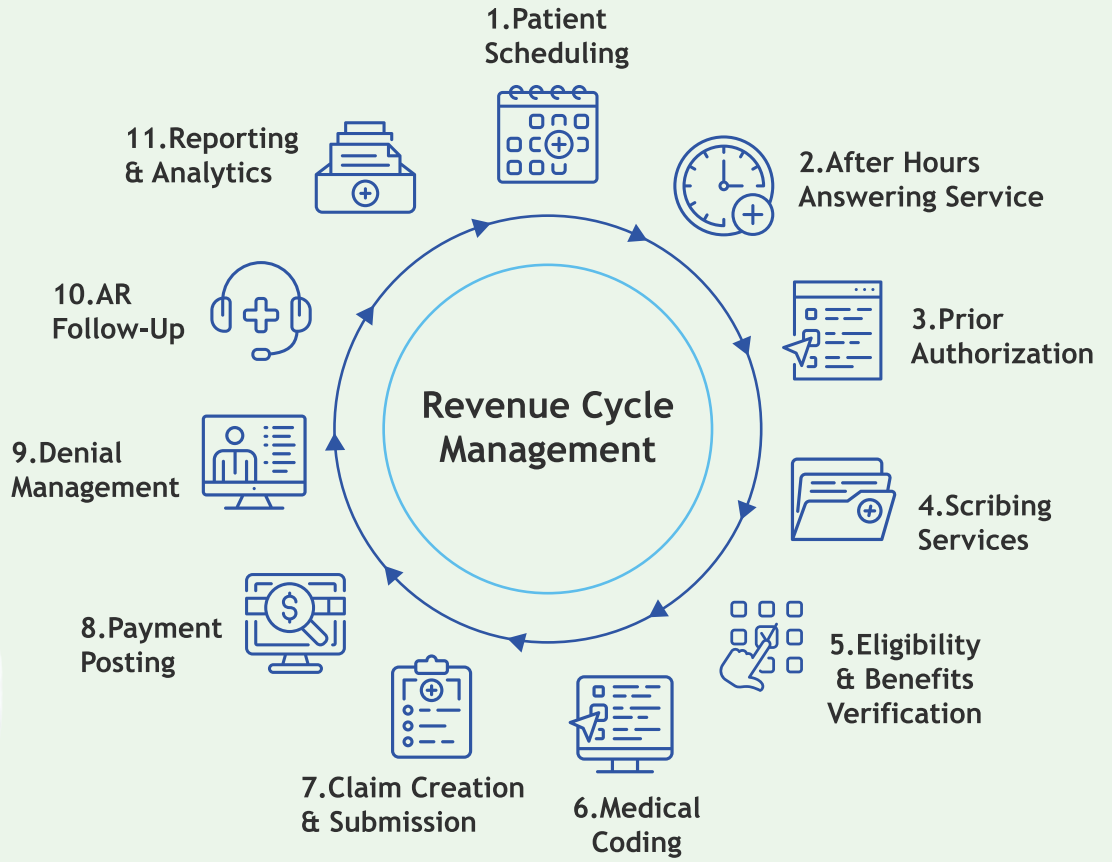


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APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

APPNA Communication Committee



Dear APPNA Members,

The Communications Committee of APPNA has successfully launched the monthly newsletter “Suno APPNA,” with five editions already released. It brings me great pleasure to announce that our newsletter has garnered sponsorship amounting to \$10,000 for the year 2024!

Planned activities for the year:

A) APPNA’s Monthly Newsletter: Our Monthly digital Newsletter, Suno APPNA focuses 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.
2. The March issue covered the Educational Landscape of APPNA. We discussed 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 Celebrated our Chapters. We highlighted the achievements of different APPNA Chapters and published their ongoing projects for 2024.
4. The May edition featured a recap of the Spring Meeting, encompassing summaries of the CME sessions, educational sessions, seminars for young physicians, the social forum, and networking sessions.
5. The June issue focused on the membership theme. It shared our current membership data, the report from the chair of the membership committee, details on different categories of memberships, fee structure 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.
9. The October issue will feature Fall Meeting highlights.
10. The November issue will highlight activities of all our different APPNA Committees.
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 in collaboration with our IT team has started updating APPNA’s website and APPNA’s APP. We welcome feedback from all of you to improve our digital presence.

C) We have been disseminating APPNA’s educational, advocacy and philanthropic achievements on different digital outlets of APPNA – YouTube, LinkedIn, Instagram Facebook, and Twitter. We have almost doubled the traffic on our social media 2024 (Figure 1).



APPNA 47th Annual Convention July 3-7, 2024 Washington D.C.

D) We added a section in the newsletter on, Celebrate Life's Milestones Together! The Committee's Co-Chair, Dr. Fariya Afridi, manages this section and it includes personal milestones in our members' lives.

I would like to thank the 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.

I am grateful to Mr. Laiq Siddiqui and our IT team V4Ideas for their invaluable assistance with the newsletter and their support in securing sponsorship for our committee.

All published issues of, "SunO APPNA" can be accessed through the following link:

<https://www.appna.org/publications/>

Sincerely,

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

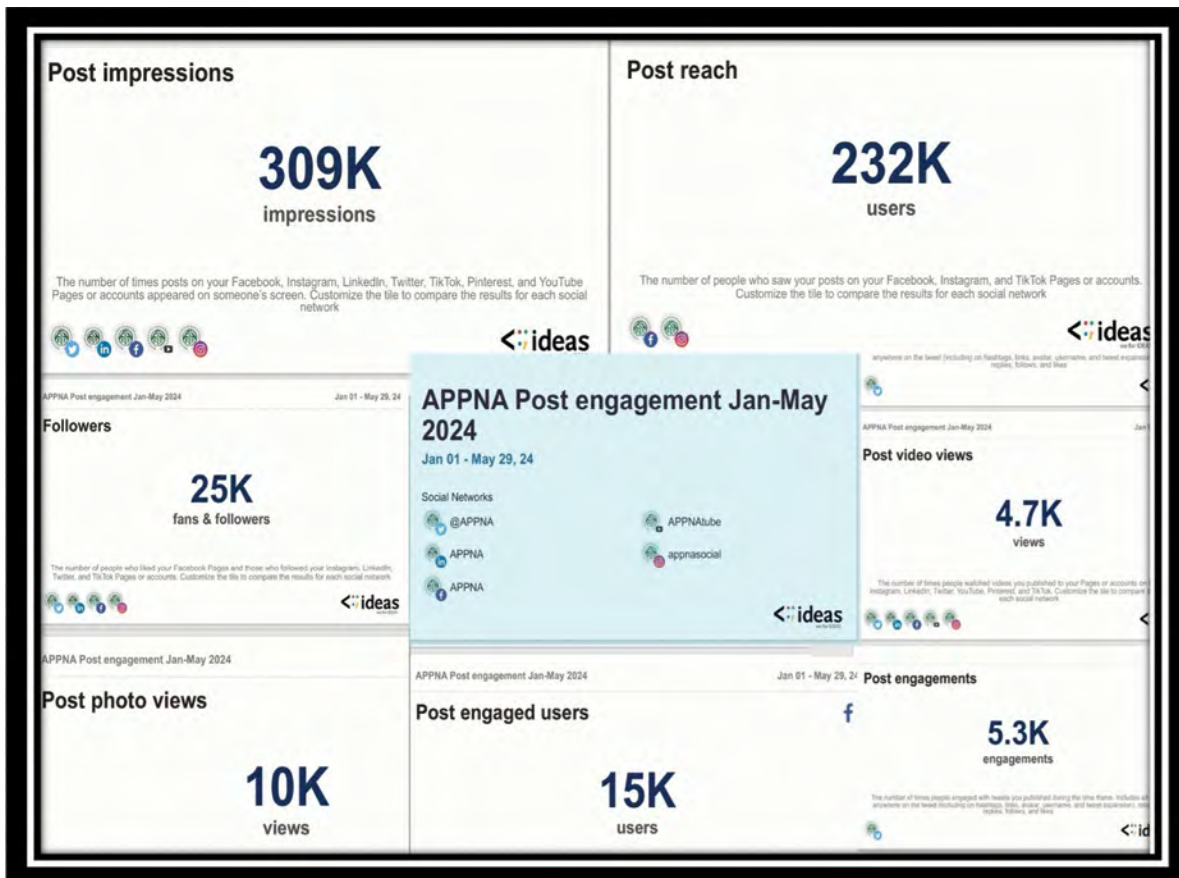


Figure 1 (Courtesy V4Ideas Inc.)



APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

APPNA Clean Sweet Water Project Report

Here is the summary of our Water Project initiated in 2015. Over the course of the project, significant milestones have been achieved:

- Installation of an 8 km water pipeline accompanied by three underground water tanks, each holding a capacity of 10,000 gallons.
 - Deployment of 165 hand water pumps, enhancing accessibility to clean water in remote areas.
 - Establishment of 30 brick wells to further facilitate water access.
 - Implementation of four solar-powered filtration plants, bolstering water purification efforts.
 - Complete rehabilitation of two large solar water RO plants, each capable of processing 15,000 gallons, located at Civil Hospital Sanghar.
 - Introduction of an APPNA/Akhuwat solar water RO filtration plant, catering to a capacity of 50,000 gallons near Chacharo, Tharparkar, inaugurated in 2021.
 - Completion of a solar water filtration plant in December 2021 at Goth Ilyas Junejo near Mithi.
 - Installation of a solar-powered RO plant at Channan Peer Cholistan in 2023.
 - Addition of a second solar-powered RO plant at Chacharo, Tharparkar, also completed in 2023.
- Please feel free to call me for any questions you may have.

Thank you,

Abdul Majeed, MD
Member SWDRC
(516) 655-4134





APPNA 47th Annual Convention July 3-7, 2024 Washington D.C.





APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

APPNA MERIT Committee



It gives me pleasure to chair one of the most vibrant committees of APPNA. APPNA MERIT is a 75+ members committee with several work groups. We continue to strive for excellence, and membership engagement while enhancing the educational footprint of APPNA.

1. APPNA MERIT Academy Courses

APPNA MERIT focuses on capacity enhancement of the physician workforce in Pakistan. We achieve this goal in many ways including courses through APPNA MERIT Academy. Our current courses include a Neurocritical Care course, Mini-Stroke Fellowship, Psychiatry course and course on Infectious Diseases. We are starting a course on Data Analysis this week. We are also planning for courses focused on Emergency Medicine, Pediatrics, Nephrology, and Dermatology.

2. Webinars on the APPNA Youtube Channel

Through the APPNA YouTube channel, we are delivering weekly webinars covering topics, such as Research, HIV, Cardiology, and Nephrology webinars. These webinars are well received by our target audience.

3. APPNA Member's Access to MERIT Academy Courses

All APPNA members have free access to the courses on MERIT Academy that were conducted until 2023. These courses are accessible through the APPNA Membership portal.

4. APPNA CME of Month

In collaboration with the RESA committee, we started APPNA CME of the Month in April 2024 and three CME sessions have been completed until now. It is available at a very nominal cost to membership. Considering APPNA family belongs to different specialties, we are hoping that it will cater to the needs of every APPNA physician.

5. APPNA MERIT Leadership Academy

We conducted a leadership course to transform the culture of APPNA and better prepare the leaders of today and tomorrow. Aligned with this vision, we delivered a leadership course by the Maxwell Certified instructors.

6. APPNA Speakers Bureau

We are establishing the APPNA Speakers Bureau which consists mainly of APPNA members. We hope to connect these speakers with healthcare institutions in Pakistan. It will help in capacity enhancement and academic excellence that we all strive for.

For any inquiries, please do not hesitate to reach out to us at appnamerit@gmail.com.

Regards,

Sadiq Naveed, MD
Chair, APPNA MERIT 2024



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Dr. JOSEPH EMMANUEL

For APPNA President



“

Let's Build a Stronger
APPNA

HIGHER MEMBERSHIPS

GREATER INCLUSIVITY

IMPROVE EDUCATION AND
HEALTHCARE EXCELLANCE
HAPPY

INDEPENDENCE DAY

M. SOHAIL KHAN MD for PRESIDENT



- APPNA SECRETARY
- APPNA TREASURER
- PRESIDENT APPNA ILLINOIS
- CHAIR BOT APPNA ILLINOIS
- PRESIDENT, SECRETARY & TREASURER DOW ALUMNI
- PRESIDENT, SECRETARY & TREASURER COUNTY MEDICAL SOCIETY- ISMS

GOALS

- ASSIST MEDICAL EDUCATION INSTITUTIONS IN PAKISTAN TO IMPROVE THE QUALITY OF EDUCATION AND HEALTH CARE DELIVERY.
- EXPLORE AND EVALUATE ENTREPRENEURIAL OPPORTUNITIES FOR APPNA MEMBERS.
- EDUCATE APPNA MEMBERS ON THE LATEST TECHNOLOGICAL ADVANCES THAT IMPACT THE PRACTICE OF MEDICINE.
- CREATE EFFICIENCY IN THE MANAGEMENT OF APPNA AS AN ORGANIZATION.
- ASSIST NEW HEALTH CARE GRADUATES FROM PAKISTAN TO OBTAIN HIGHER EDUCATION AND TRAINING IN THE USA
- DEVELOP A PLAN TO PROTECT THE INTEREST OF APPNA MEMBERS IN THE USA BY DEVELOPING CAPACITY TO INFLUENCE US REPRESENTATIVES IN THE CONGRESS AND DEVELOPING RELATIONSHIPS WITH MEDIA, LIKE-MINDED ORGANIZATIONS & EDUCATIONAL INSTITUTIONS.

847 682 1146

- A Proven Leader of APPNA through Service
- One who is beyond ethnic and alumni beliefs.
- A strong believer in democracy.
- A Uniter. Someone who believes in the advocacy of our community both here and in Pakistan.
- Some one who has served in most of the committees in APPNA.
- Has a good understanding of its Structure, Bylaws, Finances, Operations & Policies through his service
- With a track record of Successful completion of projects like APPNA PPS House, Seamless transition to Electronic Balloting, Educational projects, Innumerable large scale very successful Meetings, Events, Fundraisers Internationally & National.
- Who believes in building institutions with inclusiveness.



Lubna Naeem MD for APPNA President

Dedicated physician practicing Internal Medicine in Texas for past 25 years and a prominent community advocate

APPNA Leadership

- Secretary of APPNA
- Treasurer of APPNA
- Chairperson Women & Children's Affairs Committee
- President APPNA South Central Texas Chapter

Board Representation

Only Pakistani American physician on the Bexar County Medical Society's Board of Directors

Recognitions

- President Obama Award outstanding volunteer service on the Childhood Obesity Initiative
- Woman of the Year 2022 Bexar County Medical Society
- Recipient of numerous awards for service to APPNA & Alumni communities

BABAR RAO MD, FAAD



2025 President Elect Candidate

COMMITMENT TO ACADEMICS

- Authored >300 publications and 2 textbooks
- Founding Chair of Rutgers Dept. of Dermatology
- Professor of Dermatology at Rutgers RWJMS, California Health Sciences University, Rawalpindi Medical University
- Chair of Research Committee at Skin of Color Society
- Associate Professor of Dermatology at Weill Cornell Medicine
- Committee member of the Digital Pathology and In-Vivo Microscopy for College of American Pathologists
- Committee member of the American Academy of Dermatology Ethics and Industry Relations Council, Health Technology Committee

VISION FOR APPNA

- ✓ **IMPACT:** Increase visibility of APPNA in North America
- ✓ **FISCAL:** Make APPNA financially strong and transparent
- ✓ **ACADEMICS:** Create APPNA Hub/Portal for PDRs (Pakistani Descent Doctors) to assist in housing, training, and career development
- ✓ **SERVICE:** Establish a centralized platform pairing APPNA members to humanitarian efforts

SERVICE TO APPNA

- ✓ **APPNA MERIT (Medical Education and Research):** Former Chair and Committee Member (since 2007)
- ✓ **APPNA MEDICAL CORPS:** Former Chair and Committee Member (15+ years)
- ✓ **EMERGENCY RELIEF CLINICS:** Led clinics in Haiti, Nepal, Pakistan during humanitarian crisis
- ✓ **APPNA MOBILE CLINICS:** In collaboration with ICNA, launched and coordinated free mobile clinics across United States in areas of need

HUMANITARIAN

- ✓ **RAWALPINDI MEDICAL COLLEGE OVERSEAS FOUNDATION:** Current Chair and Founding Member
- ✓ **FIRST GIRLS SCHOOL:** Established the first girls' school in the village of Darya Khan, Pakistan
- ✓ **RAWALIANS BURN CENTER:** Led the formation of the first burn center in the Pindi region for disadvantaged patients
- ✓ **DIALYSIS UNIT:** Co-led the establishment of the Holy Family Hospital Dialysis Unit in Rawalpindi
- ✓ **PEDIATRIC SURGERY:** Co-led the establishment of the Holy Family Hospital Peds Surgery Unit
- ✓ **AMERICAN ACADEMY OF DERMATOLOGY:** Former Chair of Volunteer Abroad and International Affairs
- ✓ **MENTORSHIP:** Mentored hundreds of Pakistani medical students and residents and established student observerships in the United States



<https://linktr.ee/babaraoappna>



WELCOME TO ALL
THE ATTENDEES
AT THE APPNA
ANNUAL SUMMER
CONVENTION OF
2024.



**CANDIDATE
FOR APPNA
BOARD OF
DIRECTORS
2025**

**MUHAMMAD
ASLAM, MD**

APPNA ELECTION 2025

**BUILDING BRIDGES
THROUGH INDEPENDENT
LEADERSHIP WITH
INTEGRITY AND VISION**

DR. NAGHMA A. MALIK

MBBS, MPH, DMCH

CANDIDATE
FOR
APPNA BOD
2025-2026



AWARDS

- AIMCAANA Service Award-2023
- APPNA Service Award-2023
- APPNA Award- APPNA Fall meeting 2017
- Physician of the Year Award-The Children's Hospital Lahore-1999

CURRENT POSITIONS:

- Immediate Past President, AIMCAANA-2024
- Secretary APPNA Ohio Chapter 2023-2024
- Member APPNA Scholarship Committee 2023-2024
- Chair Membership Committee Global Iqbalan Organization (USA) 2021-2024
- Board Member Clifton Town BOD, Cincinnati Ohio-2021-2024
- CEO Dermated Brand

SERVICES TO APPNA:

- President AIMCAANA-2023
- Member APPNA Advocacy Committee-2019
- Chair Social Forum-2019
- Co-Chair Member Communications Committee-2018
- Member Membership Committee-2018
- Member APPNA Childhood Obesity & Breast Cancer Awareness-2018
- Member APPNA Civic Engagement Committee-2017
- Chair Decoration Committee, APPNA Fall Meeting, Cincinnati OH-2017
- President, APPNA-Ohio Chapter 2010-2011

SHAPE APPNA'S TOMORROW WITH YOUR VOTE



**Dr. Mujtaba A. Qazi for
APPNA Board of Directors 2025**

Cornea & Refractive Surgeon
Pepose Vision Institute, Saint Louis, Missouri
Medical School: New York University School of Medicine (1997)

CHECKING ALL THE BOXES

Leadership • Education • Service

LEADERSHIP ROLES

- North American Medical Alumni
- APPNA Strategic Meeting 2024
- APPNA Medical Corps (AMC)
- APPNA Greater St. Louis Chapter
- APPNA Community Health Clinic

BOARD & COMMITTEE MEMBER

- Constitution & Bylaws (CABL, 2023-present)
- APPNA Medical Corps (AMC, 2020-2022)
- Social Welfare & Disaster Relief (SWDRS)
- Muslims for a Better America, Saint Louis
- Al-Shifa Foundation of North America

GOALS & VISION

1. Expand participation and membership of US, Canadian, and Caribbean medical school alumni in APPNA
2. Integrate APPNA Education-centered Committees
3. Promote Skills Transfer to Medical Professionals in Pakistan
4. Streamline the APPNA Central Office
5. Develop programs for adjunct medical professionals within APPNA

Contact: Mqazi@peposevision.com | Cell: (314) 323-3871

FOR APPNA BOARD OF DIRECTORS

**PROGRESSIVE &
INDEPENDENT**

**SYED
ARMAN
RAZA**

MD, FACC, FSCAI

**LET'S BUILD
APPNA FUTURE
TOGETHER**



HIGHLIGHTS

- Dow Graduate of 2001
- Interventional Cardiologist in Houston, TX
- Clinical Associate Professor at University of Houston
- Core Faculty for Cardiology Fellowship and Internal Medicine Residency at University of Houston/HCA Kingwood Program

ACCOMPLISHMENTS

- President APCNA 2024 (Association of Pakistani-Descent Cardiologists of North America)
- Past President APPNA STC (South Texas Chapter)
- Chair of Host Committee for APPNA Fall Meeting in Houston 2023
- Teaching Attending of the Year 2020 (University of Houston/HCA Kingwood IM Residency Program)
- Subspecialty Teacher of the Year 2022 (University of Houston/HCA Kingwood IM Residency Program)
- Served on CABL, YPC and Membership Committees of APPNA
- Served on Communication and Membership Committees of Dogana (Dow Graduates Association of North America)
- Served at multiple committees at HCMS (Harris County Medical Society)
- Delegate to TMA (Texas Medical Association) from HCMS
- Member, Medical Executive Committee and Chair of APP Committee for HCA Kingwood Hospital.

razasy@gmail.com

VOTE FOR

SAEED SABIR

FOR APPNA BOARD OF
DIRECTORS | 2025-2026

Servant Leader with
Integrity, Transparency
and Accountability

SERVICES TO VARIOUS ORGANIZATIONS

SERVICES TO APPNA

- Chair of APPNA Winter Meeting at Dow, Karachi, 2019
- Chair of APPNA International Meeting Committee, 2024
- Leading Team as Chair of APPNA Winter Meeting, Karachi 2024
- Member of APPNA Membership Committee, APPNA Finance Committee, and APPNA Advocacy Committee.
- Member of APPNA Foundation Board of Management, 2024

SERVICES TO DOGANA

- Counselor of DOGANA for 8 years
- Chair of the Membership Committee for 3 years
- Chair of DOGANA Winter Meeting at Dow, Karachi, 2019
- Chair of DOGANA Annual Retreat in Las Vegas, 2021
- Member of DOGANA APPNA Liaison Committee

SERVICES TO APPNA NEVADA CHAPTER

- President of the APPNA Nevada Chapter, 2011
- President of the APPNA Nevada Chapter, 2024

Donate Generously for
APPNA
Social Welfare & Disaster
Relief Projects

Please visit:
www.appna.org

*Host Committee Welcomes
All APPNA Delegates to
APPNA 47th Annual Convention
July 3-7, 2024 at
Gaylord Nation Harbor, MD*



APPNA 47th Annual Convention July 3-7, 2024 Washington D.C.

AIMCAANA Allama Iqbal Medical College Alumni Association of North America



AIMCAANA 2024 Projects

1-Establishing AHA Certified BLS Training Center at AIMC with near future expansion to ACLS, ATLS & PALS

2-Joint AIMCAANA & KEMCAANA Retreat Event in Dallas March 2024 with more than 300 participants

3-Contribution commitment for APPNA Cornea Transplant Program in the amount of \$7,500.

2-Distribution for Roshan Package to AIMC Employees worth \$12,500 in Conjunction with Rukhsana Tahirkehli Foundation in Lahore.

5-Repair & Upgradation of Surgical Laproscopic Tower at Jinnah Hospital Lahore

6-Reinstatement and upgradation of AIMC Digital Library via HEC Pakistan

7-Initiation of Jinnah Hospital/AIMC Nursing School student rotation program at Pakistan Kidney & Liver Institute and Shaukat Khanum Hospital Lahore

8-Provision of Computers to Jinnah Hospital/AIMC Nursing School for EMR and advanced computer skills learning

9-Expansion of Nursing educational curriculum in Punjab in collaboration with KEMCAANA and Punjab Government

10-Repair and supply of electrical appliances to AIMC Girls' Hostel

11-Initiation of Formal Observer-ship program for AIMC Students and Graduates with online application process availability

12-Expansion of AIMC Digitalization Project started 2022 to include online Hostel Allotments

Saqib Saeed Sheikh, MD
President AIMCAANA





APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

FJMCAANA

Fatima Jinnah Medical College Alumni Association of North America

Our growing Alumni continues to support our various projects and initiatives in Pakistan with financial , academic and personnel assistance.

Following are our running projects:

- 1- 60 cornea transplants free of cost every year to deserving patients in SGRH, Lahore under leadership of Prof .Huma Saigol Ophthalmology Dept.Thanks to Zafar Mir foundation for continuing contributions to alumni funds.
- 2- Undergraduate scholarships to ten deserving FJMU students annually
- 3- Two annual qurze hasna packages to graduate students seeking residency training in USA and with personal lodging help from Alumni
- 4-Kashani Basti , Fazal pur , Punjab flood rehabilitation with new housing, dispensary, school uniforms and supplies
- 5-Water filtration project Basti Lassa
- 6-Telemedicine project initiative in Kashani Basti
- 7-Established detailed resources, guidelines, webinars, mock-interviews preparation, observer-ships for FJMU graduates seeking residency training in USA
- 8-participation in APPNA merit program.
- 9-Free online medical camp via You Tube channel for health education and public awareness with Dr. Samina Toufeeq in Pakistan.
- 10- Continued fundraising for above projects from Alumni and local communities.
- 11-Fundraising for Vanguard Endowment funds for investments and growth.
- 12-A fun and productive Fjmcaana retreat in Chicago spring meeting regarding future leadership roles for female physicians in USA and Pakistan in various health organizations.
- 12- FJMCAANA collaboration with big APPNA group for future projects and initiatives as way forward.

Thank you

Azra Khan MD
President, FJMCAANA



APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

KMCAANA

Khyber Medical College Alumni Association of North America



Dear APPNA family,

I, as President of KMCAANA, would like to share with you the achievements and contributions of KMCAANA over the last year.

It was a hectic year as our very own Dr. Arshad Rehan was the President of APPNA and our alumni put in all possible efforts to arrange a very successful winter meeting for APPNA members, in Rawalpindi and Peshawar.

Delegates enjoyed great AMA certified CMEs, musical performances and visits to the walled city of Peshawar, Torkhum border and a tour of the legendary

poet Ghani Khan's private residence, in Charsadda.

KMCAANA awarded 85 financial need based scholarships to KMC students last year and will be awarding another 100 this year. We contributed \$30,000 to APPNA cornea program and Dr. Arshad Rehan contributed \$50,000 to the cornea project. In addition we support a Stoma Bank at Khyber Teaching Hospital as well. We sent Ramazan food ration packages to more than 200 families this year. Last year our alumni started a stroke program in KP for the first time to administer thrombolytic therapy to stroke patients. We have been donating pacemakers to Hayatabad Medical complex in collaboration with APCNA.

This year Khyber Medical College was elevated to the status of medical university through the efforts of our alumni. We arranged mentorship programs and workshops for USMLE applicants. We have almost doubled our paid membership this year.

I want to thank the executive committee of KMCAANA: President-elect Tufail Ijaz, Secretary Shazia Ahsan Savul, Treasurer Hameed Ahmad, immediate Past President Taimoor Khan, Executive Director Rashid Hanif, immediate past President APPNA Arshad Rehan, past leadership and members of KMCAANA for their continued support. I am grateful for the support we receive from APPNA leadership and the APPNA family. Your support, indeed, makes everything we do possible.

Regards,

Sharif Uz Zaman Khan
President KMCAANA



APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

RMCAANA

Rawalpindi Medical College Alumni Association of North America



Dear all ,

Please note following Achievement / projects for RMCAANA

This year, on behalf of the RMCAANA EC:

The Urology Department at Benazir Bhutto Hospital in Rawalpindi faced challenges meeting the surgical needs of disadvantaged patients due to limited capacity and long wait times. Thanks to the support and generous donations from RMCAANA members, the project to upgrade the Urology Surgical Suite at the hospital has been successfully completed. A new surgical suite has been added, doubling the department's operational capacity. The RMCAANA Executive Committee worked tirelessly to finish the project in record time.

- A not-for-profit PayPal account for RMCAANA Inc. was opened, along with setting up donation receipts and bookkeeping for all donations. Additionally, a donation drive during Ramadan for the RMU Urology project was conducted, with donations successfully transferred to the RMU Urology department. Talal, as the treasurer, is overseeing this initiative.

- The Scholarship and Education Committee, with EC guidance and support, created an ongoing database for available mentors for clinical rotations (work in progress). A unique application portal was opened on the RMCAANA website for medical students/graduates to apply for US rotations, facilitating the setup of current and future rotations for over 15 candidates in Oklahoma City, with more planned for the coming months. The committee also assisted in arranging residences and meet-and-greet sessions for visiting medical graduates in Oklahoma City. President Dr. Fawad Chaudry and Secretary Dr. Iftikhar Chaudry played crucial roles in these initiatives.

- Dr. Fawad Chaudry initiated an observership program at OUHSC, benefiting many students/graduates under his mentorship. The program now includes other specialty service lines, providing graduates with valuable experience in multiple specialties in a university setting.

- The EC applied for 501C3 status for RMCAANA this year, marking the first time in the organization's history that this status has been pursued. After months of effort, RMCAANA now proudly holds 501C3 status (RMCAANA Inc.), making all donations fully tax-deductible. Rizwan will oversee compliance and taxation matters.

- Our membership numbers have been steadily increasing, and we have been able to introduce new members at a consistent rate. The membership fee for RMCAANA has been waived.

Thanks

Fawad Chaudry, MD
President RMCAANA



APPNA 47th Annual Convention

July 3-7, 2024 Washington D.C.

NANA

Nishtar Medical College Alumni Association of North America



It gives me an immense pleasure to write this report for 2024. I am thankful for amazing Executive

Committee for their collaboration and teamwork.

Mental Health Support

NANA supported the lives of medical and nursing students by providing free access to confidential counseling and screening by mental health professionals. This initiative aims to improve students' well-being, ensuring they have the necessary resources to navigate their demanding educational paths.

Transformational Projects

We successfully raised \$10,000 to renovate the Nishtar girls' hostels, library, and gym. It will create a better living and learning environment for students, fostering their academic and personal growth. Additionally, we established an endowment fund exceeding \$100,000 for the NANA Humanitarian Awards. These awards honor the compassionate hearts and selfless dedication of medical students who go above and beyond to make a difference in their communities. Furthermore, we raised around \$180k to renovate ICU at Nishtar Medical University.

Supporting Future Generations

We are subsidizing the cost of living for residency applicants at the NANA House in Louisville, KY. This initiative provides a supportive environment for residency applicants and fosters a sense of community in the United States.

Recognizing Excellence

We organized a seminar titled "Navigating Success at Nishtar" to award the top performers in MBBS, BDS, Nursing, and allied professions. The event included the families of all position holders and 28 Nishtarians who matched this year. Following the award ceremony, we held a career counseling session led by matched applicants, providing valuable insights into successful career pathways in the US.

Promoting Research and Education

We are offering scholarships to students and trainees for advanced research courses provided by APPNA Merit to create an atmosphere of research and evidence-based learning. We are also organizing the first South Punjab Research Day for medical students in August and the Annual Hospital Day for subspecialty trainees in October at Nishtar.



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Through these initiatives, we are committed to supporting the academic, personal, and professional growth of our students, ensuring they have the resources and opportunities needed to excel in their careers and make a positive impact on their communities.

Muhammad Zeshan, MD - President NANA

SHINING STARS OF COMPASSION:



NANA HUMANITARIAN AWARDS FOR NISHTAR MEDICAL STUDENTS

Join us in honoring the compassionate *hearts and selfless dedication of Nishtar Medical students* who go above and beyond to make a difference in their communities. The NANA Humanitarian Awards celebrate the outstanding efforts of these future healthcare leaders, recognizing their impactful contributions to the well-being of others.

LET'S SHINE A SPOTLIGHT ON THESE INSPIRING INDIVIDUALS AND CELEBRATE THEIR COMMITMENT TO SERVING HUMANITY WITH KINDNESS AND EMPATHY.

1ST PLACE WINNER

\$1000

2ND PLACE WINNER

\$750

3RD PLACE WINNER

\$500

4TH PLACE WINNER

\$300

5TH PLACE WINNER

\$200



SUPPORTING OUR HEALTH CHAMPIONS: NISHTAR ALUMNI OF NORTH AMERICA'S COMMITMENT TO FREE MENTAL HEALTH SERVICES FOR MEDICAL AND NURSING STUDENTS

OBJECTIVES:

1. To provide Free of Cost access to confidential counseling and screening by mental health professionals for all students.
2. To provide access to evidence based multidisciplinary clinical care to students in case of diagnostic indication.
3. To provide voluntary and cost-effective service which is distinct from onsite or administratively mandatory evaluations carried out by medical college faculty.
4. To act as support center and run small groups focusing on building psychological resilience.

Program Coordinator: Dr. Saadia Hadayat

Thank you to our generous Donors



MUHAMMAD ZESHAN, MD
PRESIDENT, NANA 2024

NAVIGATING SUCCESS



Nishtar Alumni of North America (NANA) & Nishtar Medical University (NMU) coordinator invites you to a Seminar on **Navigating Success**



- Academic recognition of position holders of NMU: MBBS, BDS, Allied and Nursing.
- Celebrating the academic achievement of our graduates.
- Career counselling session by matched applicants on pathway to a successful career in US.



PROF. DR. MEHNAZ KHAKWANI
FCPS - VICE CHANCELLOR



DR. MUHAMMAD ZESHAN, MD
PRESIDENT NANA



PROF. DR. GHULAM ABBAS
MBBS, FCPS, MBA
PROFESSOR OF NEPHROLOGY
REGISTRAR NMA



DR. MUHAMMAD IRFAN ARSHAD
MBBS, MPH
ADDITIONAL REGISTRAR, NISHTAR MEDICAL UNIVERSITY
ISLAMAN



PROF. DR. EYED AHMER HUSSAIN
PROFESSOR OF OPHTHALMOLOGY
DIRECTOR STUDENT AFFAIRS NMU



PROF. DR. BASHAD QAMAR RAO
MBBS, FCPS, PACS, FICS
PROFESSOR OF OPHTHALMOLOGY
PRINCIPAL NMC



DR. MUNES BAZA, MD
TREASURER NANA



DR. ASIF BASHIR, MD
NANA NYC CHAIR



DR. NOUMAN SHAFIQ
MEMBER NANA NYC



AHMED ANSARI
NY-09



M. AKBAR RANJHA
NY-07

VENUE: HAYAT ZAFAR AUDITORIUM | DATE: 27-05-2024 | TIME: 10:00 HOURS



APPNA 47th Annual Convention

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Event Schedule

Venue: Gaylord Nation Harbor, MD

Wednesday, July 3, 2024

8:00 AM - 11:59 PM	Prayer Room	Chesapeake 1-3
10:00 AM - 7:00 PM	Exhibitor Registration	Prince George's Reg Counter
1:00 PM - 7:00 PM	Bazaar Exhibitors Move-in	Prince George's Exhibit Hall (Lower Level)
1:00 PM - 7:00 PM	Non-Retail Exhibitors Move-in	Convention Pre-function area and Pre-function Area Maryland
3:00 PM - 9:00 PM	Registration	Potomac Reg Counter
6:00 PM - 7:00 PM	Inauguration Ceremony	Cherry Blossom Terrace
7:00 PM - 9:00 PM	Hi-Tea	Maryland C
9:30 PM	Entertainment	Maryland 4

Thursday, July 4, 2024

7:30 AM	CME Breakfast	Maryland B/4-6
8:00 AM - 9:00 PM	Registration	Potomac Reg Counter
8:00 AM - 11:59 PM	Prayer Room	Chesapeake 1-3
8:00 AM - 12:00 PM	CME	Maryland B/4-6
8:00 AM - 7:00 PM	Exhibitor Registration	PG Reg Counter
9:00 AM - 6:00 PM	Bazaar	Prince George's Exhibit Hall (Lower Level)
9:00 AM - 6:00 PM	Non-Retail Exhibit	Convention Pre-function area and Pre-function area Maryland
12:00 AM - 4:00 PM	Food Court/ Cash Concessions	PG D/E (Bazaar)
12:00 PM - 6:00 PM	Recreation Hall	Prince George's Exhibit Hall - E (Lower Level)
1:00 PM - 4:00 PM	APPNA Innovation	Maryland C
1:00 PM - 2:00 PM	CME Lunch	Maryland B/4-6
2:00 PM - 4:00 PM	Makalma - Javed Ghamidi Kay Saath	Maryland B/4-6
2:00 PM - 4:00 PM	Seminar on preventing drug addiction	Maryland 1-2
6:00 PM - 10:00 PM	SAYA Social	Chesapeake 4-6
7:00 PM - 9:00 PM	Cultural Night - Dinner	Potomac Ballroom
9:30 PM	Cultural Night Entertainment	Potomac Ballroom
10:00 PM	Mushaira / Poetry	Maryland B/4-6



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Venue: Gaylord Nation Harbor, MD

Friday, July 5, 2024

7:00 AM - 11:59 PM	Prayer Room	Chesapeake 1-3
7:00 AM	Golf (Lake Presidential Golf Course)	Meet in the lobby at 6:00 AM
8:00 AM - 9:00 PM	Registration	Potomac Reg Counter
8:00 AM	CME Breakfast	Maryland B/4-6
8:00 AM - 11:00 AM	CME	Maryland B/4-6
8:00 AM - 11:00 AM	Psychiatry	Maryland D
8:00 AM - 11:00 AM	Oncology	Maryland 1-2
9:00 AM - 6:00 PM	Bazaar	Prince George's Exhibit Hall (Lower Level)
9:00 AM - 6:00 PM	Non-Retail Exhibit	Convention Pre-function area and Pre-function area Maryland
9:30 AM - 12:30 PM	YPC Program	National Harbor 12-13
10:00 AM - 1:00 PM	APPNA Innovation	Maryland C
10:30 AM - 12:00 PM	Council Meeting	Maryland A
11:00 AM - 1:00 AM	APPNA Advanced Leadership Program	Chesapeake 4-6
11:00 AM - 2:00 PM	AKU - Class of 94'	Chesapeake D
11:30 AM - 12:30 PM	King Edward GB Meeting	National Harbor 10
11:30 AM - 12:30 PM	DOGANA GB Meeting	National Harbor 2-3
11:30 AM - 12:30 PM	AIMCAANA GB Meeting	National Harbor 5
12:00 AM - 4:00 PM	Food Court/ Cash Concessions	PG D/E (Bazaar)
12:00 PM - 1:00 PM	APPNA USAID Collaboration - Path Forward	Maryland A
12:00 PM - 1:00 PM	CME Lunch	Maryland B/4-6
12:00 PM - 6:00 PM	Recreation Hall	PG - E
1:00 PM - 2:00 PM	Jummah Prayer	Potomac Ballroom C-D
2:00 PM - 3:30 PM	YPC Program	National Harbor 12-13
2:00 PM - 4:30 PM	Social Forum	Maryland B/4-6
2:00 PM - 4:00 PM	SAYA	Chesapeake 4-6
6:00 PM - 12:00 AM	Childcare/Baby sitting	Chesapeake G,H,I,J,K,L
6:00 PM	SAYA Cruise	Off-Site
Alumni Dinners		
6:00 PM - 9:00 PM	Aga Khan	Maryland Ballroom C
6:00 PM - 9:00 PM	Allama Iqbal	Riverview Ballroom B
6:00 PM - 9:00 PM	Caribbean / NAMA	National Harbor 10
6:00 PM - 9:00 PM	Dental	National Harbor 4
6:00 PM - 9:00 PM	DOW	Riverview Ballroom A

Continue on next page.....



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Friday, July 5, 2024

Alumni Dinners

6:00 PM - 9:00 PM	Fatima Jinnah	National Harbor 5
6:00 PM - 9:00 PM	Jinnah Sindh	Maryland Ballroom A
6:00 PM - 9:00 PM	Khyber / Bolan	National Harbor 2-3
6:00 PM - 9:00 PM	King Edward	Woodrow Wilson A
6:00 PM - 9:00 PM	Liaquat	National Harbor 12
6:00 PM - 9:00 PM	Nishtar	Woodrow Wilson B
6:00 PM - 9:00 PM	Punjab	National Harbor 13
6:00 PM - 9:00 PM	Quaid-e-Azam	Chesapeake A-C
6:00 PM - 9:00 PM	Army Medical College	Chesapeake D
6:00 PM - 9:00 PM	Rawalpindi	Woodrow Wilson D
9:30 PM	Entertainment	Potomac Ballroom

Saturday, July 6, 2024

8:00 AM - 9:00 PM	Registration	Potomac Reg Counter
8:00 AM - 9:00 PM	Registration	Potomac Reg Counters
8:00 AM - 11:59 PM	Prayer Room	Chesapeake 1-3
8:00 AM - 7:00 PM	Exhibitor Registration	PG Reg Counter
8:00 AM	CME Breakfast	Maryland B/4-6
8:00 AM - 11:20 AM	CME Cardio Vascular	Maryland B/4-6
8:00 AM - 11:20 AM	Gastroenterology	Maryland A
8:00 AM - 11:20 AM	Podiatry	Maryland 1-2
9:00 AM - 6:00 PM	Bazaar	Prince George's Exhibit Hall (Lower Level)
9:00 AM - 6:00 PM	Non-Retail Exhibit	Convention Pre-function area and Pre-function area Maryland
9:00 AM - 12:00 PM	APPNA Dental CE Program	Chesapeake A-C
9:30 AM - 12:30 PM	YPC Program	National Harbor 12-13
11:30 AM - 12:30 PM	AI and Health	Maryland B/4-6
11:00 AM - 1:00 PM	APPNA Pediatric Annual Meeting	Chesapeake 4-6
12:00 AM - 4:00 PM	Food Court/ Cash Concessions	Prince George Hall - DE (Bazaar)
12:00 PM - 6:00 PM	Recreation Hall	Prince George Hall - E
12:30 PM - 3:00 PM	APCNA Lunch Meeting	Maryland D
12:30 PM - 3:00 PM	APPNA Candidates Debate	Maryland B/4-6
1:00 PM - 5:00 PM	YPN - Young Professionals Network	National Harbor 2-3



APPNA 47th Annual Convention

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Event Schedule

Venue: Gaylord Nation Harbor, MD

Saturday, July 6, 2024

2:00 PM	Colon Cancer Walk	Meet in Lobby
2:00 PM - 3:30- PM	Healthcare Delivery in Pakistan	Maryland A
2:00 PM - 3:30 PM	HSM Hospital	Chesapeake 4-6
2:00 PM- 6:00 PM	APPNA Healthcare Entrepreneurship and Innovation Symposium	Maryland C
2:00 PM - 3:30 PM	YPC Program	National Harbor 12-13
4:00 PM - 7:00 PM	SAYA	Chesapeake 4-6
4:30 PM - 5:30 PM	APPNA General Body Meeting	Maryland B/4-6
6:00 PM - 12:00 AM	Childcare/Baby sitting	Chesapeake G,H,I,J,K,L
7:00 PM	APPNA Banquet & Entertainment	Potomac Ballroom

Sunday, July 7, 2024

8:00 AM - 1:00 PM	Bazaar	Prince George's Exhibit Hall (Lower Level)
8:00 AM - 11:00 AM	Halwa Puri Nashta	Prince George's Exhibit Hall (Lower Level)
1:00 PM - 7:00 PM	Exhibitors Move-Out	Prince George's Exhibit Hall (Lower Level)



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CME Program

Mansoor Mohiuddin, MD - Chair
Tariq Mahmood, MD - Chair APPNA Convention
Asif Mohiuddin, MD - President APPNA 2024

Time	Topic	Speaker
Thursday, July 4, 2024		
	Welcome by President of APPNA and Chair CME Committee	
8:00 - 8:10 am		
8:10-8:15 am	Moderator: Namirah Jamshed, MD	
8:15-8:45 am	Mastering the challenge:Navigating complexities in refractory hypertension Management	Azra Mahmud, MD
8:45-9:15 am	Changing landscape of primary care	Habib Chotani, MD
9:15-9:45 am	perspective	Ilyas Yamani, MD
9:45-10:00 am	Break	
10:00-10:30 am	Case based approach to peripheral neuropathy	Waqar Waheed, MD
10:30-11:00 am	Principles of Primary Care of Older Adults	Namirah Jamshed, MD
11:00-11:30 am	A Clinical Update on Selected Neurodegenerative Conditions with an Emphasis on Parkinson's disease	Ejaz Shamim MD
11:30-11:45 am	Break	
	Covid and Beyond- Keynote Lecture	
	Moderator: Namirah Jamshed, MD	
11:45- 12:45 am	How we stood up the covid unit	Ali Tabatabai, MD
1:00 PM	CME Lunch	
Friday, July 5, 2024		
Parallel Session I	Psychiatry	
8:00- 8:10 am	Moderator: Mujeeb Shad, MD	
8:10- 8:50 am	Management of screen or videogame addiction among children and teenagers	Muhammad Zeeshan, MD
8:50- 9:30 am	Alarming increase in teenage suicide	Ahmed Hameed, MD
9:30- 9:40 am	Break	
9:40- 10:20 am	Suicidal Behavior in Teenagers: Is it Nature or Nurture?	Mujeeb Shad, MD
10:20 - 11:00 am	Thriving together - embracing mental wellness to build a resilient community.	Farah Abbasi, MD
Parallel Sessions II	Oncology	
8:00- 8:10 am	Moderator: Hassan Kaleem	
8:10- 8:45 am	Liquid biopsies(cDNA and CTCs) in patient with GI malignancies: Opportunities and Challenges	Pashtoon Kasi, MD
8:45- 9:20 am	Future of Multiple Myeloma therapy	Saad Usmani, MD
9:20- 9:55 am	Evolution of cell therapy for blood cancers	Muzaffar Qizalbash, MD
9:55- 10:00 am	Break	
10:00- 10:35	Recent advances in Car-T cell therapiesfor lymphomas: A comprehensive overview	Jasmine Zain, MD
10:35 - 11:10 am	Infections with novel therapeutics and immunotherapy	Zainab Shahid, MD
12:00 PM	CME Lunch	

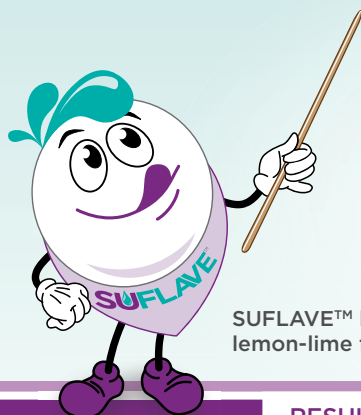


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Saturday, July 6, 2024		
5th APCNA-APPNA Shahbudin Rahimtoola Annual Cardiovascular Symposium Cardiology		
Parallel Sessions I		
8:00- 8:10 am	Moderator: Khurram Moin, MD	
8:10- 8:40 am	Atrial Fibrillation Management and Updates	Maria Viqar, MD
8:40- 9:10 am	Peripheral vascular Disease-Critical Limb Ischemia	Salman Arain, MD
9:10- 9:40am	Story of Innovation-Past, present and future of structural heart procedures-TAVR and Mitral clip	Mohammad Ansari, MD
9:40- 9:50 am	Break	
9:50- 10:20 am	Carotid Artery Stenting prevents stroke - what you need to know	Tariq Shahab, MD
10:20- 10:50 am	Future of CV Risk Assessment and Management: See disease Treat Disease	Khurram Nasir, MD
10 :50 - 11:20 am	State of the Art treatment for Myocardial Infarction	Rameez T Syed MD
Interventional Endoscopy: Where Are We Today and What Does the Future Hold?		
Parallel Sessions II		
8:00- 8:10 am	Moderator: Bilal Hameed, MD and Anis Memon, MD	
8:10- 8:40 am	Interventional Endoscopy: Where Are We Today and What Does the Future Hold?	Ali Siddiqui, MD
8:40- 9:10 am	NAFLD No More: MASH and clinical implications.	Zubair Younossi/Bilal Hameed, MD
9:10- 9:40am	Inflammatory Bowel Disease: IBD Pearls of Wisdom in Management	Tauseef Ahmed, MD
9:40- 9:50 am	Break	
9:50- 10:20 am	Obesity and Medical Management for the Primary Care	Mariam Khalid, MD
10:20- 10:50 am	Clinical Pearls regarding pancreatitis management	Mustafa Arain, MD
10 :50 - 11:20 am	Colon Cancer Screening Guidelines. 45 Is the New 50	Asma Shaukat, MD
Podiatry		
Parallel Sessions III		
Moderator: Noman Siddiqui, DPM		
8:00- 8:10 am	What is a DPM: Introduction to Doctor of Podiatric Medicine	Noman Siddiqui, DPM
8:15- 8:35 am	Tiny steps, Big Relief: Management of common causes of pediatric/juvenile foot and ankle conditions	Hummira Abawi, DPM
8:35- 9:15 am	What the PCP should know about the Diabetic foot	Anam Ali, DPM
9:15- 9:35 am	Bad bunions and hammertoes from the APPNA bazar and beyond	Noman Siddiqui, DPM
9:35- 9:40 am	Break	
9:40- 10:00 am	Common skin conditions in the foot and ankle and how to manage them	Sara Mahmood, DPM
10:00- 10:35 am	Hiba Mohiuddin, DPM: Plantar Fasciitis	Resident Forum
	Shehryar Raja, DPM: Lateral Ankle Sprain	
	Muhammed Sharoz Shamim, DPM: Ankle replacements for ankle arthritis	
10:45-10:55 am	Podiatric surgery outreach in Pakistan	Bilal Khan, DPM
10:55- 11:05 am	Closing Remarks: Promote APPNA and DPM membership	Tayyib Rana, MD
Plenary: AI and Health: Hope or Hype		
Moderator: Adnan Hyder, MD		
Panel Discussion:		
Mona Siddiqui, MD		
Qing Zeng, PhD		
Khan Siddiqui, MD		
11:30 am- 12:30 pm		

FLAVOR CHOICE IN BOWEL PREPARATION



SUFLAVE™ has a lemon-lime flavor.¹

SUFLAVE™

(polyethylene glycol 3350,
sodium sulfate, potassium chloride,
magnesium sulfate, and sodium
chloride for oral solution)
178.7 g/7.3 g/1.12 g/0.9 g/0.5 g

RESULTS FROM A PHASE 3 CLINICAL TRIAL

94% of patients achieved **successful*** bowel cleansing with **SUFLAVE**^{1,2}

87% of patients found **SUFLAVE** tolerable to very easy to consume²

- Rates of GI adverse events were <8%³
- Less vomiting occurred in patients taking SUFLAVE than SUPREP® Bowel Prep³

79% of patients found the taste of **SUFLAVE** neutral to very pleasant²

THE MAJORITY OF PATIENTS SAID SUFLAVE TASTES LIKE A SPORTS DRINK²

Study Design¹⁻³: This phase 3 trial was conducted in multiple sites. of the 500 subjects who enrolled, 450 were evaluable for efficacy analyses. The primary endpoint was the percentage of subjects with successful cleansing, which was based on the US FDA Bowel Prep Scoring Scale. The goal of the study was to establish non-inferiority of SUFLAVE to SUPREP® Bowel Prep Kit, using a 10% non-inferiority margin.

*Success was defined as an overall cleansing assessment of excellent or good by the blinded endoscopist; scores were assigned following completion of the colonoscopy; $P < 0.01$ in this non-inferiority clinical trial.

IMPORTANT SAFETY INFORMATION

SUFLAVE™ (polyethylene glycol 3350, sodium sulfate, potassium chloride, magnesium sulfate, and sodium chloride for oral solution) is an osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults. **DOSAGE AND ADMINISTRATION:** A low residue breakfast may be consumed on the day before colonoscopy, followed by clear liquids up to 2 hours prior to colonoscopy. Administration of two doses of SUFLAVE are required for a complete preparation for colonoscopy. Each bottle must be reconstituted with water before ingestion. Each bottle and one flavor enhancing packet are equivalent to one dose. An additional 16 ounces of water must be consumed after each dose. Stop consumption of all fluids at least 2 hours before the colonoscopy. **CONTRAINDICATIONS:** Use is contraindicated in the following conditions: gastrointestinal obstruction or ileus, bowel perforation, toxic colitis or toxic megacolon, gastric retention, hypersensitivity to any ingredient in SUFLAVE. **WARNINGS AND PRECAUTIONS:** Risk of fluid and electrolyte abnormalities: Encourage adequate hydration, assess concurrent medications and consider laboratory assessments prior to and after each use; Cardiac arrhythmias: Consider pre-dose and post-colonoscopy ECGs in patients at increased risk; Seizures: Use caution in patients with a history of seizures and patients at increased risk of seizures, including medications that lower the seizure threshold; Colonic mucosal ulcerations: Consider potential for mucosal ulcerations when interpreting colonoscopy findings in patients with known or suspected inflammatory bowel disease; Patients with renal impairment or taking concomitant medications that affect renal function: Use caution, ensure adequate hydration and consider laboratory testing; Suspected GI obstruction or perforation: Rule out the diagnosis before administration; Patients at risk for aspiration: Observe during administration; Hypersensitivity reactions, including anaphylaxis: Inform patients to seek immediate medical care if symptoms occur. **ADVERSE REACTIONS:** Most common adverse reactions ($\geq 2\%$) are: nausea, abdominal distension, vomiting, abdominal pain, and headache. **DRUG INTERACTIONS:** Drugs that increase risk of fluid and electrolyte imbalance.

Please see Brief Summary of Prescribing Information on reverse side. See Full Prescribing Information and Medication Guide at SUFLAVE.com.



Full Prescribing
Information and
Medication Guide



Visit
SUFLAVE.com

BRIEF SUMMARY: Before prescribing, please see Full Prescribing Information and Medication Guide for SUFLAVE™ (polyethylene glycol 3350, sodium sulfate, potassium chloride, magnesium sulfate, and sodium chloride for oral solution).

INDICATIONS AND USAGE: An osmotic laxative indicated for cleansing of the colon in preparation for colonoscopy in adults.

DOSAGE AND ADMINISTRATION: Split Dose (2-Day) Recommended Dosage:

Dose 1 - On the day prior to colonoscopy: A low residue breakfast may be consumed. After breakfast, only consume clear liquids until after the colonoscopy. Day 1, Dose 1 - Early in the Evening Prior to Colonoscopy: Open 1 flavor enhancing packet and pour the contents into one bottle. Fill the provided container (bottle) with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all the powder has dissolved. For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours. Drink 8 ounces of solution every 15 minutes until the bottle is empty. Drink an additional 16 ounces of water during the evening. If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish. **Dose 2, Dose 2 - The Morning of the Colonoscopy:** (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1): Continue to consume only clear liquids until after the colonoscopy. Repeat Step 1 to Step 3 from Day 1, Dose 1. Drink an additional 16 ounces of water during the morning. Stop drinking liquids at least 2 hours prior to colonoscopy. If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.

CONTRAINDICATIONS: Use is contraindicated in the following conditions: gastrointestinal obstruction or ileus, bowel perforation, toxic colitis or toxic megacolon, gastric retention, hypersensitivity to any ingredient in SUFLAVE. **WARNINGS AND PRECAUTIONS: Serious Fluid and Electrolyte Abnormalities:** Advise all patients to hydrate adequately before, during, and after the use of SUFLAVE. If a patient develops significant vomiting or signs of dehydration after taking SUFLAVE, consider performing post-colonoscopy lab tests (electrolytes, creatinine, and BUN). Fluid and electrolyte disturbances can lead to serious adverse events including cardiac arrhythmias, seizures and renal impairment. Correct fluid and electrolyte abnormalities before treatment with SUFLAVE. Use SUFLAVE with caution in patients with conditions, or who are using medications, that increase the risk for fluid and electrolyte disturbances or may increase the risk of adverse events of seizure, arrhythmias, and renal impairment; **Cardiac arrhythmias:** Use caution when prescribing SUFLAVE for patients at increased risk of arrhythmias (e.g., patients with a history of prolonged QT, uncontrolled arrhythmias, recent myocardial infarction, unstable angina, congestive heart failure, or cardiomyopathy). Consider pre-dose and post-colonoscopy ECGs in patients at increased risk of serious cardiac arrhythmias; **Seizures:** Use caution when prescribing SUFLAVE for patients with a history of seizures and in patients at increased risk of seizure, such as patients taking medications that lower the seizure threshold (e.g., tricyclic antidepressants), patients withdrawing from alcohol or benzodiazepines, or patients with known or suspected hyponatremia; **Use in Patients with Risk of Renal Injury:** Use SUFLAVE with caution in patients with impaired renal function or patients taking concomitant medications that may affect renal function (such as diuretics, angiotensin converting enzyme inhibitors, angiotensin receptor blockers, or non-steroidal anti-inflammatory drugs). These patients may be at risk for renal injury. Advise these patients of the importance of adequate hydration with SUFLAVE and consider performing baseline and post-colonoscopy laboratory tests (electrolytes, creatinine, and BUN) in these patients; **Colonic Mucosal Ulcerations and Ischemic Colitis:** Osmotic laxative products may produce colonic mucosal aphthous ulcerations, and there have been reports of more serious cases of ischemic colitis requiring hospitalization. Concurrent use of stimulant laxatives and SUFLAVE may increase these risks. Consider the potential for mucosal ulcerations resulting from the bowel preparation when interpreting colonoscopy findings in patients with known or suspect inflammatory bowel disease; **Use in Patients with Significant Gastrointestinal Disease:** If gastrointestinal obstruction or perforation is suspected, perform appropriate diagnostic studies to rule out these conditions before administering SUFLAVE. Use with caution in patients with severe active ulcerative colitis. **Aspiration:** Patients with impaired gag reflex or other swallowing abnormalities are at risk for regurgitation or aspiration of SUFLAVE. Do not combine SUFLAVE with starch-based thickeners. Observe these patients during administration of SUFLAVE. **Hypersensitivity reactions, including anaphylaxis:** SUFLAVE contains polyethylene glycol (PEG) and other ingredients that may cause serious hypersensitivity reactions including anaphylaxis, angioedema, rash, urticaria, and pruritus. Inform patients of the signs and symptoms of anaphylaxis, and instruct them to seek immediate medical care should signs and symptoms occur. **ADVERSE REACTIONS:** Most common adverse reactions are: nausea, abdominal distension, vomiting, abdominal pain, and headache. **POTENTIAL FOR DRUG ABSORPTION:** SUFLAVE can reduce the absorption of other co-administered drugs. Administer oral medications at least one hour before starting each dose of SUFLAVE. Administer tetracycline and fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, and penicillamine at least 2 hours before and not less than 6 hours after administration of each dose of SUFLAVE to avoid chelation with magnesium. **Pregnancy:** There are no available data on the use of SUFLAVE during pregnancy to evaluate for a drug-associated risk of major birth defects, miscarriage, or adverse maternal or fetal outcomes. Animal reproduction studies have not been conducted with polyethylene glycol 3350, sodium sulfate, potassium chloride, magnesium sulfate, and sodium chloride (SUFLAVE). **Lactation:** There are no available data on the presence of SUFLAVE in human or animal milk, the effects on the breastfed child, or the effects on milk production. **Pediatric Use:** Safety and effectiveness in pediatric patients have not been established. **Geriatric Use:** Of the 460 patients who received SUFLAVE in pivotal clinical trials, 125 (27%) were 65 years of age or older. No differences in effectiveness of SUFLAVE were observed between geriatric patients and younger adult patients. In geriatric patients, decreases in blood pressure on the day of colonoscopy were reported more frequently in SUFLAVE patients than with the active comparator in Study 1 (6% vs 0%) and Study 2 (3% vs 0%). Geriatric patients are more likely to have decreased hepatic, renal or cardiac function and may be more susceptible to adverse reactions resulting from fluid and electrolyte abnormalities. **STORAGE:** Store SUFLAVE at room temperature between 20°C to 25°C (68°F to 77°F). Excursions permitted from 15°C to 30°C (59°F to 86°F). See USP controlled room temperature. Rx only. Manufactured by Brintree Laboratories, Inc. Brintree, MA 02185



Packaging not shown actual size.

See Full Prescribing Information and Medication Guide at [SUFLAVE.com](https://www.suflave.com).

References: 1. SUFLAVE [package insert]. Brintree, MA: Brintree Laboratories, Inc. 2. Bhandari R, Goldstein M, Mishkin DS, et al. Comparison of a novel, flavor-optimized, polyethylene glycol and sulfate bowel preparation with oral sulfate solution in adults undergoing colonoscopy. *J Clin Gastroenterol.* 2023;57(9):920-927. Published 2023 Oct 1. doi:10.1097/MCG.0000000000001894 3. Data on file, Brintree, MA: Brintree Laboratories Inc.

SUFLAVE™
(polyethylene glycol 3350,
sodium sulfate, potassium chloride,
magnesium sulfate, and sodium
chloride for oral solution)
178.7 g/7.3 g/1.12 g/0.9 g/0.5 g

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APPNA 47th Annual Convention July 3-7, 2024 Washington D.C.

APPNA Alabama Chapter

Though we have a small chapter in Alabama, we are a cohesive group with a lot of enthusiastic members. We had a good year with APPNA AL Chapter last year and continue on with same traditions this year.

The chapter has been having two meetings a year. We have been trying to coincide them with Eid. This year we had spring meeting with Eid, we are hosting Baqra Eid on the day of; and our fall meeting will be a weekend retreat Nov 9-10th 2024 at Lake Guntersville lodge with lunch, hiking, horse riding golf and Saturday night dinner and music program, with visit to the caverns the next day. It is meant to be a family fun event and is meant to bring the chapter together.

AL chapter has a youth program that involves high school and undergraduate students and involves them in the meetings and volunteering programs at the free clinic and health fair.

The chapter continues with free clinics in the cities of Birmingham (Red Crescent Clinic Alabama) and Anniston (Salam clinic) every Sunday where patients with no insurance are treated without discrimination. We also provide free lab work and ECGs. The clinics are run on donations, a lot of which come from APPNA members.

We have continued with the annual health fair usually in October where we check vitals and labs and provide free counseling to all. We also provide flu shots.

We are also participating in a program this year in collaboration with the American college of cardiology AL chapter called the ANNO HEAL project. This project aims to improve cardiovascular morbidity and mortality by educating the general public about diet, exercise, risk factors for heart disease like hypertension Diabetes and their management. We are doing this by visiting their places of worship including churches, synagogue and mosque and collaborating with their leadership to reach out to the community. We have also collaborated with master gardeners to start gardens for fresh vegetables and also started exercise programs in these communities. In addition we have a quarterly seminar with lectures from physicians for the community. We are in the beginning stages of the program and hope to make at least a small impact on the lifestyle of our state which is currently in the top five states for CV mortality and prevalence of obesity, hypertension and diabetes.



Executive committee 2024 (with spouses)

Dr Saema Mirza, President

Dr Aniq Baqauddin, secretary

Dr Eima Zaidi, treasurer

Dr Ehtsham Haq, president elect

Saema Mirza MD FACC

President, APPNA AL Chapter



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APPNA Alberta Chapter



Dear Esteemed Members,

I am honored and delighted to serve as the President of the APPNA Alberta Chapter for 2024-2025. It is with great pride that I share our early achievements and initiatives.

Seasons' Greetings Event

Our year began with a heartwarming seasons' greetings event at Foothills Medical Centre in Calgary, in collaboration with ICNA. An impressive 2000 healthcare professionals attended, celebrating unity and recognizing the invaluable contributions of our colleagues.

Community Health Awareness Events

In January and February, we conducted community health awareness sessions in Edmonton and Calgary, partnering with the Pakistan Canada Association. These live, in-person events saw up to 100 community members each, fostering education, dialogue, and engagement in promoting health and well-being.

Ramadan Fundraiser

In March, we held our annual Ramadan fundraiser, raising \$37,250 to provide food hampers for underprivileged individuals in remote areas of Pakistan. This initiative showcased our chapter's commitment to compassion and solidarity.

Eid Celebrations

On April 20, 2024, the APPNA Alberta Eid Party in Calgary was a joyous occasion, graced by Minister Muhammad Yaseen, MLA Irfan Sabir, esteemed physicians, and colleagues. It was a wonderful family gathering with music for adults and games for children. We look forward to another Eid party in Edmonton on June 22, 2024.

Upcoming APPNA Canada Meeting 2024

We are excited that the APPNA Canada Meeting 2024 will be hosted by APPNA Alberta Chapter in Calgary from August 15-18. This promises to be an outstanding event, bringing members from across USA & Canada together for fellowship, learning, and collaboration.

As we reflect on these achievements, I am grateful for the dedication and support of our members. Together, we have demonstrated the power of collective action and the impact we can make when united in service. Long live APPNA.

With warm regards,

Dr. Amir Aslam
President, APPNA Alberta Chapter





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APPNA DMV Chapter



It is my honor and privilege to be the President of the APPNA DMV Chapter this year.

This most vibrant Chapter, is full of potential that is well on its way to fruition. Our membership is 586 strong and we have new members ready to be added. Our membership is our strength. They are motivated to be active and participate in charitable endeavors.

Our Chapter is the first Chapter in APPNA history where the entire EC and the vast majority of the Council consists of NAMA/ Caribbean members and female physicians. We are indeed the future of APPNA unfolding before your eyes.

Our Social Welfare activities are going strong.
2024

Koohi Ghot Women's Hospital fundraising \$145,000.

Carpenter's Homeless Shelter Project - Monthly hot meal delivery for 35 residents and coat and clothing drive.

We will be working with Clean Fairfax by "Adopting a park" and making it APPNA DMV's responsibility to keep it clean. We hope to adopt other parks in the future.

2023

SIUT Hospital Karachi fundraising \$136,000.

Turkey Earthquake fundraising \$56,000.

Carpenter's Homeless Shelter Project - Twice a month hot meal delivery and Coat drive.

2 Health Fairs and Free Clinics.

2022

SIUT Hospital Karachi fundraising \$121,000.

Pakistan Flood fundraising \$34,000.

Carpenter's Homeless Shelter Project - Hot meal delivery twice a month and Coat drive.

Donation of 135 bags of groceries in collaboration with Masjid Ul Haq.

Akhuwat Pakistan Donation including delivery of two suitcases of formal clothing, 8 boxes and 18 foot truck loaded with donations for females.



These activities and more will get the entire Chapter family involved including the children and reinforce the value and joy of selflessly serving those in need and in giving back to the community. We endeavor to continue growing the Chapter and its philanthropic activities.

We are proud to be your hosts for the 47th Annual Summer Convention and are so excited to welcome you to our home!

Reema Chaudri, MD
President APPNA DMV 2024



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APPNA Maryland Chapter



The Maryland APPNA chapter (founded in 2021) is relatively 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 many social welfare projects and have held extremely successful health fairs at several locations. We have administered hundreds of flu vaccines as well as free screening tests for the community, distributed face masks, and provided health education.

ZAILC: Society for Special Persons project 2024

We are collaborating 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 infrastructure. Focus is on the livelihood of women with disabilities for their economic growth.

In the US some of our social welfare projects include helping the local refugees 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 with local organizations and local officials and enhance our 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
email: squreshi15@hotmail.com





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APPNA North East Ohio Chapter

Beginnings: APPNA-NEO Celebrates as the Newest APPNA Chapter with Community Engagement and New Initiatives

The Association of Physicians of Pakistani-descent of North America-North East Ohio Chapter (APPNA-NEO) proudly announces the successful registration of its new chapter, the latest addition to APPNA's regional network. This achievement marks a new era for the organization, advancing its mission to promote health, education, and charitable endeavors within the community.

To commemorate this milestone, APPNA-NEO hosted its annual gala, drawing over 200 physicians, their families, supporters, and distinguished guests. The event featured chief guest Ansir Junaid, honorable guest Tariq Karim, Consul General of Pakistan in Chicago, and keynote speaker Shammas Malik, the youngest mayor of Akron and of Pakistani descent.

The gala included a Continuing Medical Education (CME) program covering 11 disciplines, such as Maxillofacial Surgery, Oncology, Pediatric Cardiology, and Women's Health, providing a platform for professional development and knowledge sharing among attending physicians. Additionally, APPNA-NEO organized a meeting with Cleveland Clinic leadership, emphasizing the importance of collaboration in healthcare. APPNA President-elect Humera Qamar and APPNA-NEO chapter officers participated, highlighting the chapter's commitment to fostering strong partnerships with leading healthcare institutions.

Furthering their commitment to education and mentorship, APPNA-NEO has organized webinars focused on mentoring residency applicants, offering crucial guidance for the next generation of medical professionals. The chapter is also arranging elective opportunities for international medical students from Pakistan, creating valuable pathways for their professional development in the United States. These efforts are spearheaded by Chapter President Fawad Taj, an AKU alum.

Moreover, APPNA-NEO is engaging with local public health officials to enhance community health education and improve healthcare access, aiming to bridge gaps in healthcare services and empower the community with knowledge and resources.

The gala featured inspiring speeches, a musical performance by Bilal Khan, a renowned Pakistani singer, and recognition of outstanding contributions by members. Mayor Shammas Malik's keynote address resonated deeply with the audience, emphasizing the importance of community engagement and leadership.

This gathering underscored the chapter's commitment to its core values and highlighted strong community bonds. The successful registration, vibrant gala, enriching CME program, meeting with Cleveland Clinic leadership, innovative mentorship initiatives, and proactive engagement with public health officials demonstrate APPNA-NEO's dedication to making a meaningful impact through unity and collective effort. These milestones reinforce APPNA-NEO's resolve to continue promoting health, education, and charitable endeavors, solidifying its role as a vital part of the community.





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APPNA Oklahoma Chapter

The APPNA Oklahoma Chapter is dedicated to celebrating our heritage and making a positive impact in our community. Established in 2016, our chapter has grown significantly and remains actively engaged in community and philanthropic endeavors. This report highlights the accomplishments and impact of our Chapter.

Membership:

Our chapter currently has 96 members, including 86 lifetime members. Our strong sense of community and commitment has been instrumental in driving our success.

Fundraising Initiatives:

1. Turkish Earthquake Relief Fundraiser:
In response to the devastating earthquake in Türkiye, our chapter conducted a successful fundraiser and raised \$32,750 to provide immediate relief and assistance to those affected.
2. Pakistan Church Tragedy Fundraiser:
We actively participated in a fundraiser to support the community following a tragic church incident in Pakistan. We raised \$3,987 to aid the affected individuals and families.
3. Cornea Program:
Our members donated approximately \$22,500 to the central APPNA funds, supporting individuals in need of cornea-related assistance.

Community Health Initiatives:

1. Colon Cancer Awareness Walk:
In March of 2023 and 2024, we organized two consecutive and successful Colon Cancer Awareness Walks. The event aimed to raise awareness about colon cancer and educate the community about prevention and treatment options.
2. Health Fairs:
We organized annual health fairs to promote wellness in the community. These events offered free health screenings, educational resources, and preventive care services to community members.

The accomplishments and impact of the APPNA Oklahoma Chapter highlight the dedication of our members. We are proud of the positive contributions we have made to society. Moving forward, we remain committed to making a difference in the lives of individuals and communities.

APPNA Oklahoma
Executive Committee

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GREEN



DAWAT

07/05 - 7PM - The Wharf DC

DRESS CODE - COCKTAIL ATTIRE COLOR CODE - GREEN

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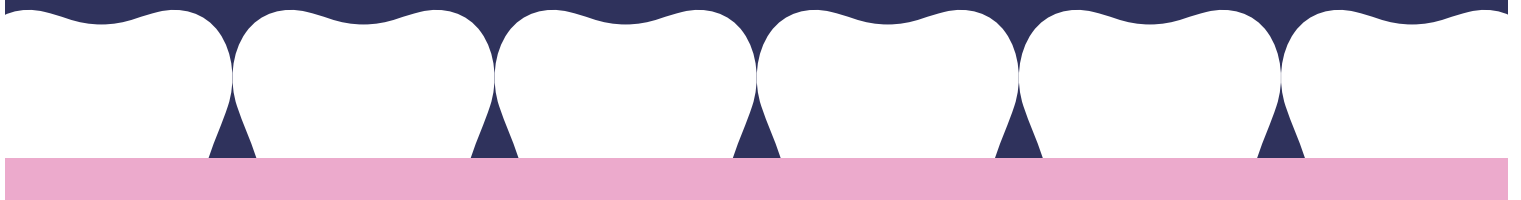
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USRAKM21@GMAIL.COM
@USRAKHAN_

Dental Donations & Supplies Needed! 🦷✨

As the daughter of the 2024 President of APPNA, I am inspired to follow in my father's footsteps by giving back to Pakistan. This motivation has led me to initiate my own mission trip to Karachi this December. As a pre-dental student, I aim to leverage my father's position in APPNA to provide essential assistance to underserved communities in Pakistan. Please consider supporting my upcoming mission trip by either donating dental supplies or through a sponsorship. Together, we can make a meaningful impact by delivering essential dental care to those who require it most.



Myesha Mohiuddin
Student at University of Southern California
Contact: myeshamohiuddin1@gmail.com





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The Road from “Khuda Hafiz” to “Allah Hafiz”

Reem Chaudri, MD

Chair Publication Committee, Lifetime APPNA member

Pakistani culture is a unique blend of Indian and Persian cultures and encapsulates the religious and ethnic diversity of India and that is what I have loved about it. This was carved over centuries, initiated by the invasion of the Indian subcontinent by Persians who brought with them their heritage and works of Sufism and science in the Persian language. The Mughals of Delhi patronized the Sufis who were considered to be the moral guide for all rulers. The prime focus of Sufism is on the personal relationship between the believer and the divine extending beyond the formal rituals and practices of Muslims and Hindus. Its emphasis is on the relationship with the divine rather than the method of connection. Sufism was thus able to mitigate the religious differences that existed between Hindus, Muslims, and other faiths of India, fostering peaceful relations between these religions and enabling them to influence one another.

The Persian language was another pillar of Indo-Persian culture that served as a source of unity across religious divisions. The Urdu language is a product of the Indo-Persian culture, as it is a hybrid of languages including Persian and Sanskrit. Sufism and the Persian language became part of the Indian cultural fabric symbolizing love, tolerance, and inter-faith harmony.

Pakistan, at the time of partition from India, inherited a syncretic Indo-Persian culture that promoted respect and tolerance for all regardless of gender, religion and ethnicity.

In the 1980's, however, under General Zia-Ul-Haq's regime, there was a seismic shift in the values and social norms of the country. He wielded his power to proselytize a mass cultural reimagination promoting Deobandi Islam. Similar to Wahhabism/Salafism, it is a puritanical movement which propagates an exclusionary, conservative, fundamentalist brand of Islam. It is against the Sufi-inspired Islam of the Indian subcontinent. Zia's "Islamization" policy was accompanied by an "Arab shift" implying the Arab version of Islam was the one all Muslims should follow.

Geopolitically, this was also a consequence of the simultaneous funding for Afghan jihad at the time of the Soviet invasion. US military aid and Arab funding resulted in the establishment of militarized madrassas and the breeding grounds for mujahideen fighters. Religion was used to motivate the masses. Saudi Arabia used this opportunity to extend its influence in the region, funding Pakistani organizations propagating Wahhabi ideology. Arab trained Imams replaced Imams in villages and Wahhabi Islam permeated large sections of the poor masses in Pakistan. There was a belief among the people that Saudi wealth was due to God's blessing on them. Oil created many employment opportunities in Saudi Arabia for working-class Pakistanis who in turn were exposed to a conservative version of Islam, which they internalized and brought back to Pakistan. Arabization became synonymous with "Islamization."

The Arabization of Pakistan changed Pakistani identity. Pakistan's Indo-Persian cultural roots were replaced by a Pan-Islamic identity. The national identity was Islamized at the expense of a secular nationality that was shared by all Pakistanis regardless of their faith. Arabization infused itself into Pakistan's culture and society, gradually effacing its Indo-Persian roots. The Urdu language was altered over the years to increase the Arabic influence on the language.

Pakistanis have fully aligned themselves with Arabs. My question is have the Arabs fully aligned themselves with Pakistan?

My family immigrated to the US prior to Zia. I do not have kinship nor do I align myself with Arabs. I am not an Arab. My mom and dad were born in Delhi and Batala, India, respectively. It is disrespectful to my heritage and my ancestors to pretend to be anything other than who I am. I am an American proud of my Pakistani Culture. I will continue to say Khuda Hafiz and Ramzan Mubarak, as will my children.



CN Internal Medicine

About Us

CN Internal Medicine is a member of Privia Health. Privia connects us with leading doctors in the community to transform healthcare by delivering high-quality, coordinated care that is centered on our patients.



Sabahat Nawab MD



Habib Chotani MD

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AI and CRISPR: A Simple Guide to Complex Medical Advancements

Maaz Mohiuddin

University of California, Los Angeles Undergraduate Student
maazmoh@g.ucla.edu

This article aims to explain the complex roles and importance of AI and CRISPR in advancing medicine in a way that non-medical minds can understand. By breaking down these technologies and their applications, we can highlight how they transform healthcare and its potential for the future.

The Power of AI in Medicine

Artificial intelligence (AI) is revolutionizing healthcare by leveraging its ability to process and analyze vast amounts of data quickly and accurately. Think of AI as a highly efficient detective, able to sift through mountains of data to uncover hidden patterns and clues. Platforms like Sully.ai are optimizing doctors' workflows by automating administrative tasks, enabling them to spend more time on patient care. Sully.ai integrates with electronic health records (EHR) and provides AI-generated questions based on patient history. It also provides AI scribes to take notes and supply tools to diagnose patients and send instructions afterward. This all-in-one solution significantly reduces inefficiencies, working to enhance doctors' capabilities, "making them superhuman" so they can serve every person on the planet at any given time (Sully.Ai). By addressing these issues, Sully.ai helps streamline the entire patient care process, from pre-visit preparations to post-visit follow-ups. AI also uses machine learning algorithms to identify patterns in complex datasets, making it possible to diagnose diseases with unprecedented precision. For example, AI-driven image analysis can detect early signs of cancer in radiographic images, often with higher accuracy than human radiologists (James, 2023). AI also enhances personalized medicine by analyzing genetic, lifestyle, and environmental data to predict individual patient responses to treatments, allowing for tailored healthcare plans. One of AI's most notable applications is in medical large language models. Google DeepMind's Med-PaLM, for example, has been designed to pull from several existing medical Q&A datasets to offer "safe and helpful answers" to questions posed by healthcare professionals and patients - all without the need for code. In the near future, physicians could harness these medical-grade AI language models for consultations, obtaining crucial insights and support in multiple areas of patient care. (James, 2023).

CRISPR: A Game Changer in Gene Editing

CRISPR (Clustered Regularly Interspaced Short Palindromic Repeats) technology is a groundbreaking tool for genetic manipulation. It allows scientists to make precise modifications to DNA, opening new possibilities for treating genetic disorders. Diseases like cystic fibrosis and sickle cell anemia, previously deemed incurable, are now potential targets for gene therapy using CRISPR (Doudna & Charpentier, 2014). CRISPR works by using a guide RNA to locate specific DNA sequences and a Cas9 enzyme to cut the DNA at the desired location. Imagine



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CRISPR as a pair of molecular scissors guided by a GPS system. The guide RNA acts like the GPS, directing the scissors (Cas9 enzyme) to the exact spot on the DNA where a cut is needed. This enables scientists to either remove faulty genes or insert new ones. The simplicity and efficiency of CRISPR make it a promising tool for a wide range of applications, from developing genetically modified organisms to conducting human gene therapy. In 2020, researchers successfully used CRISPR to treat a patient with sickle cell disease, demonstrating its potential to correct genetic defects at their source (Frangoul et al., 2021).

Synergy & Advancement

Profluent, a recent startup, is making waves in gene editing by blending AI and CRISPR technology. By leveraging AI, Profluent developed OpenCRISPR-1, an AI-generated gene editor that addresses a critical challenge in gene editing: off-target effects (Metz, 2024). The AI design involves over 400 engineered mutations, which significantly improve its performance compared to traditional CRISPR systems. This tool is open-source, meaning it's freely available for researchers and companies to use, which democratizes access to cutting-edge gene editing technology. This integration of AI and CRISPR not only streamlines the gene editing process but also opens up new possibilities for personalized medicine, offering more precise and accessible treatments for genetic disorders (Metz, 2024). The combined toolkit of AI and CRISPR pushes the boundaries of what is possible in medicine, transforming both the practice and the future of healthcare. As these technologies evolve, they promise to make personalized, gene-based treatments a reality, paving the way for a healthier future.

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A Looming Crisis: How Climate Change Threatens Health Equity

Dr. Zeeshan Pasha

Health equity – the state where everyone has a fair and just opportunity to attain their highest level of health – already faces significant challenges in many societies. Unfortunately, the looming threat of climate change promises to exacerbate these disparities, disproportionately impacting vulnerable populations.

Firstly, climate change amplifies the existing vulnerabilities of marginalized communities. Low-income communities and communities of color often reside in areas with poorer infrastructure, limited access to healthcare, and inadequate housing. 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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Basketball, just a sport? More than just a sport!

Aarzu Ali

The pressure is on
Bright lights shine in the arena
Two teams, only one will walk away with the win
The whistle blows
Chanting echoes in the arena
DEFENSE...OFFENSE...Music beats in the background
THUMP...THUMP...THUMP
Fans cheer with emotion
Screaming
Yelling
Intense focus on players faces
Shoes squeak on the floor
The exhilarating atmosphere of an
NBA game
Play after play
Shot after shot
Block after block
Steal after steal
Dunk after dunk
What an adventure!
BZZZZTT!
Players hustle to the locker room
Adrenaline surging through veins
Coaches give their half time talk

Arms locked together
Clapping to motivate
Teams gather back on the court
Focused, ambitious, and full of heart
Some may say the game is over
Others may say it's not over 'til it's over
The arena empties
Crowds of people rushing to cars
Avoiding the traffic
No one enjoys losing
But you take that loss like a champion
A little chip on your shoulder
Life lessons in the game of basketball
The journey of life and its parallels to a game
Often when we least expect it
Something we can learn and reflect upon
We are given a chance to grow and move on
Basketball, just a sport?
No, a game of skill and passion
Players striving to reach new heights
Learning from their mistakes

Lessons taught are more than a score
Teamwork
Resilience
A story to tell



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APPNA SUCCESS STORY

PPS APPNA HOUSE CAPTURING THE ESSENCE OF A 501 C3

A home away from home; their first home in USA.
The project modeled to develop a creative concept to assist young physicians coming from Pakistan



Where it began

At the start of the concept, a wise man once said, "a perfect plan never executed is worth zero".

In 2014, we started with fund raising for the PPS APPNA House and we were able to raise

150K with the help of 80+ donors.

The PPS- APPNA house fostered a learning environment that offered weekly clinical training classes & rotations.

It has served more than 2600 young physicians with more than 1200 practicing medicine in the US.

Dr. Sohail Khan was the backbone of the PPS- APPNA project. He continues to invest his time and energy to upkeep the success of the house.



4 bedroom apartment, with Library, study/lecture room
Completely renovated
Current value ~1 Million, USD.

Testimonies and some residents of PPS House practicing all across USA
Dr. Talha Khuaja, Allama Iqbal Medical college Cardiologist Ohio
Dr. Ghulam Ghous : created GG Notes used by hundreds of students for CS preparations
Dr. Huzaifa Salah Pediatrician Wisconsin
AKU Rehan Ali : Interventional Radiologist
Ali Ahsan : Psychiatrist NY
Shifa Medical, M. Ahmed: Pathologist King Edward MC

M. Sohail Khan, MD

Chair Committee, 2024
Founder & past President PPS 2014



His Impact

A man with a vision who can deliver

"No relationship, no connections- [I was] just a junior Pakistani alumni in his struggling phase connected with him for help. **And he [Sohail Khan, MD] went above and beyond!** Since then, just like you all, I have been able to build a successful career and pass on favors to juniors of mine"

- **Atif Zafar, MD (Neurology, University of Toronto, former Program Director of New Mexico Hospital | Dow medical college)**

"I had a great time staying at the PPS house while studying for the USMLE. I made great memories and lifelong friendships. I've always appreciated the mentorship of Dr. Sohail Khan throughout my medical career"- **Mariyam Hashmi, MD FAAP Pediatric Gastroenterologist Dow International Medical College/DUHS**

"I came from Pakistan with absolutely no ties and no support. First one from my family to travel outside Pakistan. I contacted Dr. Sohail and not only he helped me with accommodation at Appna house, in fact he personally came to help me Clinical exam preparation and finding an externship. I am witness to his dedication towards helping others and his vision of establishing institutions"- **Waqas Yaseen, MD Psychiatry, Wisconsin | Shifa Medical College)**

"PPS house was a great project and I was honored to be the first resident there. It helped me immensely while rotating at a research attachment at Northwestern." - **Asad Ikram Vascular Neurologist, DFW/Texas**

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Cosmic Dance

Safdar I Chaudhary, MD

" There is nothing to do. I release every expectation and every false illusion of security. I trust in the wisdom of uncertainty and in the evolution of my willingness. I experience the joy, spontaneity and miracle of life right here where I am. I know there are infinite possibilities awaiting me and every blessing returns to me multiplied. For this I give thanks in advance. And So It Is~" Unknown

As we strive in this human life it is meaningful to see what is meaningful indeed. We can live in wisdom and dance with life or be in abyss of perpetual agony. As a psychiatrist I hear human stories of our collective life journey on a daily basis and notice patterns of sunshine or empty darkness. No one wishes to be in pain and suffering but we often find ourselves in such states over the course of our life. Clarity in making wise choices dawns over time in a unique manner to us individually.

Let's trace the origin and current biological use of two elements: Iodine and Gold. Cosmically like other heavy elements, iodine is thought to have been formed through the rapid neutron capture process, formerly believed to have occurred primarily in supernovas but now mostly in collisions of neutron stars with other neutrons stars or black holes. Such events occurring long before the formation of the Solar system seeded the primordial nebula with heavy elements. Trace amounts of iodine are required by the human body. Iodine is part of thyroxin, a hormone produced by the thyroid gland that controls the body's rate of physical and mental development. A lack of iodine can also cause a goiter, a swelling of the thyroid gland. Without Iodine and thus the manufacturing of the essential thyroid hormone we are unable live in this human body.

Gold the heavy element was formed in the heart of stars. Through nuclear fusion, the elements were fused together under intense heat and pressure. But, the creation of very heavy elements such as gold requires an even more extreme event: the explosion of a supernova. Gold has no known biological role and is non-toxic.

Both of these heavy elements have a role to play on the earth, one critical for aliveness and other glitter and honored by the kings for valuable asset. Yet gold has no real role for our biological existence. Our attachment to gold however proves to be lethal.

This human body as carriage of our soul is useful for a unique purpose and possible achievement of glorious wisdom or can be stuck in the glitters of life. Fears and anguish about this pure life is dust of the stars without any value but unique to life experiment as designed by Devine.

Understanding our story and purpose of life gives insights to human role on this earth. I suggest we become playful, thankful and cultivate a state of perpetual gratitude to this cosmic dance of existence in this remarkable universe. Watch the birds fly and winds blow through the meadows, walk on the earth barefoot and sit in stillness to cultivate nothingness as valuable tools of inner peace and awareness. May all beings find themselves.



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Dementia in Adults with Intellectual and Developmental Disabilities: An Overlooked Crisis

Aiman Tohid, MD, MPH - Director of Clinical Services, Makom

As the global population ages, the prevalence of dementia continues to rise, posing significant challenges for healthcare systems worldwide. Among the most vulnerable populations are adults with intellectual and developmental disabilities (IDD), who face unique risks and challenges related to dementia. Adults with IDD typically experience the onset of dementia, including Alzheimer's disease in their late 60s. For adults with Down syndrome (DS) onset can be considerably earlier in their 40s. Early detection of initial signs and symptoms of cognitive impairment and dementia is crucial in managing disease progression and providing quality care.

According to the National Task Group on Intellectual Disabilities and Dementia Practices (NTG), most adults with IDD experience dementia at the same rate as adults without IDD (about 6% after age 60). Adults with DS show a much higher prevalence (about 60% for age >60 and 20% for age >40). There is little research on dementia among adults with other neurodevelopmental disabilities, such as autism, cerebral palsy, and epilepsy. There is also a high risk for Alzheimer's related dementia with brain injury. Many presentations of IDD can mask early manifestations of dementia, so it is difficult to recognize dementia earlier in this population. Dementia can exacerbate existing behavioral challenges, leading to increased agitation, aggression, and mood disturbances. These symptoms can be distressing for both the individual and their caregivers. As dementia progresses, individuals with IDD may experience a significant decline in their ability to perform daily activities, resulting in increased dependence on caregivers and a loss of autonomy.

The intersection of dementia and IDD presents several barriers that complicate the delivery of effective care. Many healthcare providers lack the training and experience necessary to recognize and manage dementia in individuals with IDD. This can lead to misdiagnosis, delayed diagnosis, and inappropriate treatment. Standard cognitive assessment tools are often not validated for use in people with IDD, making it difficult to accurately assess cognitive decline. There is a need for tailored assessment instruments that consider the baseline cognitive function and specific needs of individuals with IDD. There is a scarcity of research focused on dementia in the IDD population. This gap in knowledge hinders the development of effective interventions and evidence-based practices. In addition, individuals with IDD and dementia, along with their caregivers, often lack access to appropriate support services. Specialized dementia care programs, respite care, and community resources are frequently unavailable or inaccessible to this population. Families and caregivers of individuals with IDD and dementia often face substantial physical, emotional, and financial burdens. The lack of specialized support can lead to caregiver burnout and reduced quality of care.

Dementia in adults with intellectual and developmental disabilities is an emerging public health issue that requires immediate attention. By addressing the barriers to care, improving provider education, and increasing research efforts, we can enhance the quality of life for individuals with IDD and dementia. Ensuring that this vulnerable population receives the care and support they need is not only a medical necessity but also a moral imperative. Clinicians experienced with aging and IDD can help obtain an accurate diagnosis, note changes in function and behavior, and help train caregivers to accommodate decline. Supportive training, education, and services can help caregivers minimize exhaustion and burnout. Services and supports may be effectively tailored via local long-term services and supports provider collaboration in the areas of disability, aging, and health. Because many older people with IDD live with their family, caring for these IDD folks who have dementia might be more difficult for the families. Adults with IDD and dementia can maintain their quality of life in community settings if they receive necessary assistance in time. Training programs for healthcare providers should include comprehensive education on dementia in individuals with IDD. This should cover diagnostic techniques, management strategies, and the use of appropriate assessment tools. Research efforts should focus on developing and validating cognitive assessment tools specifically designed for individuals with IDD. These tools should account for baseline cognitive function and be sensitive to early signs of dementia. Advocacy groups and policymakers must raise awareness about the challenges faced by individuals with IDD and dementia. Public awareness campaigns can help reduce stigma and promote the development of supportive policies and programs.



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Eclipse

Lara Zuberi- Hematology/Oncology
Baptist MD Anderson, Jacksonville Florida

The sun was eclipsed by the moon today as the world watched in disbelief
The children of Palestine are the sun
special glasses aren't needed to witness their eclipse-

Isn't that a relief ?

There is no longer a blocking sheer
The view from all vantage points is crystal clear

They were all colors of a rainbow, these children, and more
Until the writing of this—fourteen thousand and more;

The rainbow broke into:

The green of the pastures
on the other side which could never be reached;

The orange of explosions
hitting them while their doors were breached;

The brown of the rubble of their homes
beneath which they lay trapped;

The red of the blood
that poured from severed arms they had wrapped;

The blue of the skies above
where the birdsongs were drowned
by blasts and drones;

The purple of the bruised body
and wounded spirit,
their breaths heard between moans;

The yellow of their orphaned faces
Of an unthinkable grief that no one could mend;

The grey of their skin
As the anguish of a slow hunger
Diminished that of a sudden end;

The black of the thick smoke
that burned every dream in its tracks;

The white of the endless cloth
that now shrouds their lifeless backs;

These, oh people of this world
were rainbows
This was the sun that is eclipsed for all to see
in clear view from every corner of the world
we can see

You may wear your dark glasses now,
for the sight before you may leave you blind



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A Few Thoughts on Social Media

Dr. Omar Bukhari - 5/2024

Recently, a few patients of mine passed away expectedly. The events, though an unwanted occurrence in medicine, forced me to think about the end of life and its meaning. What does it mean to be at the end of life? Some patients, "lucky" through the commoner's eye, pass at old age. Others, pass younger, as results of many reasons, including their chronic conditions and lifestyle habits.

The average life expectancy in America is around 76 years, according to the Centers for Disease Control in 2022 (2). What that means for each person is up to their own beliefs about life and their life satisfactions. When in 2024, the average person spends "2 hours and 23 minutes per day" on social media, that adds up to around 8% of the adult daily life, by my personal calculations (5). Do we want to spend 8% of our lives scrolling through social media feeds which may not benefit us? When research is perpetually showing that social media use is correlated with increased rates of psychological illness, do we really want to spend 8% of our life on it (4)? Research in 2021 shows that "social media use appears to be increased by depressive symptoms, loneliness, and high levels of stress" (4). When loneliness is a pandemic in America, loneliness seems to be triggering social media use, which in turn may trigger further depression and loneliness (4).

Staggeringly, the impact of depression can contribute to a reduction in life expectancy by up to "14.0 years in men and 10.1 years in women" assuming onset of depression in the teenage years (3). This is huge! Almost one decade less lifespan. Having depression as a young adult around age 30 may even lead to a 17 year expected work reduction (6).

I suppose what I am trying to communicate in this essay is that we need to figure out how to limit social media usage. I am sure that there is a place for using the social media, but time and time again, research shows the detrimental effects of too much usage. So, I think back to my patients who recently passed away. If social media usage can perhaps cause almost a decade less lifespan, then what about all their other chronic conditions? Diabetes, obesity, asthma, etc., how much of a lifespan reduction do those other chronic conditions come with? It all adds up in the end, does it not? When you think about all the conditions we face in human life, one thing becomes evident: we are not here for long. So I conclude with the simple observation - when sitting next to a new face, be welcoming if you can, as you may increase their lifespan.

Thank you for reading my thoughts.

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The Middle East Crisis

Dr. Shaheen Mian MD

The Palestinian and Muslim perspectives on the Israeli occupation of Palestine are absent and overshadowed in the global discussion.

Historical Context

After World War I and with the fall of the Ottoman empire, Britain was granted control of Palestine by the League of Nations. The Jewish immigration to Palestine started in early 1900. While under British rule, the Palestinians faced unequal treatment, while the Jewish population flourished under Zionist efforts. The Jews were able to acquire significant land ownership from the Palestinians who came under economic duress. The Balfour Declaration in 1917 promised support for the establishment of a national home for the Jewish people in Palestine, thereby encouraging Jewish immigration and settlement. It also declared that the rights of the non-Jewish people be preserved. But the Zionist Jews promoted their own agenda. The legal and administrative framework provided by the British worked to the advantage of the Jews. Many Arab landowners were absentee landlords living outside of Palestine and subsequently sold their land to the Jews. As the Jewish population expanded this led to the displacement of the Palestinians along with loss of livelihood and social disruption. This disparity led to issues which are still unresolved to this day and are integral to the peace process. The economic depression of the 1930's severely affected the Arab population while the British support to the Jews led to riots between the Jews and Palestinians causing significant casualties on both sides.

After World War II, the holocaust survivors emigrated in large numbers encouraged by international pressure. Subsequently the British were going through economic turmoil thereby terminating the Mandate and withdraw its forces leaving the newly declared state of Israel in conflict. The Nakba took place in 1948 leading to mass expulsion of the Palestinians who were not allowed to return to their homes. This altered the demographics of the land consolidating the Jewish majority and permanently changing the Palestinian social and cultural fabric. The Palestinians fled to neighboring countries where they live to this day.

Current Situation

The political landscape within the Palestinian territories is complex and fragmented with governance split between Fatah which controls the West Bank and Hamas which governs the Gaza strip. Fatah is recognized internationally but has limited powers while Hamas is considered a terrorist organization internationally, though it is providing a legitimate resistance movement.

Free press is a myth when it comes to media coverage of the Palestinian Israeli conflict with significant bias noted in the western media outlets. The Israeli perspective is overly represented. Alternative facts are published without fact checking, perpetuating misinformation and Israeli propaganda is reported as the objective truth. This leads to a skewed understanding of the conflict among the international community. Social media has emerged as a vital platform for the Palestinian support allowing them to directly share their narratives. The raw, unadulterated content shared on platforms has played a critical role in shaping the understanding of the lay person and acquiring global attention.



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The Importance of Gender Equality

Aarzu Ali

“All men are created equal,” states the U.S. Declaration of Independence.

Unfortunately, this is not the world that exists today. Gender inequality is pervasive in the United States today and all across the world. This is an issue that negatively impacts all girls and women. Gender equality is crucial because it helps prevent violence against women, benefits the economy, and makes our communities safer and healthier.

First, gender equality is crucial because it helps prevent violence against women. “Evidence suggests that gender inequalities increase the risk of violence by men against women and inhibit the ability of those affected to seek protection” (World Health Organization). This indicates that gender equality would minimize violence against women. The evidence exemplifies how achieving gender equality gives women a stronger voice. Women can advocate for themselves and for women who don’t have a voice when given the opportunity. Women would have less risk of being abused, thus ameliorating their mental health and welfare. In conclusion, attaining gender equality is important because it not only contributes to the prevention of violence, but also benefits the economy.

In addition, gender equality brings money into the economy. As reported by an online article called “Gender Equality Boosts Economic Growth and Stability”, “IMF analysis suggests that if Korea’s female labor force participation rose to the same level as male labor force participation by 2035, real GDP would grow by more than 7 percent”, (Gopinath). This reinforces the fact that when women are provided with equal opportunities as those of men, countries grow economically. Women’s participation in the workforce leads to greater financial stability. This in turn leads to a decrease in the crime rate and financial worries. In summary, gender equality improves the health and safety of our neighborhoods and strengthens the economy.

Finally, gender equality makes our communities safer and healthier. According to the World Health Organization, “Gender equality is a priority for WHO because it affects health in many ways across the region (Western Pacific Region), which is home to nearly 1.9 billion people, or more than a quarter of the world’s population. When women are educated, they and their families have better health and well-being” (World Health Organization). This is significant because it demonstrates how gender equality improves everyone’s quality of life and overall well-being, not just women. Accomplishing gender equality maximizes the well-being and happiness of everyone, which results in a more productive community. Women who are educated have access to better jobs, allowing them to provide for their family and have a sense of economic security. Ultimately, gender equality reduces violence, boosts the economy, and enhances local health and safety.

In conclusion, gender equality is pivotal for the success of our society. Achieving gender equality is essential because it reduces the amount of violence women are forced to face, helps to support the economy, and improves the quality and safety of the public. Ensuring that the world obtains gender equality will empower all women and create a more prosperous world. In order to succeed in this effort, people should support women’s leadership, fund women’s organizations, and educate others. Gender equality is a fundamental human right, so let’s fight for it!



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Mother's Day: A Forgotten Anti-War Message

S. Nadeem Ahsan, MD

In the wake of carnage, a plea echoed from the depths of scarred soil. "Disarm, Disarm! The sword of murder is not the balance of justice." Julia Ward Howe's words, penned 145 years past, resonated after the U.S. Civil War's toll. Her call, a beckoning to mothers worldwide, birthed from the ashes of conflict, yet now adrift in a sea of blossoms and cards.

Amidst the floral spectacle of this holiday, let us not stray from Howe's essence nor forsake the mothers' voices resonating from the world's war-torn corners. The "Appeal to womanhood throughout the world," crafted by Howe, was not a mere observance but a fervent cry for global peace. Before the commodification, it stood as a bastion against war's relentless march.

In 1870, Howe's words emerged as a pacifist's testament, a response to the horrors witnessed in civil and international strife. Rooted in feminist fervor, it urged women to mold societies politically, to shield sons from the grim theater of war, where life becomes a tally of mothers' grief.

Yet, history's penmanship altered course. Anna Jarvis, championing her mother's legacy of peace activism, birthed Mother's Day in 1908. However, Jarvis's vision soon blurred amidst commercial gains, betraying the essence of remembrance and activism that birthed the day.

Jarvis's outcry against profiteering became her crusade, confronting companies, crashing conventions, and even facing arrest in her fervor. The holiday meant to honor and inspire metamorphosed into a spectacle of consumption, leaving behind its anti-war roots.

Amidst the opulence of commercial celebration, Howe's and Jarvis's voices echo faintly, drowned by the drums of perpetual war. In a nation perennially engaged in conflict, the anti-war narrative has been silenced, replaced by the deafening clamor of arms.

As we pay homage to mothers, let us not forget the forgotten message of Mother's Day—a plea for peace amidst tumult, an echo of maternal anguish against the scourge of war.



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Progress update from the APPNA Institute of Public Health at Jinnah Sindh Medical University Karachi Pakistan developed in 2014.

Dr Rizwan C. Naeem
Secretary APPNA 2024

Dr Mohammad Amir
President JSMUAANA 2024

The APPNA Institute of Public Health (AIPH) at Jinnah Sindh Medical University (JSMU) Karachi stands out for its unique academic programs. It was established in December 2014 with a generous contribution from the Association of Physicians of Pakistani Descent of North America (APPNA). Its Master of Science in Public Health (MSPH) program is recognized by the Higher Education Commission (HEC) and the Pakistan Medical and Dental Council (PMDC). This program, with 270 enrolments to date since the year 2014, is a testament to its popularity and quality. In the year 2020, AIPH introduced the Bachelor of Science in Public Health (BSPH) in line with HEC guidelines, and it has already attracted 150 enrolments. The curriculum, designed to cover critical areas of public health per HEC guidelines, is enriched by distinguished visiting faculty from local and international universities. AIPH also conducts courses for PhD students of JSMU from other disciplines in Epidemiology and Biostatistics. A proposal for PhD program in public health was submitted to HEC after approvals from JSMU Post Graduate Committee,





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Academic Council, and Advanced Studies and Research Board headed by Vice-Chancellor Professor Amjad Siraj Memon in March 2024 through Quality Enhancement Cell.

The AIPH faculty, comprising of a Professor, an Associate and four Assistant Professors, supported by six lecturers, is actively engaged in impactful research. They collaborate with local governmental and non-governmental stakeholders, including UNICEF, EPI, Thardeep Rural Development Program (TRDP), National Institute of Cardiovascular Diseases (NICVD), Child Life Foundation (CLF), National Institute of Child Health (NICH) Pakistan, Aga Khan University (AKU), Association of Pakistani-Descent Cardiologists of North America (APCNA), and many more through service and research-based projects. The research areas include immunization, communicable and non-communicable diseases, behaviour change, violence, mental health, health systems, ethical issues, and conflict of interests. The WHO-EMRO grant supported the development of educational material, including a video on immunization in local languages, in partnership with TRDP. AIPH publishes an average of 19-20 papers annually in peer-reviewed journals, showcasing the institution's commitment to disseminating research findings. Students and faculty participate in polio campaign tasks through UNICEF and WHO local offices. The faculty's active involvement in seeking international and local research grants in collaboration with multiple stakeholders demonstrates their dedication to improving local health indicators.

A recent initiative included a capacity development course and the establishment of a preventive cardiology clinic in Landhi town in Karachi in collaboration with NICVD and APCNA. A research study proposal is submitted for funding to test a community-based model addressing cardio-metabolic diseases (CMD). Graduate students compiled a manual in coursework for undertaking screening in occupational groups and the general population for CMDs and linking the referrals to NICVD. BSPH students conducted a pilot test of the survey tool on parents of school children for CMDs, referring the relevant to the preventive cardiology clinic in the Landhi campus of JSMU.

We continue our mission of AIPH to be a centre of excellence for disease prevention and health advocacy, with training and research as its continued slogan. To address the changing needs of public health students and professionals, AIPH requires expanding faculty and staff, renovating the structure, and updating software in the computer lab. To carry forward its mission, AIPH seeks local and international partners. We are thankful to APPNA and JSMUAANA for their continued support in many aspects including teaching and resources.



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No Surprises Act: Why Are Physicians Getting Lower Reimbursements?

Tabassum Shamim, M.D, FAAP and Maha Ghorl, J.D

The No Surprises Act (NSA) was enacted in December 2020 to protect patients from significant financial burden caused by surprise medical bills. Surprise medical bills fundamentally arise when insured patients receive emergency or unexpected care from out-of-network providers at in-network facilities. Surprise medical bills include the practice of “balance billing,” which occurs when out-of-network providers bill patients for the difference between what patients’ health insurance is willing to pay and what providers seek as full payment.

The NSA prohibits balance billing practices and limits patient payments to their in-network cost sharing (coinsurance, copay, or deductible) for emergency services, air ambulance services, and non-emergency services at in-network facilities. The NSA establishes a process to determine the payment amount for surprise, out-of-network care, as well as a federal independent dispute resolution (IDR) process where insurers and providers each submit an offer for the remaining balance and an independent arbitrator selects one party’s offer as the final payment amount. To determine the final payment decision, the arbitrator must consider several factors, including the qualifying payment amount (QPA)—the median in-network contracted rate of a health plan.

While the NSA has protected Americans from over twenty-five million surprise medical bills, the rules implementing the NSA adversely affect providers who specialize in emergency care (i.e., anesthesiologists, surgeons, radiologists, and ER physicians). Specifically, the rules governing the QPA methodology and IDR process risk lower reimbursements and worsen practice conditions for providers.

The heart of the matter is that the rules governing the NSA guide the arbitrator to weigh the QPA as the primary factor in its analysis, which is problematic because the QPA does not accurately reflect the fair market value of out-of-network services. For example, the QPA excludes certain arrangements where providers and insurers agree to rates (i.e., single case arrangement and letters of agreements) and excludes incentive-based or retrospective payments (i.e., risk sharing, bonuses, and penalties). These exclusions result in an unfairly low QPA, which causes the IDR process to lower the final amount insurers pay to providers. Further, if insurers can pay providers lower rates for out-of-network services through the IDR process, then insurers are less incentivized to maintain provider networks and can leverage a depressed QPA in their network contract negotiations. Therefore, while the NSA focuses on emergency out-of-network care, its rules disrupt in-network contracts and negotiations for providers.

To ensure that physicians get better reimbursement, we should continue to support lobbying and litigation efforts for a fair QPA methodology that appropriately reflects fair market value of out-of-network services to ensure appropriate IDR payment decisions and further disincentivize insurers from lowering in-network rates. Until the federal government implements such changes to the rules governing the NSA, providers may benefit from recruiting innovative teams with strong contract management and revenue cycle experience to help protect patient service revenue and create leverage for providers to negotiate out-of-network payments and navigate the IDR process. While the NSA protects patients from surprise medical bills, it should also mitigate greater financial strain for providers.



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The Impact of Drug Use on The Adolescent Brain and Practical Tips for Parents

Nauman Ashraf, MD

Sameer, an 18-year-old college student, was initially known as the “good kid.” However, upon entering college, he encountered a diverse group of friends who engaged in partying and drug experimentation. Despite his initial resistance, Sameer succumbed to peer pressure and tried marijuana.

As time passed, Sameer’s drug use escalated. His friends normalized substances like cocaine, ecstasy, and prescription pills. His academic performance suffered, and relationships with family and friends deteriorated. Isolated and apathetic, Sameer struggled to break free from the destructive cycle.

According to the Monitoring the Future survey in 2023, 10.9% of eighth graders, 19.2% of tenth graders, and 31.2% of twelfth graders reported any illicit drug use in the last year.

During adolescence, substance use can profoundly impact brain maturation and general health. The prefrontal cortex and the limbic system are crucial in developing addictive behaviors. The prefrontal cortex regulates high-risk activities like substance use and isn’t fully developed until the mid-20s, making adolescents especially vulnerable to drugs’ detrimental effects. The limbic cortex is the target area for addictive substances, triggering the release of dopamine—a neurotransmitter essential for experiencing pleasure and driving motivation. The overpowering influence of drugs tips the balance between the limbic cortex’s quest for gratification and the prefrontal cortex’s governance over self-restraint, culminating in addiction.

Several factors influence addiction vulnerability, with genetics playing a significant role. Early drug exposure, especially in negative environments, significantly raises the chances of developing an addiction. Initiating drug use during youth intensifies this danger. Importantly, pre-existing mental health conditions such as anxiety and depression can increase the probability of turning to substances. For adolescents, the stress of fitting in with peers, the influence of social circles, and academic demands can be overwhelming, leading some to misuse drugs to cope. Often, young people may resort to substance use to escape emotional pain, creating a perilous link between the temporary high from drugs and relief from their troubles.

Alarming Signs of Drug Addiction

Signs of withdrawal, mood swings, changes in peer groups, neglect of personal grooming, academic decline, frequent school absences, loss of interest in activities, legal or school issues, changes in sleep and eating patterns, strained relationships, physical signs like discoloration or rashes, or the presence of drug paraphernalia should raise the suspicion that the child might be struggling and potentially engaging in risky activities.

Strategies for Parents

1. **Open Communication:** Establish a dialogue and maintain an open line of communication with your children about the risks of drug and alcohol use. Discuss the consequences and encourage them to share their thoughts and experiences.
2. **Education:** Educate your children about the science of addiction and how substance use can alter their brain development and health.
3. **Role Modeling:** Set a positive example by avoiding substance use yourself. Children often emulate their parents’ behaviors.
4. **Setting Boundaries:** Establish clear rules and consequences regarding drug use. Consistency is key in enforcing these rules.
5. **Monitoring:** Know your teen’s activities and peer group. Encourage participation in supervised, drug-free activities.
6. **Emotional Care:** Offer compassion and empathy to your children. Stand by them in challenging times or when they’re emotionally distressed, as these can lead to substance experimentation. Create environments where they can find satisfaction and purpose, as boredom may increase the likelihood of risky self-entertainment.
7. **Professional Help:** Don’t hesitate to seek professional help if you suspect your child is experimenting with or abusing substances.



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مجیب الدین شاد

التجا بارگاہ الہی میں

اندھیری رات ہے لمبا سفر ہے تنہا ہیں
تو اپنی راہ نمائ کو ہم سفر کر دے

بھٹک گئے ہیں تیری راہ سے کدھر جائیں
خضر کو پھر سے ہمارا تو راہبر کر دے

گناہ ہم سے ہوئے ہیں جو آج تک مالک
تو آج ساری خطاؤں کو درگزر کر دے

جس طرح پیارے ہیئتجھ کو یہ لوگ امت کے
اپنی چاہت سے بھی دل انکے منور کر دے

امتحان اتنا ہی لے جتنی استطاعت ہے
مشکلیں ہم پہ پڑیں جتنی مسخر کر دے

تمیز ہم کو بھی اچھے برے کی ہو جائے
ہماری قوم کو پھر صاحب نظر کر دے

شاد کرتے ہیں تخلص اگرچہ شاد نہیں
دل ناشاد کو خوشیوں کا سمندر کر دے

میرے خدا تو میرے دل کو اپنا گھر کر دے
میں تھک گیا ہوں تو آساں میرا سفر کر دے

راہیں تاریک ہیں کس طرح گھر کو لوٹیں گے
اپنی رحمت سے روشن یہ بام و در کر دے

میں گر گیا ہوں اپنی نظر میں میرے خدا
مجھے نگاہ میں پھر اپنی معتبر کر دے

شکستہ دل ہیں غافل ہیں رہبری فرما
ہماری جہد کو پھر غزوہ بدر کر دے

بہت دنوں سے امیدوں کا پھل نہیں پکا
خزاں کے پیڑ کو پھولا پھلا شجر کر دے

اندھیری رات ہے کچھ بھی نظر نہیں آتا
ظلمت شب کو پھر سے حسیں سحر کر دے

گناہگار ہے تیرے حبیب کی امت
تو ہم پہ پھر بھی کرم کی مگر نظر کر دے



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”اپنا“ کی محفلوں کی نذر

(ڈاکٹر شمیم سلمان (نیویارک))



یہ محفل جو آج سچی ہے کیا ہی اس کی آب و تاب ہے
اور کیوں نہ ہو کہ ہر ذرہ یہاں آفتاب ہے
”اپنا“ حساب درمیان دوستاں کبھی کیا نہیں
اور اگر ہوا تو پھر بے حساب ہے
دکھ دیتے نہیں مجھے دشمنوں کے وار
مگر دوستوں کی خامشی ایک عذاب ہے
کوئی رنگینی محفل میں سرشار کوئی تنہائی میں گم
کسے خبر کہ کس کی راہ میں کتنے سراب ہیں
شام ہوتے ہی جلدی مجھے گھر جانے کی
ہے کوئی منتظر میرا یہی روز کا خواب ہے
”دردِ دل کے واسطے پیدا کیا“ اُس نے ہمیں
ہر کام میں دردِ دل ملائیے، تاثیر لا جواب ہے
میں کس سے دل کی بات کروں یہاں شمیم
ہر چہرہ ہے آشنا مگر کوئی دوسرا پس پردہ نقاب ہے



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غزل

پیار لازم ہے زندگی کے لیے
ہے وفا شرط ، دوستی کے لیے
اس کی رحمت ہے تاک میں ہر دم
ہے خطا شرط آدمی کے لیے

حسنِ انساں سے ہو سکے واقف
عمر تھوڑی ہے آدمی کے لیے
آ رہی ہیں صدائیں نالوں کی
شاخ کاٹی تھی بانسری کے لیے

محض سجدوں سے کچھ نہیں حاصل
عشق لازم ہے بندگی کے لیے
یوں تو سجدوں کو ہے زمیں ساری
یہ جبیں ہے درِ نبی کے لیے

کر طلب جوہرِ خودی کی نمود
دیدہ و دل کی روشنی کے لیے
حسرتیں ناچتی ہیں سانسوں میں
دل ہے بیتابِ حاضری کے لیے

سامنے جو نہ ماسوا کے جھکے
سر ہے وہ شانِ خسروی کے لیے
عبد، کامل نگاہ لازم ہے
دل میں آرائشِ خودی کے لیے

دلِ زندہ متاعِ عام نہیں
ہے یہ تحفہ کسی کسی کے لیے
یہ جو کون و مکاں کی رونق ہے
ہے یہ سب کچھ مرے نبی کے لیے

اے رحمان، ایم ڈی



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بنتِ حوا

'چاند تنہا ہے آسماں تنہا'
ذات کا بحر بیکراں تنہا
تیرے آنے کی بس خبر آئی
ہم نے مہکا دیا جہاں تنہا
ایسی دنیا ہی کیوں بنائی تھی
میں یہاں اور تو وہاں تنہا
کیسے کرتا میں دل کی بات بتا
تو ملا ہی مجھے کہاں تنہا
تیری یادوں نے میرا ساتھ دیا
میں ہوا ہوں جہاں جہاں تنہا
رضوان علی ~

بنتِ حوا ہوں میں یہ میرا جرم ہے
اور پھر شاعری تو کڑا جرم ہے
میں تماشا نہیں اپنا ظہار ہوں
سوچ سکتی ہوں سولا لُق دار ہوں
میرا ہر حرف ہر اک صدا جرم ہے
اور پھر شاعری تو کڑا جرم ہے
مجھ میں احساس کیوں ہو کہ عورت ہوں میں
زندگی کیوں لگوں؟ بس ضرورت ہوں میں
یہ مری آگہی ہی میرا جرم ہے
اور پھر شاعری تو کڑا جرم ہے
میرا آنچل جلے اور میں رہوں !!
ظلم سہتی رہوں اور میں چپ رہوں
جانتی ہوں مر ابولنا جرم ہے
اور پھر شاعری تو کڑا جرم ہے
میرے جذبے رہیں دل کے زندان میں
میری گستاخیاں آپ کی شان میں !!
آپ کا ذکر بھی تو بڑا جرم ہے
اور پھر شاعری تو کڑا جرم ہے
ثروت زہرا



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چراغِ سحری

۲ دسمبر ۲۰۰۱ء

۱۷ رمضان ۱۴۲۲ھ

(اپنے والد بزرگوار پروفیسر مصاحب الدین خان کی وفات پر اُنکے بیٹے
سلیم احمد خان نے اپنے جذبات کے اظہار میں یہ الفاظ قلمبند کیے)

ہمارے راستوں میں جب اندھیرے آئے
اُس چراغ سے روشنی مانگی ہم نے
آج کہاں ہے وہ چراغِ سحری؟
کیا وہ بجھ گیا ہمیشہ کے لیے؟

وہ کیسا چراغ تھا جو بجھ گیا
مگر ہر سوا سکی روشنی نظر آئے

تیری روشنی تیری تحریروں میں ہے
تیری روشنی تیری کتابوں میں ہے
تیری روشنی تیرے شاگردوں میں ہے
تیری روشنی تیری اولادوں میں ہے

تیری روشنی اک صدقہ جاہد ہے
جو یہاں بھی ہے اور سمندروں پار بھی

تیری روشنی مشعلِ راہ بنی رہے گی
سب آنے والی نسلوں کیلئے
تیری روشنی روشن کرتی رہے گی
سب چھوٹے بڑے چراغوں کو

اے چراغِ سحری!

خدا تیری لحد کو بھی یوں جگمگا دے
جیسے اُس نے تیری زندگی کو روشن کیا تھا



HORIZON HEALTH PARTNERS, LP

27%+ PROJECTED ANNUALIZED
RETURN AT EXIT

INVESTMENT SUMMARY

- **Purpose:** A portfolio of three specialty hospitals and one freestanding emergency room
- **Projected Exit Timeline:** 3-4 years
- **Pref. Return Distributions:** Partnership is projected to pay quarterly pref. distributions at 9%-12% annualized
- **Pref. Return Accrued** at 3% annualized projected to be paid at exit/ liquidity event
- **Total Pref. Return:** Annualized at 12%-15% (depending on investment class) – begins 90 days after date of investment



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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.

