

APPNA

FALL MEETING 2024

September 26-29, 2024 San Antonio, TX



“Stomp Out Blood Cancer”

www.appna.org



APPNA

Association of Physicians of
Pakistani Descent of North America

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

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President's Message



Dear APPNA Family
Asalam alaikum

On behalf of APPNA BOD and the Host committee of San Antonio; I welcome you to the Fall meeting 2024.

I want to thank the Chair of the fall meeting - Dr Aamir Ehsan and his entire team of Host committee volunteers for putting together an amazing program in San Antonio. The theme of the meeting is in line with our mission, and the purpose is to focus on stomping out blood cancer.

We have assimilated the local culture of Texas and the colorful culture of Pakistan to present to you a marvelous program in this meeting.

Focused CME is also related to Hematology Oncology, specially blood cancers and treatment. We have general CME on Friday and specialty-based CME on Saturday.

There are seminars on Artificial Intelligence, Innovation and Entrepreneurship to help healthcare companies network with potential investors and be able to pitch innovative ideas.

Other sessions include Social forum, YPC, C-Suite Leadership Forum, Mushaira and APPNA Family Alliance.

The fall meeting is for all to enjoy at the Riverwalk in the Alamo City. Dr Aamir Ehsan and his Host committee have made sure that as always, there will be an excellent Bazar for your families to shop and enjoy. The food will be catered for by Houston Restaurants and the entertainment will be top class.

We have had a very successful Strategy meeting cruise, Spring meeting and one of the best Summer meetings this year and Inshallah we intend to have a stellar Fall meeting also.

We Look forward to seeing you and your family in San Antonio and I hope that you will have a good time.

Best wishes always

Asif Mohiuddin, MD
President APPNA 2024



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Chair Host Committee Message



Dear APPNA Amigos!

Host committee and I want to be the first to extend warm “Texan” welcome to you at fall meeting at Riverwalk in San Antonio – A military city rich in culture, diversity and hospitality.

We are a young but dynamic chapter and sincerely appreciate the confidence of Dr. Asif Mohiuddin and APPNA BODs in giving us an opportunity to host the fall meeting. San Antonians know how to set-up a great party, rekindle friendships and have family fun. San Antonio is the nation’s seventh and

Texas’s second largest city. The venue for the fall meeting was chosen in light of family attractions that San Antonio is most famous for such as “The Alamo” – 18th century Spanish mission preserved as a museum right in front of hotel; Riverwalk – Miles long landmark pedestrian promenade lined with cafes & shops; Six Flags Fiesta Texas Theme Park; SeaWorld; HemisFair Park; Natural Bridge Caverns and more!!

The theme for this year is “Stomp Out Blood Cancer”. You may be the one person in the world; but you may mean the world to one person. This is what we would like to know and will engage you and our guests to hear and learn how you have made things possible in yours, your family and patients’ lives struggling with cancer. How your personal and professional life have positively impacted on many lives around you.

The fall meeting will have an outstanding line up of CMEs and sessions on Healthcare Entrepreneurship, Artificial Intelligence, YPC, C-Suite Leadership Form and Healthcare Compliance. In addition, we have Social Forum, Mushaira and APPNA Family Alliance programs.

September 27, 2024 – Friday dinner will be at the Briscoe Western Art Museum (very close walk to Hyatt Regency Hotel). The theme is Pakistani and Mexican folk and culture. We will take river boats to go to “Beautiful Briscoe”. Dress as appropriate.

September 28, 2024 – Saturday Dinner will be at the Hyatt Regency Ballroom. The dress code is formal. Our Keynote speaker is Kimberly Irvine – who is a two-time breast cancer survivor, philanthropist, author, and CEO of her consulting firm, KGI Health. The entertainment is by Shafqat Amanat Ali.

I would like to extend my congratulations and appreciate the dedication of our most diverse host committee and Central APPNA staff Tipu, Laiq and Nicholas who worked so hard to make this possible.

The host committee is eager to serve you and please don’t hesitate to call any one of us and we will do our best to make your stay comfortable and memorable. Please enjoy your stay with family and friends.

Aamir Ehsan, MD
Chair, Fall Meeting 2024
San Antonio, Texas



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Host Committee



Dr. Aamir Ehsan
Chair



Dr. Mehmood Khan
Co-Chair



Dr. Lubna Naeem
Advisor



Dr. Sohail Rao
Chair CME Committee



Dr. Muhammad Naeem
Chair Publication



Dr. Fatima Hamid
President SCT



Dr. Fazal Hussain



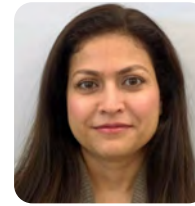
Dr. Aneela Hussain



Dr. Fahad Inam



Dr. Annie Kizilbash



Dr. Shahnila Latif



Dr. Shazli Malik



Dr. Amber Mansoor



Dr. Shahid Rashid



Dr. Rashid Sharaf



Dr. Huma Siddiqui



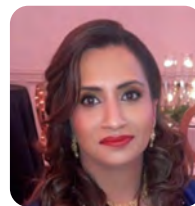
Dr. S. Javed Umer



Dr. Naushad Zafar



Dr. Ayesha Zaheer



Dr. Sadia Atiq Qureshi
APPNA Family Alliance



Sadia Mehmood
APPNA Family Alliance



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From The Editor's Desk



Welcome to the beautiful San Antonio, the Alamo-City in the heart of Hill-country, Texas.

San Antonio Fall Meeting is an honor for all of us in South Central Texas chapter. We have had an enthusiastic response and participation from businesses locally and nation-wide for advertisements. I have kept the format of magazine simple and pleasing to eye.

We are a very close knit energetic group of physicians working alongside to enrich APPNA's legacy. Physicians of our time have enormous challenges to excel and survive; I believe, APPNA provides a forum to so many of us, it is a valuable launching pad for networking, practice enhancement, philanthropy for social causes and political activism. Access to post graduate medical education is going to get difficult due to conditions imposed by American accreditation bodies in next decade. We hope APPNA will lead the way to stem this prohibiting tide and keep excellence in higher medical education accessible to young Pakistani physicians.

Host Committee has worked very hard to make this event successful. I want to thank the families for their support and active participation. We are looking forward to a fun filled and entertaining fall meeting. My warmest regards and congratulations to newly elected Central Executive Council to be announced at the meeting.

I want to thank our patrons for supporting this meeting, it's a worthy cause and goes a long way for the support of coming generations of physicians. I must acknowledge and admire the Central APPNA office staff for their superb support of this meeting. It is such a well-oiled machine, which deserves my sincere congratulations for a job well done.

Muhammad Naeem, MD, PhD
Member Host Committee
Journal Editor



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Dear APPNA Family,

On behalf of APPNA SCT and its BOD, we would like to extend a big welcome to you and your family to this year's APPNA Fall meeting in San Antonio, TX.

As you all may have noticed that our message for this meeting is "Stomp out the Cancer". We want to make sure that it conveys a strong and proactive message among APPNA members from one of our biggest platform. We intend to use this message to inspire a sense of urgency and determination among healthcare professionals. Cancer remains one of the leading cause of suffering and death globally. This message evokes a call to action. All of us are reminded of the critical need to combat the disease with Vigor and persistence.

It emphasizes collective responsibility. The word "stomp" suggest a powerful, unified effort to eradicate cancer, signaling that everyone—from researchers to clinicians to policymakers—has a role to play in advancing treatments and supporting patients. We want this mission to push you all to think of innovative ways to improve cancer care, be it through advanced therapies, early detection, or better patient support system. The fight against cancer isn't just about treatment, but also about prevention, research and education.

We want this to be a reminder that our work is impactful and together we can make strides toward reducing cancer's prevalence and improving outcomes. It fosters optimism that, with concerted efforts, cancer can be defeated.

Under the leadership of APPNA SCT EC and conference Chair Dr Aamir Ehsan our entire Host committee have arranged one of the most impactful agenda of all of the APPNA's spring meetings on record. We are truly honored to have the privilege of hosting our most esteemed guest. We want this meeting to be one of the most memorable Fall meeting that you would have attended.

Mehmood Khan, MD
Chair BOD APPNA SCT
President Ziauddin Medical Alumni
Vice Chair APPNA Fall meeting 2024



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President Elect's Message



Dear APPNA family & attendees of the APPNA Fall meeting!

It is my honor and privilege to welcome you all to the 2024 fall meeting in the beautiful city of San Antonio hosted by the vibrant APPNA San Antonio Community.

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

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

Please mark your calendars for the next year's meetings and international trips as we gear for a successful and collaborative 2025 Inshallah .

God Bless USA,
God Bless Pakistan!
Humeraa Qamar, MD, MPH, FAAP,
APPNA President Elect 2024



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Secretary's Message



We the Association of Pakistani Physicians of North America (APPNA), stand united, fueled by compassion, resilience, and a shared vision. Our mission go beyond 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 inner cities or remote suburbs of entire USA or a remote health camp in Lahore. Our volunteers help and guide young physicians via in person or seminar in US and in Pakistan our commitment knows no bounds of race religion ethnicity or geography. 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 few dear to me which will make APPNA stronger and last longer:

APPNA Scholarship Endowment and Young Physicians Guidance Program has been making a significant impact since their inception. Let me share some details: because of these two programs we have recruited record number of younger first-time members to help us built on these volunteer services. Today APPNA membership is all time high.

- o Scholarship program began with an anonymous donor's generous contribution of ONE MILLION DOLLARS.
- o Encouraged by this initial investment, alumni members rallied to raise additional matching funds.
- o Currently, the endowment stands at an impressive over 6 million dollars.
- o We invite non-participating alumni to contribute to this worthy program.
- o By supporting these scholarships, you're not just donating; you're making a difference in the lives of aspiring physicians.
- o Visit APPNA's website to donate online or download the pledge form for payment by check or credit card.

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>

This year APPNA signed a MoU with USAID to be the primary partner in collaboration for health and education in Pakistan.

APPNA worked with PMDC to enable process for APPNA members to be eligible for PMDC certificates if they are board certified in USA and Canada and they want a PMDC certificate to work in Pakistan.

Please continue to be a volunteer as your contribution will help shape the next generation of healthcare professionals from Pakistan.

Dr. Rizwan Naeem
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. I am glad to inform that IRS has 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, Spring, and Summer) have been financially productive. 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 handling 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 has recently been approved by the APPNA council, and is in-effect now. APPNA had lost its accounting firm during the COVID-19 era. 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 hired a CPA firm for our bookkeeping, accounting and tax filing needs. We strongly believe newly-hired CPA firm and our revised Financial Policy will help APPNA stay on tract as IRS compliant non-profit organization in the future.

Another important goal is transparency and keeping our membership informed. A 'Treasurer Reports' section has been added at APPNA website (www.appna.org). Once a member log-in, the section is the right lower hand side. All current and past few years meeting revenues as well as quarterly Financial reports have been added for member's review. APPNA Financial Policy has also been included.

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 compliant 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,

Heartiest welcome to the 2024 fall meeting at San Antonio, TX. The local host committee volunteers deserve our praise for all their hard work in chalking up an excellent program for the meeting. Please join me in thanking them.

APPNA has been growing from strength to strength and on an upward trajectory - all because of you, its membership. Thank you for your continuing engagement and support of your organization.

Enjoy the fall meeting.

Sincerely,

Arshad Rehan
Immediate Past President.





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APPNA Strategy Meeting 2024



Assalamu Alaikum!

Dear APPNA Colleagues, Family, and Friends,

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

Thanks to President 2024, Dr. Asif Mohiuddin's forward thinking leadership, this meeting was a historic milestone for APPNA as this was the first major meeting chaired and organized by North American and Caribbean Alumni. The goal was to formulate executable solutions, goals, and objectives for the upcoming year and beyond, that were based upon "SWOT" modeled analysis.

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

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





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All participants expressed their genuine concern that the meeting should conclude with specific actionable recommendations and plans, rather than leave with lofty ideals and no follow through. Therefore, we held focused add-on sessions to formulate a consensus-approved action item list (see below) pertaining to the above three subjects. We will update the membership of the progress of such actionable items at the national APPNA meetings and via email as needed. Key ad hoc committees were formed, including a Sponsorship Committee, to work with various Pharmaceutical and institutional sponsors and the American College of Medicine of APPNA committee, to coordinate the activities of RESA, YPN and Merit.

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

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

Sincerely,

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





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APPNA 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 Mushaaira 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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APPNA Annual Convention 2024



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

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

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

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

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

A very moving moment was seeing Drs. Rashid Piracha and Hameed Peracha receive



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Presidential Awards for their selfless and countless years of service to APPNA (thank you both and we pray for full health and recovery for both).

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

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

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

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

Sincerely,

Tariq Mahmood, MD
Chair, APPNA 47th Annual Convention

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



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Saturday Night Banquet at Convention





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Saturday Night Banquet at Convention





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Alumni Night at Convention





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Alumni Night at Convention





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Friday Night at Convention



Election Debate at Convention





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Cultural Night at Convention





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CME Sessions at Convention



YPC Sessions at Convention





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Innovation Symposium at Convention





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APPNA Bazaar at Convention





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Jumma Prayer at Convention





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APPNA Canada Meeting 2024: A Milestone Event!



Dear APPNA Members,

I am filled with pride as I share the highlights of the APPNA Canada Meeting 2024, hosted by the APPNA Alberta Chapter in Calgary. This gathering, which brought together participants from across the USA and Canada, was a testament to our commitment to collaboration, professional growth, and community building.

We were privileged to have APPNA's top leadership in attendance, including President Dr. Asif Mohiuddin, President-Elect Dr. Humera Qamar, Treasurer Dr. Shahzad Iqbal, Board of Directors members Dr. Muhammad Sanaullah and Dr. Sajid Mahmood, Past President Dr. Rizwan Khalid, and Minister Muhammad Yaseen. Their presence underscored the significance of this meeting and the continued growth of APPNA across North America.

The event began on Thursday, August 15 with a memorable day trip to Banff. Surrounded by the majestic Canadian Rockies, participants enjoyed networking and relaxation in one of the world's most beautiful natural settings. On August 16 & 17, attendees gathered in Calgary for dinner, featuring a soul-stirring Qawwali performance by Nitin Suran and a special performance by Alamgir, the legendary pioneer of pop music in Pakistan. These evenings were a celebration of our rich cultural heritage and a reminder of the unity that binds us. The accredited CME session, offering 6 credit hours, featured nine expert speakers and was followed by a session for young physicians and international medical graduates, addressing the unique challenges and opportunities faced by Canadian IMGs.

A significant highlight was the announcement by President Dr. Asif Mohiuddin of the establishment of the APPNA BC Chapter, marking a major expansion of our organization in Canada. Dr. Saad Yasin presented the inspiring journey of the APPNA Alberta Chapter, while Dr. Tariq Awan provided an insightful overview of the Advocacy Committee's goals and achievements. Dr. Sarah Makhdoom outlined programs designed to support Canadian IMGs. A special moment was the presentation of the Late Hussam Ul Haq Bawa Lifetime Achievement Award to Dr. Ejaz Ghumman and Dr. Riffat Bajwa for their outstanding contributions. Minister Muhammad Yaseen awarded Certificates of Appreciation to the Presidents of APPNA and the Alberta Chapter on behalf of the Government of Alberta.

The event concluded on August 18 with the APPNA Alberta annual walk, followed by a traditional Halwa Puri breakfast. We also celebrated the 77th Independence of Pakistan with a cake-cutting ceremony, symbolizing our shared heritage and the inauguration of APPNA Canada.

I extend my heartfelt thanks to our Planning Committee members for their tireless efforts. The APPNA Canada Meeting 2024 has set a new standard for excellence, and I am confident that our future endeavors will continue to build on this strong foundation.

Warm regards,
Dr. Amir Aslam
Chair, APPNA Canada Meeting 2024



APPNA Fall Meeting 2024

September 26-29, 2024 San Antonio, TX





APPNA Fall Meeting 2024

September 26-29, 2024 San Antonio, TX

Event Schedule

Venue: Hyatt Regency Riverwalk, San Antonio, TX

Friday, September 27, 2024

7:30 AM - 12:00 PM	Registration	Foyer on 3rd Floor
5:00 PM - 10:00 PM	Registration	Foyer on 3rd Floor
7:00 AM - 11:00 PM	Prayer Room	Llano
8:00 AM - 7:00 PM	Non- Retail Exhibits	Foyer on 3rd Floor
8:00 AM	CME Breakfast	Live Oak
8:30 AM - 11:30 AM	CME	Live Oak
10:00 AM - 7:00 PM	Bazaar	Rio Grande Ballroom
11:30 AM	CME Lunch	Live Oak
12:30 PM - 1:15 PM	Blood Cancer Awareness "Stomp Out Blood Cancer"	On boats at the River
1:15 PM	Jummah Prayer	Regency Ballroom
2:00 PM - 3:30 PM	APPNA Healthcare Entrepreneurship and Innovation Symposium	Live Oak
3:30 PM - 5:00 PM	Council Meeting	Live Oak
6:30 PM	Dinner (Meet in the lobby at 6pm)	Off site (Brisco Center)
11:00 PM	Mushaira (Poetry session)	Live Oak

Saturday, September 28, 2024

7:30 AM - 12:00 PM	Registration	Foyer on 3rd Floor
5:00 PM - 10:00 PM	Registration	Foyer on 3rd Floor
7:00 AM - 11:00 PM	Prayer Room	Llano
7:45 AM	CME Breakfast	Live Oak
8:00 AM - 11:00 AM	CME	Live Oak
9:00 AM - 7:00 PM	Non-Retail Exhibit Area	Foyer on 3rd Floor
9:00 AM - 7:00 PM	Bazaar	Rio Grande Ballroom
10:00 AM - 12:00 PM	APPNA YPC Meeting	Pecan
11:00 AM - 12:00 PM	Navigating Emerging Compliance Challenges and Opportunities for Mergers and Acquisitions: A Strategic Guide for Private Practice Physicians	Live Oak
11:00 AM - 12:30 PM	APPNA Family Alliance	Blanco
12:00:PM	CME Lunch	Live Oak
12:30 PM - 1:30 PM	C-Suite Leadership Forum	Live Oak



APPNA Fall Meeting 2024

September 26-29, 2024 San Antonio, TX

Event Schedule

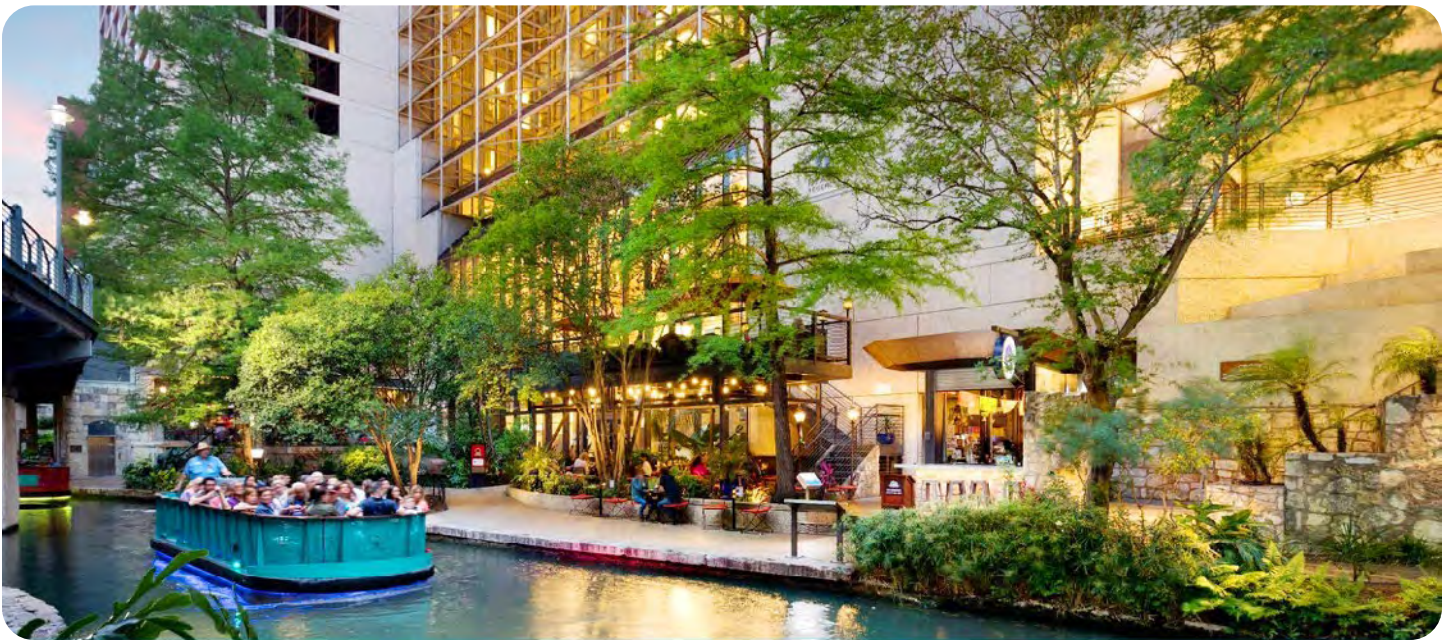
Venue: Hyatt Regency Riverwalk, San Antonio, TX

Saturday, September 28, 2024

1:30 PM - 3:00 PM	Harnessing the Power of Artificial General Intelligence - Revolutionizing Practice Operations	Live Oak
3:00 PM - 4:00 PM	Social Forum -Diplomacy for Progress with State Department	Live Oak
7:00 PM	Banquet and Entertainment	Regency Ballroom

Sunday, September 29, 2024

8:00 AM - 11:00 AM	Bazaar	Rio Grande Ballroom
11:00 AM - 1:00 PM	Exhibit Move-out	Rio Grande Ballroom
9:00 AM - 11:00 AM	Breakfast (Halwa Puri)	Regency Ballroom





APPNA Fall Meeting 2024

September 26-29, 2024 San Antonio, TX

CME Program

Sohail Rao, MD - Chair
Aamir Ehsan, MD - Chair APPNA Fall Meeting
Asif Mohiuddin, MD - President APPNA 2024

FRIDAY, SEPTEMBER 27, 2024 (8:00 a.m. - 11:00 a.m.)

8:00 a.m. - 9:00 a.m.

**IS THERE A FUTURE FOR
PSYHEDELICS IN THE
MANAGEMENT OF TREATMENT
RESISTANT DEPRESSION?**

Mujeeb U. Shad, MD, MSCS, DEAPA
Adjunct Professor of Psychiatry
University of Nevada, Las Vegas

9:00 a.m. - 10:00 a.m.

**UPDATES ON THE TREATMENT
OF OBSTRUCTIVE SLEEP
APNEA: SELECTING THE BEST
CANDIDATES FOR
HYPOGLOSSAL NERVE
STIMULATION IMPLANT
SURGERY**

Hasan Ali Habib Ahmed, MD
Sleep Medicine & Research Center,
St. Louis, MO
Faculty, Internal Medicine
Residency Program,
St. Luke's Hospital, St. Louis, MO

10:00 a.m. - 11:00 a.m.

**NAVIGATING MONKEY POX:
RISKS, RESPONSES, AND
PREVENTION STRATEGIES**

**Rashid A. Chotani, MD,
MPH, DTM, FRCPH**
Chief Medical & Scientific Director,
IEM Health, Director-IEM Health
Adjunct Professor, University of
Nebraska Medical Center,
Omaha, NE

**A CASE OF MONKEYPOX
DIAGNOSIS**

Huma Siddiqui, MD
Staff Pathologist
Audie L Murphy VA Hospital, San
Antonio, TX

For Enhanced Insight, AI-Powered Analysis of Each Talk will be Presented





APPNA Fall Meeting 2024

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CME Program

Sohail Rao, MD - Chair
Aamir Ehsan, MD - Chair APPNA Fall Meeting
Asif Mohiuddin, MD - President APPNA 2024

SATURDAY, SEPTEMBER 28, 2024 (8:00 a.m. - 11:00 a.m.)

8:00 a.m. - 8:45 a.m.

ADVANCES IN CELLULAR THERAPIES IN HEMATOLOGICAL MALIGNANCIES

Zohra Nooruddin, MD
Medical Director, Bone Marrow Transplant Associate Professor, University of Texas Health Science Center, San Antonio, TX

8:45 a.m. - 9:30 a.m.

TAKE A BITE OUT OF CARS: EVOLVING CELLULAR THERAPY LANDSCAPE IN ONCOLOGY

Muhammad Bilal Abid, MD, MS, FACP, MRCP, FRCP
Division of Hematology/Oncology UT Houston McGovern School of Medicine, Houston, TX

9:30 a.m. - 10:15 a.m.

CELLULAR GUIDE TO INHERITED AND MYELOID CANCER TESTING: ROLE OF NGS IN THE DIAGNOSIS, PROGNOSIS, AND TREATMENT

Rizwan C. Naeem, MBBS, FACMG
Professor of Pathology, Albert Einstein College of Medicine, Bronx, NY Director, Molecular Pathology & Genetics, Montefiore Medical Center, Bronx, NY

10:15 a.m. - 11:00 a.m.

ANEMIA IN CANCER: THE SILENT THIEF OF HEALTH

Hassan Kaleem, MD
Oklahoma Cancer & Blood Specialists, Tulsa, OK





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Dow University of Health Sciences: A Legacy of Excellence and Innovation in Medical Education, Research, Evidence-Based Patient Care and Community Service

Prepared by: Sohail Rao, MD, MA, DPhil.

Chief Scientific Advisor to the Vice Chancellor, Dow University of Health Sciences



Prof. Mohammed Saeed Quraishy
Vice Chancellor
Dow University of Health Sciences

Dow University of Health Sciences (DUHS), the most comprehensive public sector university in Pakistan, has long stood as a beacon of excellence in medical education, research, and healthcare services. Established in 1945, the University's journey from a modest medical school to a leading institution in the region is marked by a commitment to producing world-class healthcare professionals, fostering innovative research, and providing exemplary patient care. Today, as the University continues to evolve, it remains dedicated to its mission of transforming healthcare delivery and improving the lives of millions in Pakistan and beyond.

The foundation of DUHS is rooted in the visionary leadership of its founding figures, who aspired to create an institution that would rival the best in the world. From its humble beginnings as Dow Medical College, the University expanded rapidly, incorporating modern facilities, cutting-edge research centers, and a diverse range of academic programs to meet the growing demands of the healthcare sector. Under the dynamic leadership of its current Vice Chancellor, Professor Mohammed Saeed Qureshi, T.I., DUHS has become a symbol of educational excellence and innovation. In 2018, the University developed and executed its Master Strategic Plan 2018 -2023 entitled "Bridge to Excellence". In doing so, DUHS became the first public-sector university in the country to have articulated its bold vision and mission to rewrite the history of medicine in the region.

With a focus on holistic education, the University offers a wide array of undergraduate and postgraduate programs in medicine, dentistry, pharmacy, allied health sciences, biotechnology, business health management, and public health. Each program is designed to equip students with the knowledge, skills, and ethical grounding necessary to excel in a rapidly changing healthcare landscape. Recognizing that the practice of medicine in the future is undergoing a radical change, the University has initiated the process of establishing new and innovative programs that would address the emerging technologies in healthcare.

At the heart of DUHS's success is its unwavering commitment to research and innovation. The university has established itself as a hub for cutting-edge biomedical research, with numerous institutes and centers dedicated to advancing knowledge in various fields of medicine and healthcare. The Dow Research Institute of Biotechnology and Biomedical Sciences, Dow Institute Prof. Mohammed Saeed Quraishy Vice Chancellor Dow University of Health Sciences of Life Sciences, Dow Fly Lab and Stock Center, and DOW-DOGANA Advanced Molecular Genetics & Genomics Disease Research & Treatment Centers are just few examples of how DUHS is pushing the boundaries of scientific discovery. The institution actively fosters a culture



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of collaboration, encouraging its faculty and students to work alongside international partners, industry leaders, and local communities to develop practical solutions that have a real-world impact.

In addition to its academic and research endeavors, DUHS is renowned for its extensive healthcare services. With its state-of-the-art teaching hospitals, including the Dow University Hospital, Sindh Infectious Diseases Hospital and Research Center, Ojha Institute of Chest Diseases, and Dr. A.Q. Khan Institute of Behavioral Sciences, the University offers comprehensive medical care to millions of patients each year. These facilities serve as both treatment centers and training grounds, where students gain hands-on experience and develop the clinical skills needed to thrive in their careers.

One of the University's greatest assets is its vast and diverse alumni network. DUHS graduates are making significant contributions to healthcare systems around the world, from serving in leading hospitals and research institutions to shaping health policies and advocating for better healthcare access. The University takes immense pride in the achievements of its alumni, whose work reflects the values and education they received at DUHS. The alumni community plays a vital role in the University's ongoing development, providing support through mentorship, philanthropy, and collaboration on various projects. DUHS's commitment to maintaining strong connections with its graduates ensures that they remain engaged and contribute to the institution's growth and success.

As DUHS looks to the future, it remains steadfast in its vision to be a global leader in medical education, research, and healthcare delivery. This commitment is renewed in the University's Master Strategic Plan 2024-2030 entitled "Pioneering Excellence – Inspiring Innovation". The University is expanding its infrastructure, investing in new technologies, and enhancing its academic offerings to keep pace with global trends. Plans are underway to establish more centers of excellence, expand its international partnerships, and develop innovative educational programs that cater to the needs of a changing world.

At the core of these efforts is a commitment to fostering a spirit of inquiry, encouraging creative thinking, and promoting ethical practices. By instilling these values in its students and faculty, DUHS is poised to continue its legacy of excellence and to make an even greater impact on the world of medicine and healthcare.

Dow University of Health Sciences stands as a testament to the power of vision, dedication, and innovation. As it continues to grow and evolve, the University remains committed to its mission of transforming healthcare through education, research, and service. For its alumni, DUHS is not just an institution but a lifelong source of inspiration, pride, and belonging. Together, the university and its graduates are paving the way for a healthier and more equitable future for all.



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APPNA Communication Committee



Dear APPNA Members,

The Communications Committee of APPNA has successfully launched the monthly newsletter "Suno APPNA," with several editions already published. It brings me great pleasure to announce that our newsletter has garnered sponsorship of \$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 included a recap of the Summer Meeting, covering summaries of the CME sessions, leadership seminar, innovation symposium, seminars for the young physicians, and networking events.
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 are planning to launch the website in the Fall meeting. We welcome feedback from all of you to improve our digital presence.



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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 doubled the traffic on our social media in 2024 (Figure 1).

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:

Publications - APPNA

Sincerely,

Nauman Ashraf, MD
Chair, APPNA Communications Committee 2024
Advisor, APPNA YPC 2024

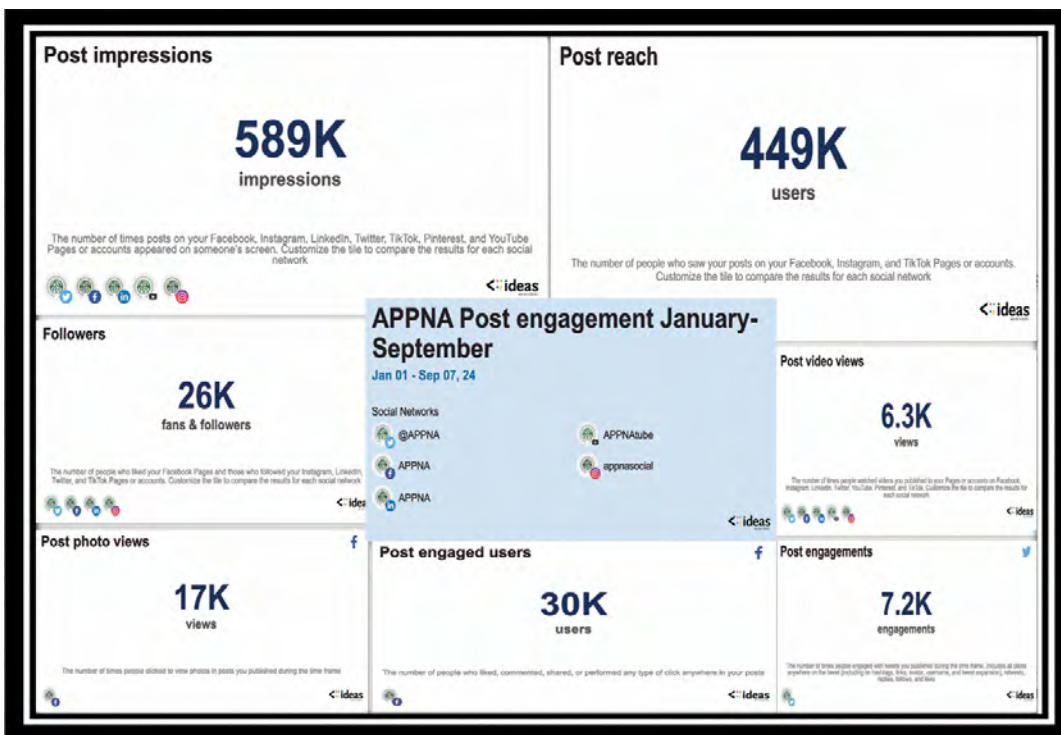


Figure 1 (Courtesy V4Ideas Inc.)



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APPNA Young Physicians Committee



It is humbling to contribute to the next edition of the APPNA publication and talk about our collective organizational brilliance. All the APPNA committees are excellent examples of how different members bring in their contributions to achieve something collectively that is much larger than what could be achieved by individual endeavors. As a chair of the Committee on Young Physicians (YPC), I have witnessed this phenomenon repeatedly.

The goal of the APPNA YPC is to assist young physicians of Pakistani descent in navigating the complex process of obtaining US residency and fellowship positions. In addition to this; YPC have added some additional sub committees to focus on local US based audience specifically high school and college students

seeking admission into Medical Schools. YPC has also established "Early Careerist Subcommittee" that will focus on helping the residents, fellows and recent graduates with job placement, setting up of private practices, financial awareness and visa issues.

One of the most important activity YPC team conducts are the regular monthly webinars and workshops for the applicants to guide our young physicians in every aspect of their journey to becoming competitive candidates for the training spots in the US. This year in 2024, YPC conducted numerous webinars with a large audience and panelists answering queries of young physicians as they navigated through the match process. More webinars are planned in the future to continue to help young physicians as they start their careers in US. In past several years, YPC mentors conducted mock interviews for over 800 residency applicants; and we strive to continue this task this year also!

APPNA YPC also organized the annual YPC seminar at the APPNA Summer Meeting in Maryland. We hosted a distinguished panel of program directors from different residency and fellowship programs. A poster competition was followed eminar. APPNA YPC poster competition in the Summer meeting received more then 55 outstanding abstract and oral presentations at the meeting. Research travel award was granted to top 12 candidates and we will continue annual poster competition at the nest APPNA summer meeting!

To achieve collective brilliance, we must recognize that everyone has something valuable to contribute. We need to listen to each other and respect each other's ideas. 2023 started with this very realization of mutual respect and bringing everyone together to reach new milestones and the collaboration continued in 2024 and is ongoing. We worked with all our component societies and affiliate organizations to create a highly accomplished group of mentors that are helping our young physicians every day through our Facebook portal and other mentorship social media groups. We saw a sizable increase in the number of young Pakistani physicians who were matched for training spots in the US in 2023.





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We extended free membership of APPNA to all the applicants and saw a sizeable increase in the members. APPNA YouTube channel viewership is continually increasing due to the high quality content being provided by the YPC team! to increase our combined subscriber base and public views to monetize the channel. In addition, the APPNA YPC Facebook group continue to grow and have reached close to 20,000 members. We also have started multiple WhatsApp groups for mentorship and visa guidance.

The APPNA YPC Observership subcommittee have successfully placed more than 300 students this year for their clinical rotation. We connected all applicants with their assigned YPC preceptors for gaining US clinical experience, through a rigorous process and accepting applications via APNA YPC forum.

To help our medical students from Pakistan more competitive for the training spots in US, APPNA YPC has created a mentorship subcommittee of leaders from undergraduate medical education, faculty, fellows and residents to provide one to one mentorship sessions to the students. This mentorship program will greatly help the students to work with their mentors on building stronger CV, and participate on mock interviews to better prepare for the match cycle.

APPNA YPC is working with different chapters to organize orientation seminars and boot camps for incoming interns. APPNA YPC will organize its multiple in person seminars at annual APPNA Meetings. We have hosted the YPC inperson seminars at all APPNA meetings of 2024.

APPNA YPC loan subcommittee is working closely with the APPNA Foundation and leadership and to reactivate and initiate the interest free loan program for young physicians. An Initial loan program of \$40,000 is already approved and 10 candidates will be provided with interest free loan this year.

APPNA South Texas Chapter has started APPNA STC House in Houston area that is providing subsidized fully furnished accommodation to Pakistani medical students graduates that are in US temporarily for their exams and rotations.

We had a great start of the year and we are certain that the exemplary and selfless team members of YPC will carry out all these activities that will greatly benefit the future generation of Pakistani physicians in the US. I appreciate and thank APPNA President Dr. Asif Mohiuddin for his vision and support, and APPNA BODs for their continued help and dedication!

For suggestions, please contact: ypc@appna.org or <https://www.facebook.com/APPNA YPC>
YouTube: https://www.youtube.com/@appna_org

Muhammad Siddique Khurram, MD
Chair, APPNA YPC 2024





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APPNA South Central Texas Chapter



Dear APPNA members,

With a mission centered on addressing key social issues, APPNA has tirelessly worked to foster positive change and create opportunities for growth and development, with individual chapters making a difference on a community level. APPNA SCT chapter has done significant work resulting in a positive impact.

APPNA SCT organized a successful health fair for the San Antonio community. This event promoted health awareness, provided free health consultation to those with no immediate access to a health system and also created opportunities for individuals to connect with healthcare providers and learn about available resources in their area.

The blood donation drive was able to help South Texas Blood and Tissue with the help of our community volunteers. We were joined by the San Antonio Mayor who appreciated and supported this cause. "Be the match" bone marrow drive was also a part of the health drive where participants submitted data for bone marrow match for people in need of a bone marrow transplant.

APPNA SCT arranged a community Eid event through which the local APPNA chapter not only brought the community of San Antonio together but was also able to raise a significant amount and extend efforts globally by helping victims of the Turkey earthquake.

As APPNA SCT continues to expand its reach and impact, the organization remains guided by its core values of compassion, integrity, and service. We are excited to host the fall meeting in September 2024 in San Antonio which is focused on raising awareness for cancer with participation from The Leukemia and Lymphoma society. Cancer affects countless lives, and while the journey is challenging, our collective resolve to find a cure and improve treatment is what drives progress. Every breakthrough, every dollar raised, and every story of hope is a testament to our shared vision.

With deepest appreciation and optimism as the President of APPNA SCT, I am grateful for the APPNA SCT EC, Conference Chair Dr. Aamir Ehsan our Host Committee and our community for their unwavering support and for being a crucial part of this mission. Together, we are paving the way for new solutions and brighter tomorrows.

Dr. Fatima Hamid
President APPNA South Central Texas Chapter



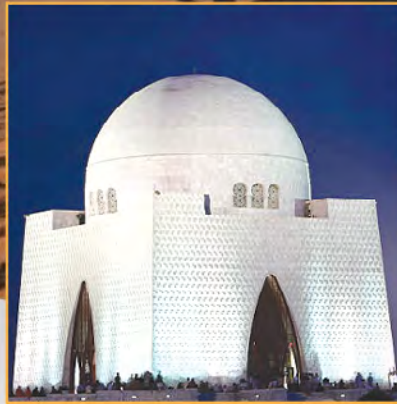
Save the Dates



APPNA WINTER MEETING



**DOW UNIVERSITY OF
HEALTH SCIENCES**



**JINNAH SINDH
MEDICAL UNIVERSITY**

December 18-22, 2024

Karachi, Pakistan

More information coming soon!

Saeed Sabir, MD
Chair Winter Meeting

Asif Mohiuddin, MD
President APPNA

Registration opening soon at:
www.appna.org

Host Committee
welcomes all
participants of
APPNA Fall Meeting
to beautiful city of
San Antonio, Texas

Wish you all
a pleasant stay!

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APPNA South Texas Chapter



APPNA South Texas chapter is one of the largest and most vibrant chapters of APPNA and includes the greater Houston area. The South Texas chapter of APPNA has been busy organizing many different activities all year round.

APPNA STC House located in Baytown suburb of Houston was inaugurated in November 2023. It's being primarily used for boarding of the young physicians from Pakistan who are coming for attachments and observations. It has been a phenomenal success and we are hosting about twelve young physicians a month who are able to do their rotations in different specialties,

thanks to our dedicated physicians. Dr Atif Akhtar is doing a phenomenal job along with APPNA YPC chair Dr Siddique Khurram in arranging their rotations and boarding.

A free health fair is arranged by APPNA STC every year. This year's health fair was held on Cinco Demayo and was a resounding success, thanks to the dedication and hard work of our members and volunteers. Attendees had the opportunity to receive free health screenings besides consultations from the participating physicians from all fields. We are especially grateful to Masjid Al-Sabireen for letting us use their facility. We express sincere gratitude to Dr Shahid Hasnain and his team for a job well done.

APPNA STC also hosted the APPNA Fall 2024 meeting in Houston that was very well attended by physicians from all across the USA. The three day program included CME, health walk, Qawwali, musical night, dinner and various administrative meetings. It was the largest non-summer meeting in the history of APPNA. Special thanks to Dr Syed Arman Raza (chair of the Fall meeting) and his dedicated team who worked day and night to make it possible.

One of the highlights of the year 2024 was the first ever cruise from Houston to Cozumel (Mexico). We had fun navigating through the treacherous sea and conquering every wave that came our way. Together, we created a voyage filled with laughter, adventure, and unforgettable moments. We witnessed the pure joy on the faces of our little buccaneers as they enjoyed the never-ending activities on the cruise ship. In Cozumel, we sailed bhangra style, we dove into the crystal-clear waters for some exhilarating snorkeling. We explored vibrant coral reefs, swam alongside stingray, and discovered the hidden wonders beneath the surface. We built sandcastles, went kayaking, water bike, and soaked up the warm rays while sipping on refreshing drinks. When the moon cast its gentle glow over the ship, we gathered around tables,





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shuffling decks of cards, and engaging in friendly competitions. As Pakistani cricket enthusiasts, we huddled 'round the big screen, cheering on our favorite Team Green. The energy in the room was contagious as we witnessed the intense battle on the pitch. Amongst the many blessings of our journey, we were fortunate to have the opportunity to pray namaz together. With hearts filled with gratitude, we stood shoulder to shoulder, bowing in unison, and seeking solace in the presence of the Divine. We also had four hours of CME. Credit goes to our very own Dr Naveed Saqib (president elect for 2025) who made all these arrangements with his dedicated team.

Our annual indoor sports event took place on August 4th 2024 and was a great success. It was attended by more than 100 participants (men and women). The indoor tournament included men's and women's table tennis, badminton and squash. Our sincere appreciation goes to Dr Junaid Kamal and our sports committee for their dedication and hard work.

We have many more upcoming activities including launching ceremony of APPNA STC physicians directory in September, annual cricket tournament in October, and our annual winter meeting and Gala in November 2024.

The annual Gala for APPNA STC is scheduled for November 16th 2024. It is one of the largest events in Houston where physicians and their families come together and celebrate as the year comes to an end. This year's highlights include live performances by Ahmad Jehanzeb, Saima Kashif and Ahmed Butt. We are looking forward to an amazing evening of celebration and recognition.

Riaz Ul Haque, M.D.
President APPNA South TX Chapter (Greater Houston area)



The Premier Hospitalist Group

Our vision is to be the preferred partner of choice for the healthcare community (hospitals, Primary Care Physicians, and network affiliations) that provides affordable, adaptable, and innovative healthcare solutions of the highest quality for all patients.



Dr. Mehmood Khan

ABOUT US



Dr. Syed Naqvi

Founded in 2015, IPHA began with two highly experienced hospitalists venturing out to start their own brand and vision. Dr. Mehmood Khan and Dr. Sayed Naqvi encompassed a vision that would grow to what is now over 100 providers serving all systems across the city. With providers and coverage in sectors such as acute, post-acute, urgent care, and FSED's, IPHA has quickly become the leader in Hospitalist care. With quality metrics and compassionate care, IPHA has been able to service the city of San Antonio and surrounding cities for almost ten years.

INNOVACORE

CENTER FOR RESEARCH
& BIOTECHNOLOGY

ADVANCING CLINICAL RESEARCH & BIOBANKING



WHO WE ARE

Innovacore is focused on clinical research and biobanking. It is a physician-led organization involved in Phases I-IV clinical trials with both national and global outreach. Innovacore aims to create a new paradigm in clinical research, making it more accessible to patients, investigators, and sponsors. The organization emphasizes collaboration, ethical conduct, and patient-centered care to drive innovation and transform healthcare delivery.

OUR BEST SERVICES



Clinical Trials (Phases I-IV): Comprehensive management of all trial phases, from early-stage research to post-marketing studies.



Patient Recruitment: Tailored strategies to enroll diverse and appropriate patient populations.



Site Management: Expert coordination of trial sites to ensure smooth and efficient operations.



Biobanking: Advanced storage and management of biospecimens, ensuring quality and accessibility for future research.

Why Choose Us?

- **Ethical Standards:** We prioritize patient safety and adhere to the highest ethical standards.
- **Collaborative Approach:** Working closely with investigators, sponsors, and patients to achieve optimal outcomes.
- **Innovative Solutions:** Utilizing cutting-edge technologies and methodologies in clinical research.
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Sohail Rao, MD, MA, DPhil

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APPNA Virginia Chapter



Assalam o Alaikum!!

- I am very proud to share that Virginia Governor Signed a bill that permits the Board of Medicine to issue a license to a physician licensed in a foreign country. President and members' collaborated with other organizations to successfully lobby legislature that passed HB 995 effective 7/1/24. Bill waives US training requirements under certain conditions. LIS > Bill Tracking > HB995 > 2024 session (virginia.gov)
- Chapter held a very successful fundraiser to support Child life Foundation community projects in Pakistan. Alhamdulillah, as a result, the pharmacy block at Civil Hospital Karachi Pediatric ER has been dedicated to APPNA Virginia.

• We organized a free health fair in May in the Richmond City community in collaboration with ICNA Relief. This health fair was very successful and well received by the community members. Chapter offers health fair as community engagement activities to participate in APPNA's National Healthcare Day.

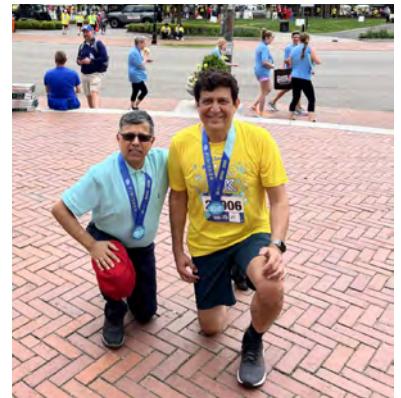
• Chapter hosted CME events featuring renowned speakers and experts in various medical specialties, enhancing the professional development of our members. Facilitated knowledge exchange and networking opportunities, fostering a culture of lifelong learning and growth among healthcare professionals.

• Members have arranged electives and observerships for medical students from Pakistan, which are essential components of medical training and education. Thus providing them opportunities to explore specific areas of interest, and hands-on experience in a clinical setting.

• Another important goal is to involve young physicians in the Chapter's activities and nurture them to take Chapter's leadership roles. Our goal is to increase paid membership of the Virginia Chapter as well as of the National APPNA.

• Chapter's Annual Meeting will be held in Richmond City in December.

Agha Waqar Haider, MD, PHD, FACC
President, Virginia Chapter Richmond, Virginia





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The Quiet Gardener: A Tribute to Tetsuo Hiramoto

by: Muhammad Asim Khan, MD, FRCP, MACP, MACR

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

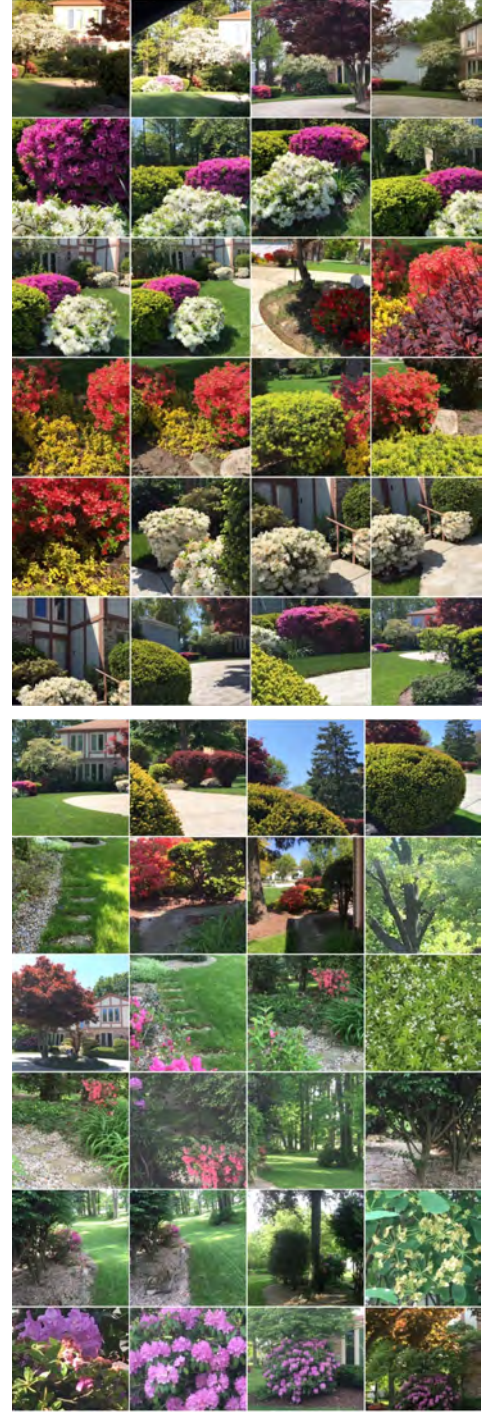
I first met Mr. Tetsuo Hiramoto in 1980 when I hired him to landscape my newly built home. He came highly recommended by everyone I consulted. He was a frail, short man, perhaps in his eighties, though I never asked his age.

He arrived in his bright red Ambassador pickup truck, loaded with everything that was needed for the job. A young man drove the truck, but without helping the old man unload, he sat down on the edge of my neighbor's lawn, smoking a cigarette, indifferent to Tetsuo's efforts. I couldn't offer any help either due to my physical limitations. Tetsuo singlehandedly transformed my garden, creating a beautiful landscape in a few days.

Tetsuo had hired the young man to drive his truck because he could not renew his driver's license due to cataracts in both eyes, When I offered to help arrange cataract surgery to restore his vision, he politely declined, saying, "Doctor, God gave me my eyesight to observe and marvel at His creations. Now He is taking it away, and that is His will. I am comfortable with it."

Tetsuo spent time in internment camps, or "wartime relocation centers," as they were euphemistically called, along with more than 127,000 other Japanese Americans during World War II, Despite this injustice and financial hardships he and his family had faced, he never spoke about that interment, even when I shared my own experience as a refugee. He chose not to marry, living in the annex of her sister's house, and devoted his life to landscaping to "stay close to nature." He loved to write poetry, and I transcribed his poems, had them beautifully bound, and presented them to him.

I used to sometimes visit him during the winter months when I often found him busy crafting wooden fixtures used in Japanese style gardens for his summer jobs. Tetsuo passed away peacefully at well over 90 years of age. After a life well-lived, Tetsuo's spirit lives on in every flower that blooms in every garden he touched (Figures 1 and 2)



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The Impact of HBond Foundation in Transforming Lives

A Leadership Opportunity for Second Generation of APPNA Members
<https://hbond.org/>

At HBond Foundation, we believe in the power of servant leadership, education, and innovation in crafting a brighter future for humanity. Founded in 2018 as a nonprofit organization under the Federal Internal Revenue Service code 501(c)(3), our mission is to facilitate the development of leaders who will serve in the fields of science, technology, engineering, mathematics, medicine, and leadership (STEM-ML). Through its commitment to education and science, HBond Foundation envisions a world where everyone has the opportunity to explore, understand, and contribute to the social, scientific, and behavioral advancements that will shape our future. The Founders of this organization were committed to empowering individuals and communities to reach their full potential and contribute meaningfully to society.

As physicians and geneticists, the founders of HBond Foundation aspired to bring scientific concept into giving back (and building) the community. The idea of the name HBond was envisioned by the fact that while every human being is unique (based on their fingerprints), however, our genome is 99% identical and is composed of four types of nucleotide bases: Adenine (A), Thymine (T), Guanine (G), and Cytosine (C) that form the building blocks of DNA. These bases are bonded by a hydrogen (H) bond which served as the impetus for the selection of this unique name of this Foundation. Similarly, the fabric of human society is weaved by four basic characteristics...Health, Happiness, Hope, and Harmony that form the basis of Foundation's existence.

HBond Foundation offers two internship programs:

- LighT (Leadership; Innovation; Healthcare; Technology: Summer internship designed to address existing challenges for middle and high school students in the areas of hard (technical) and soft skills
 - o In partnership with Region 20 ESC, this program was offered in Summer 2024 to middle and high school students with outstanding outcome
 - o To learn more about this program, please visit this website: <https://hbond.org/light/>
- HEALS (Healthcare; Education; Academics; Leadership; & Science) is a flagship initiative of HBond Foundation that is offered to undergraduate student's specially those who are interested in pursuing a career in medicine.
 - o Its core objective is to promote innovation in healthcare, education, academics, leadership, and science. At HEALS, we believe in the transformative power of education and the pursuit of knowledge to improve lives and communities worldwide
 - o To learn more about this program, please visit this website: <https://hbond.org/heals/>



For More Information Please Contact:
Sohail Rao, MD, MA, DPhil
President, HBond Foundation
San Antonio, Texas
srao@hbond.org



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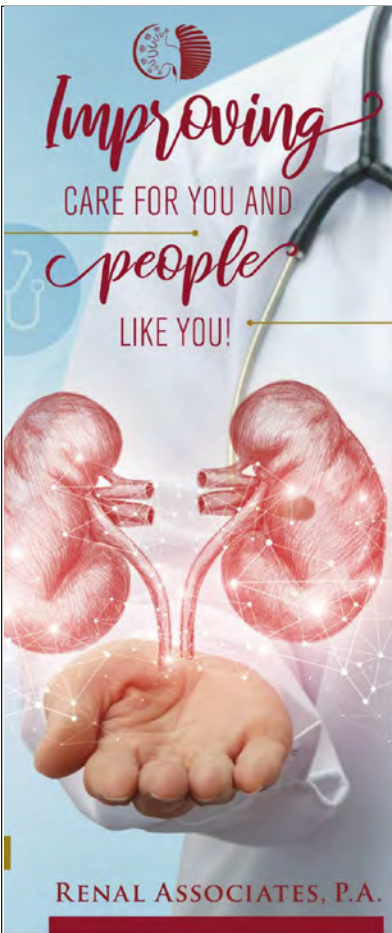
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Renal Associates, P. A. San Antonio welcomes APPNA members at APPNA Fall Meeting 2024

“Stomp Out Blood Cancer”

Renal Associates, P.A. is the largest nephrology group in San Antonio and South Texas, with 40 nephrology providers, 20 office locations, and 30 dialysis clinics. For over 40 years, it has provided quality kidney care with compassion.

From the APPNA members at Renal Associates, P.A. :

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Fahim Zaman, MD

Rashid Sharaf, MD

Mohammad Abdullah, MD

Bushra Talib, MD

Sohaib Zahid, MD

Dawood Mustafa, MD



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Electric & Magnetic Brain Stimulation: Revolutionizing Neurological Treatment

by: Imran Alam MD | Fulbright Professor Surgical Neurology
– Neurophysiology | USPTO Patents: US10207123-A1 &
US10780264-B2

Overview: Electric and magnetic brain stimulation technologies represent cutting-edge advancements in neuromodulation. These innovations focus on restoring brain function in patients suffering from neurological disorders, including Parkinson's disease, epilepsy, stroke, and neurodegenerative diseases.

Key Technologies:

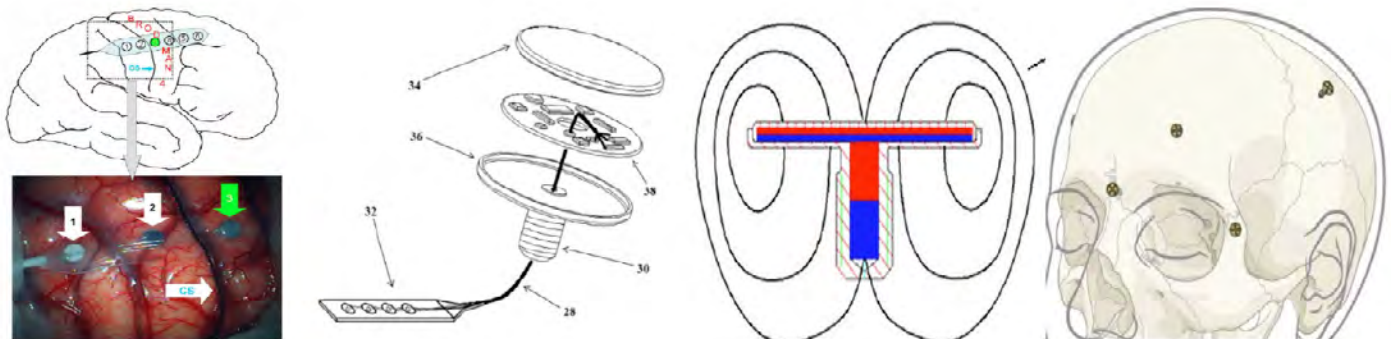
- **Magnetic Brain Stimulator:** This device, covered under USPTO Patent US10207123-A1, utilizes a skull-implanted magnetic assembly to generate a static magnetic field. This field penetrates the scalp, reaching the cortex, where it induces action potentials in cortical neurons. Technology has been shown to improve brain function in conditions such as depression, epilepsy, and stroke.
- **Electric Brain Stimulator:** Under USPTO Patent US10780264-B2, this device applies repeated electric stimulation to specific brain areas, aiding in the treatment of epilepsy, stroke, neurodegenerative diseases, and more. The stimulation parameters typically include 25-60 Hz biphasic constant current stimuli with an intensity ranging from 1 to 15 mA.

Applications: Restoring human brain function: Magnetic and electric stimulation aids in restoring function by stimulating latent brain areas. Offers promising treatments for conditions like depression, PTSD, epilepsy, stroke, neurodegenerative diseases, and anxiety disorders.

Recognition: Dr. Imran Alam was honored with the prestigious CNS (Congress of Neurological Surgeons) Recognition for Innovation in 2021 for his groundbreaking work on the Magnetic Brain Stimulator, marking a significant milestone in the field of neuromodulation.

Market Potential: The brain stimulation devices market was valued at USD 1.1 billion in 2021 and is expected to reach USD 4.0 billion by 2030, growing at a CAGR of 14.1%. The demand for minimally invasive surgical procedures, combined with a rising geriatric population, is driving market growth.

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Building a Village: The Power of Community Initiatives and Grassroots Impact

by: Lubna Naeem, MD

Lifetime APPNA member, Advisor APPNA Fall meeting 2024

APPNA South Central Texas Chapter Board of Trustees 2024

APPNA South Central Texas Chapter President 2016

APPNA Secretary and Treasurer, Past

Board of Directors Bexar County Medical Society

The strength of a community isn't measured by its size or wealth but by the connections it fosters, the resilience it builds, and the impact it generates through collective action. Building a village—whether literal or metaphorical—requires shared values, concerted efforts, and a vision for the future. It's through community initiatives and grassroots movements that we harness the true power of unity and drive meaningful change.

As an Advisor for the APPNA Fall meeting, I've seen firsthand the incredible impact that comes from bringing people together with a shared purpose. This year's theme, "Stomping Blood Cancer," highlights our collective determination to fight one of the most challenging health battles of our time. The meeting isn't just a gathering; it's a launching pad for initiatives that can transform lives. Here, ideas are nurtured, collaborations are formed, and the groundwork is laid for a stronger, more connected community. This meeting is a testament to what we can achieve when we unite our efforts and focus on common goals.

Pioneering cancer walks has been one of the most rewarding experiences of my life. These walks are more than just fundraisers—they symbolize hope, resilience, and solidarity. Every step taken during these events represents a commitment to fighting cancer and supporting those affected by it. The success of these walks is a clear example of the power of grassroots initiatives. When we come together, driven by a shared mission, we create ripples that extend far beyond our immediate reach.

Our efforts are also deeply connected to broader networks, such as county medical societies. These societies play a crucial role in shaping healthcare policies and advocating for the well-being of communities. Through our engagement with the Bexar County Medical Society, we've been able to put forward resolutions that eventually become laws—laws that significantly impact us as physicians. Whether it's addressing Medicare and Medicaid pay cuts, protecting the scope of practice, or navigating the complexities of prior authorization, our advocacy has tangible effects. The importance of this engagement cannot be overstated; it's crucial for our survival as healthcare professionals. By staying involved and advocating for our needs, we ensure that our profession is protected and that our voices are heard.

None of this would be possible without the dedication and hard work of those behind the scenes. I want to extend my deepest gratitude to the Chairperson Dr. Aamir Ehsan and the committee for their relentless commitment. Their efforts are the backbone of our success, turning vision into reality and ensuring that our initiatives make a lasting difference.

Building a village isn't just about having a plan—it's about taking action, fostering collaboration, and creating a shared vision for the future. Whether through the APPNA Fall meeting, cancer walks, or our work with county medical societies, every effort contributes to the foundation of our community. Together, we can build a village that not only supports



APPNA Fall Meeting 2024

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Nadeem Throws Gold: From Village Fields to Olympic Glory

Author: Hanya Irfan

Hanya Irfan is a Medical Masters student at the University of Florida. Prior to pursuing her masters, she graduated with Honors from the University of Central Florida with a Bachelor of Science in Health Sciences. In her spare time, she enjoys reading and spending time with friends and family.



In the early evening of August 9th, 27-year-old Arshad Nadeem, one of seven Pakistani athletes in the 2024 Paris Olympic Games, lurched forward for his second attempt in the javelin throw after a disappointing first launch. Nadeem's javelin soared to a monstrous 92.97 meters, setting a new personal best, defeating defending champion close rival and friend, Indian athlete Neeraj Chopra, and most notably, shattering the standing 16-year-old Olympic record. His feat brought the Stade de France stadium to its feet in roaring applause. This moment of exuberant celebration paled only in comparison to the joy that pulsed throughout Pakistan, especially in the small Punjabi village of Mian Channu, where Nadeem's journey to Olympic glory first began – bringing hope to a nation that hadn't seen gold in 40 years.

The 2024 Paris Games broke 125 Olympic records thanks to unprecedented nutrition, training, and scientific advances. However, Nadeem, one of eight siblings and the son of a construction worker, had little access to these luxuries - fashioning his own javelins out of bamboo and iron tips, practicing in extreme heat and unreliable facilities, and relying on village crowdfunding for competition expenses. Further, the biomechanical demands of javelin throws over 85 meters are immense, requiring the precise coordination of multiple muscle groups and spinal mobility. Javelins can reach speeds of up to 70mph, with athletes at times transmitting hundreds of pounds of force in a split second. The precision and coordination required to direct such formidable force is a testament to the magnificence of peak human athleticism. Despite such challenges, Nadeem's dedication led him to set personal bests throughout a decade of international competition.

Nadeem now leverages his prominence to support the establishment of a women's university and sports academy in Mian Channu. His historic victory will continue to inspire millions and draw attention to the untapped potential for Pakistani excellence beyond traditional cricket and field hockey avenues.



For those of us with Pakistani roots, Arshad Nadeem's success is a powerful embodiment of the American dream – this time realized on Pakistani soil – and a poignant reminder that Pakistan's brightest days are still ahead.

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