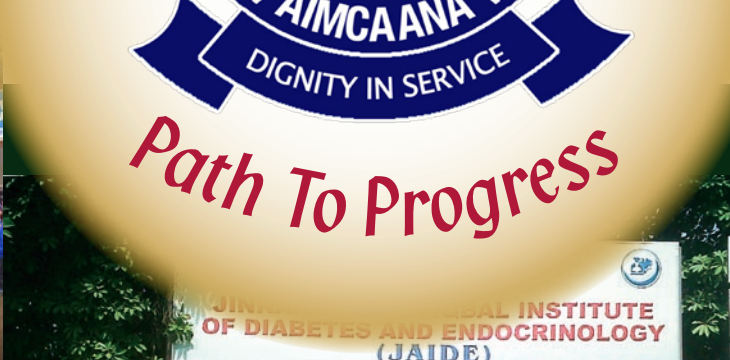




AIMCAANA Connection

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AIMCAANA Connection

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About The Cover

The logo of AIMCAANA derived from Allama Iqbal Medical College logo contains Shaheen (Eagle) representing vision, courage, and struggle. Moto, dignity in service reflects the guiding principles of all AIMCAANA activities. Pictures show selected completed projects by AIMCAANA over the last five years, see last page for more details.

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BismilLaah-ir-Ruhmaan-ir-Raheem

Reflections

Tahir Latif, MD

Today when I sat down to write this editorial; a brief recount of the journey that we started over 5 years ago seems a fitting topic to discuss. I have no hesitation to admit

that I started as a skeptic with what can me or small alumni do to fix the misery and ills of this world. What I have learned over the last 5 years is totally different. We have been able to do so much and have touched hundreds of lives with our collective social activism. We have changed several lives with our financial support in the most direct way possible for example Jawad can now come to college in his new car and many other fresh graduate are able to secure their residencies. What I learned from this journey is to achieve good we have to dream big, be determined, put our sincere efforts and take first step; people will join in to keep the caravan going and make the goals much more meaningful.

We have shown this with AIMCAANA activities so far, over the last 5 years alumni has collected over \$250,000 and spent over 150,000 on several projects not only in Pakistan but also in our adopted homeland.

These projects include providing audience response system to enhance the learning of AIMC students, Scholarships to deserving and bright students, renovation of Doctors Library at Jinnah Hospital, Qurze- Hasna and continued support of Iqbalian house in Philadelphia to help young Iqbalians who come to US in pursuit of electives, exams, externships and residency interviews. After hearing from Javed Chaudhry (a renowned journalist and TV anchor, Kal Tak fame) about the story of a brave student at AIMC, Jawad Bhatti, who had suffered from Polio and is severely limited in her abilities to ambulate, A car was purchased, altered according to his physical needs and handed over to him recognizing his courage and determination that in spite of his physical handicap fulfilled his dream to be a physician. As appreciation to AIMC employees, books and winter blazers were provided to their kids at Jinnah public school. All

the children at the school were protected from especially harsh winters last year. New mattresses for hospital beds were provided to OBGYN ward at Jinnah Hospital to improve patient care at Jinnah hospital Lahore and they will receive state-of-the-art machines to monitor the well-being of fetuses during high risk pregnancies.

The two extraordinary projects that makes us especially proud are establishment of the Jinnah Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE) and outpatient chemotherapy infusion room. These projects not only provide great educational and training opportunities to students, house officers and post graduate trainees but also provide great care to needy and deserving patients every day. Several of our members have devoted and volunteered their time to teach and train these students, house officers and post graduate trainees during their vacations while visiting Pakistan.

None of this would have been possible if we did not take the first step and tap into the potential of all of us together, it is only our collective will and strength that has made this possible. Our alumni is much stronger and more mature today, and has better understanding and infrastructure to continue to tackle the fundamental problems of poverty, lack of education, and broken health care system in Pakistan. Please continue to be involved in this process and try to deter status quo that is eating up the fabric of our society. Let's work together and promise that we will play our role to make this world a better place.

Tahir, AIMC 1996 fall, Board certified Hematologist and Medical Oncologist currently serving as Assistant Professor of clinical medicine at University of Cincinnati. He also serves as Director Outpatient Infusion Services, University of Cincinnati Medical Center, Chief of Solid Tumor Oncology and Medical Director of Division of Hematology Oncology.



Khadim Hussain, MD
President AIMCAANA 2013

I am humbled and honored to assume the role of president of AIMCAANA for 2013. I am privileged to have the support of my colleagues on the executive committee and board of directors in this endeavor. I am deeply

grateful to my predecessors for their leadership and contribution to our organization. AIMCAANA continued with its excellent traditions and made extraordinary progress under the leadership of our past presidents and executive committee here and back in our beloved college. We as a team are committed to continue their hard work and will strive to recognize and nurture the rich heritage of AIMCAANA.

We will continue to build our alumni to its fullest potential relying on our vision. These efforts and many more are part of our mission to make alumni a premier and progressive organization to embark on this journey with all of your continued generosity and support.

During my last visit to AIMC back in January I saw that all our projects going in their full swing and being appreciated all across. Here is a brief update

Elementary School at Jinnah Hospital: Last year we contributed towards the school for employee's children working at AIMC and Jinnah Hospital by providing books and furniture. This year we provided them with winter blazers and we intend to continue that support in a more organized way by inviting the school administration's suggestion.

Chemotherapy Infusion Suite: It was established and maintained since 2011 to give outpatient chemotherapy treatments to all patients in safe and comfortable environment. Due to its utility it is already needed to be expanded to provide separate treatment area for men and women and active efforts are underway to accomplish that this year. Nine chemotherapy chairs donated by the University of Cincinnati was shipped to Pakistan in May 2013.

Iqbalian House: AIMCAANA is supporting rent of a house in Philadelphia since May 2009, where young physicians can stay with minimum cost while preparing for their exams and searching for their residencies. We will continue and support this project for year 2013, We have spent over \$ 40,000 for this project so far.

Reading Room for Young Doctors: There has not been any maintenance done for the reading room in Jinnah hospital and conditions have become unsafe for many young physicians studying there. We oversaw complete renovation reading room for young doctors at Jinnah Hospital.

Research and Review Articles: AIMCAANA announced a reward of 50,000 rupees for any medical students; house officers and post graduate trainees who can get his article in a peer reviewed journal with an impact factor of 3 or more to encourage research in Pakistan

Jinnah Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE): JAIDE is providing excellent care and education to poor and needy patient since 11/2009, due to its tremendous success we plan to support its plan to expand services.

Credential Verification: System has finally put in place, please visit www.aimcaana.org for details. We will continue to provide credential verification to Iqbalians and we want all of you to utilize this frequently and give us feedback.

Mattress and Fetal Monitoring Machine to Obstetrics and Gynecology: New hospital bed mattress were provided to obstetrics and gynecology ward and a new machine to monitor fetal health during high risk pregnancies and difficult labor has been approved for them to receive delivery soon.

Visiting Faculty Program: Our support to visiting Faculty program will continue. We encourage all Iqbalians who are visiting Pakistan to visit AIMC while they are in Lahore. Before leaving if they can email me or Dr. Tahir Latif or go to website and tell us in advance about their visit so that proper arrangement can be done. They can either deliver lecture or just meet faculty and students.

A Tribute to Citizen Committee: I am very pleased to announce the addition of famous journalist and TV anchor Suhail Warriach to Citizen Committee. You all are aware of the importance of the Citizen Committee and its role in improving our working as a coherent group. We will not be able to accomplish any of our goals without their help. The volunteer committee members brain storm and suggest workable solutions to the issues confronted. We will forever remain indebted for these selfless individuals. I am especially thankful to Mohammad Aslam Khan for assuming the role of coordinator without his efforts we will not be able to accomplish what we have done in Pakistan.

This year we will not only continue full support of these projects but also will work on establishing many new initiatives. For example efforts are underway to see how AIMCAANA can support establishment of cooperative group in Pakistan to conduct medical research according to our resources in Pakistan.

We will look forward to stay connected with all of you and act on your feedback because together we can influence the future of our alumni and built a legacy that not only maintain its honor but take it to new heights of success

Khadim Hussain, AIMC 1986, is an Emergency Department Physician at Valley Baptist Medical Center- Brownsville, Texas.



Sajid Chaudhary, MD
Executive director AIMCAANA

It is my honor to serve AIMCAANA as its executive director. I am pleased to report that the momentum that was created to energize the association in 2008 continued to progress during 2009, 2010, 2011 and 2012 with

great zeal and enthusiasm. Some highlights of the year include provision of handicapped equipped car to Jawad Bhatti (Medical student at AIMC), continued rent support of \$1200/month for a Iqbalian house in Philadelphia so that Iqbalians searching their residencies can stay there at minimal cost, and renovation of reading room for junior doctors at Jinnah hospital Lahore. The highlight of the Washington summer meeting was the 20 minutes of fund raising for our projects, Iqbalians opened their hearts and over 55,000 \$ were collected within few minutes for AIMCAANA projects.

It was a huge responsibility upon me and the Executive Council 2012 to fulfill our commitments and it would not have been possible without the continued support of AIMCAANA membership. I would like to thank all the committees, especially to Executive Council for all their devotion, hard work and volunteerism. In the end I am delighted to report that our endowment account at Fifth Third Bank has **\$54,187.56** and checking account has **\$63,285.99**.

Please feel free to contact me if you have any comments or questions regarding the financial statement presented below.

Sajid Chaudhary, AIMC 1985, is currently practicing Infectious Diseases in Orlando Florida. He is also serving as Clinical Assistant Professor at University of Central Florida School of Medicine.

Fifth Third Bank AIMCAANA General Account

DESCRIPTION	INCOME	EXPENSE	BALANCE
Beginning Balance January 1, 2012			\$17,653.77
Borrowed from saving account	\$5000.00		
Dues/Meetings	\$4,119.00		
Donations	\$73,307.00		
Advertisement, Newsletter, Onsite Ticket Sales	\$1000.00		
AIMCAANA social forum 2011		\$1,927.00	
Donations Provided For Projects in Pakistan		\$18,000.00	
Newsletter		\$3,200.00	
Iqbalian House rent		\$14,400.00	
Miscellaneous		\$390.00	
Total Income	\$83,426.00		
Total Expenses		\$37917.00	
Ending Bank Balance December 31, 2012			\$63285.99



AIMCAANA Condemns Atrocities In The Name Of Religion

Babar Cheema, MD

On a calm afternoon on June 17 2013 a bus carrying female Hazara students left Sardar Bahadur Khan Women's University in Quetta and few minutes later their bodies were cut into

pieces after a loud bang. Injured taken to Bolan Medical College Hospital faced another suicide

bomber and indiscriminate firing from terrorists who let only Sunnis leave the hospital. Lashkar-e-Janghvi (LeJ) took the responsibility and life moved on for everyone except the families of those fourteen innocent young girls and all others who were massacred at the hands of ruthless killers who were trying to purify Islam.

Atrocities in the name of religion are being committed against Hazara community in Quetta every day but silence of Pakistani nation is deafening. Innocent children and girls are being killed in the name of religion but conscious of military, political elites and religious establishment is dead to their plight. Forces of destruction and ignorance are being strengthened by so called stalwarts of Islam, a beautiful faith of ours that we all adore. Islam guides individuals to frame their lives within few basic principles

and allow them to progress spiritually at their own desire and lays judgment only in the hands of Creator. But religious power mongers have taken away this God given right to think and use our common sense to ponder upon every moment of our existence to acknowledge and thank Allah almighty.

Sufferings of Hazaras remind us of Karbala when family of Holy Prophet (pbuh) was killed by power mongers within forty eight years of his death and Islamic ummah quietly subjugated itself to a kingdom by calling it a caliphate and changed the direction of Islam forever. Pakistani nation is also quietly accepting the fate of Hazaras and other shias by suppressing its guilt on the basis of different conspiracy theories. Pakistanis are forgetting that these demons would eventually come to haunt each and every one of them as none of them fits in their ultimate classification of Islam. History will remember Hazaras as it does martyrs of Karbala and would bury Lashkar-e-Janghvi (LeJ) and its sympathizers under the dust of time. Today every Iqbalian is a Hazara.

Babar, AIMC 1996 spring, is currently practicing internal medicine and geriatrics in Louisville, Kentucky. Babar is also Clinical Assistant Professor at the University of Louisville.

16th Annual AIMCAANA Meeting Report



Asif Mahmood, MD

As usual, AIMCAANA hospitality desk was once again the prime meeting place for Iqbalians attending the annual meeting in Washington, DC. It was the most visited, visible and vibrant registration desk of the meeting. Many of us located their long

lost friends and rekindled their friendship through our hospitality desk. AIMCAANA arranged a thought provoking seminar on the Baluchistan issue at the meeting. Keeping up with the tradition, it was one of the most attended and highly appreciated event by APPNA members at the meeting (see details below).

The Alumni Annual Dinner was attended by more than a hundred and fifty Iqbalians and their families. Abid Husain, President of AIMCAANA, presented detailed reports about completed projects and future goals. A video clip was shown to the audience about a young Iqbalian, Jawad Bhatti, to whom a

car was donated by alumni which was equipped for his specific physical handicap. Soon the podium was turned over to Dr. Atique Mirza and Babar Cheema who did an excellent job in reaching out to the hearts of the audience, and raised almost 55 thousand dollars for AIMCAANA future goals within minutes. We are grateful to all of you for trusting AIMCAANA with your endless donations. We like to thank and acknowledge some of our biggest supporters. Here is a partial list.

Asif, AIMC 1997. Board certified Internist working as Hospitalist with Fredericksburg Hospitalist Group, Virginia.

* Anonymous 25,000	Naeem Tahir 5,000
Asad Qamar 10,000	Raza Khan 2,500
* Naeem Tahir Kheli. 10,000	Abid Hussain 2,500
Farrukh Adhami. 6,000	Saqib Naseer 2,000
Akbar Pasha 5,000	Zahir Waseem. 2,000

** Received in December 2012 but deposited in January, not included in 12/31/2012 statement.*



Prof. Mehmood Shaukat

*Principal & CEO, Allama Iqbal Medical College
& Jinnah Hospital, Lahore*

Introduction of Allopathic Medicine in the Subcontinent had to wait till 1835, when the British introduced major reforms in India and the First

Medial School was established in Calcutta.

In the North of India some of what became Pakistan, the First Medical School, the Lahore Medical School subsequently the KEMC, came up in Lahore in 1860. The only other Medical School “DOW “in the territory that would become Pakistan was established in 1940 at Karachi.

AIMC has made a remarkable impact on the Medical education and health services in Pakistan in a short span of time. The graduates have worked with spirit and zeal and have earned recognition within the country and abroad. In the process they have created and carried the image of this Institution to newer heights.

It was with a mixed feeling of nervousness and excitement that I joined as the Principal last July. Those were difficult days for the profession, but I believe such times provide you an opportunity to make a difference.

I consider Pakistan a paradise for those who wish to render any community or public service.

Doing good for the good itself, maintaining discipline, professional commitment, satisfaction of delivering services, professional achievement, most of these values are evaporating from the society as a whole, but need to be infused into the system.

We have lived in seclusion for too long, and with no body to compete with and no body to compare with, our systems if they can be called systems, have crumbled. We do see excellence by individuals but the overall performance in any field leaves much to be desired. We need to develop partnerships globally, to enable and capitalize on the local talent, abundantly available but not given the required environment and opportunities to produce

results. The problems are too many and we have to look for common causes, and find appropriate solutions.

My foremost mission is to open the doors of International Collaboration, work on mechanisms to capitalize on the immense clinical material we have and explore the potential for joint research and ventures.

We have to pull our medical professionals out of the self deceiving stance of inactivity. AIMCANA has been working on many fronts including initiation of such valuable projects as the JAIDE and assistance in up-gradation of Oncology Department. It has also been instrumental in so many other initiatives, from scholarships for students to financial assistance for the needy, help in Jinnah public School and so on and so forth. Looking at the commitment of this vibrant, young Association, I see an ever growing focused collaboration with the Alma mater. This collaboration I think will be most rewarding at an intellectual level, sharing of their valuable experiences gained in this land of un paralleled human success in the history of mankind.

We have held a very successful scientific symposium this year and wish to make it a regular annual event. The experience of involving young trainees and students in research was most exciting and rewarding I look up to a very committed response and participation from the AIMCANA members. It is here that maximum benefits can be reaped from a consistent input from AIMCANA members.

I do not believe in the traditional lack of resources theory, being held responsible for every ill in our society. No doubt resources are meager but perhaps in reality the will to work and deliver is entirely missing.

The path is difficult but the possibilities of doing some good work that can affect the lives of thousands are astronomical. There is vacuum all around waiting to be filled.

Dr Mahmood Shaukat is a graduate of King Edward Medical University (KEMU). He was serving as Professor of Pediatric Surgery and Registrar KEMU before appointed as Principal, Allama Iqbal Medical College Lahore in 7/1012.



Qalb Abbas Khan, MD

Most of the medical graduates travelling to USA in pursue of residency are from middle and lower middle class settings and their families usually do not have enough to bear the expenses of living here. The first thing that comes to the mind of a person travelling to USA is the fear of living

there with strangers, with the added stress of exams and the Match process, the thought of not knowing where the person would stay and keep expenses to a minimum is the second thought that crosses one's mind. When we see our colleagues travelling to other countries and listen to their sufferings regarding living expenses and other issues, we feel blessed. It is not less than a blessing to find shelter in another country away from home and for free.

Iqbalian house is a place that not only provides a free place to live but also an environment that is as friendly as one's own house. In addition to the financial support, people here, give moral support to newcomers which is very important because of the competition here are getting tougher and tougher with each passing day. Apart from the wonderful location, there are so many features associated with Iqbalian House. Within walking distance of Subway and Main Bus station travelling is very convenient. All the major universities are merely 20-30 mins away by subway which is very useful for those involved in research work. The same subway can be used to travel to Centre

city, Greyhound bus station and the airport. There is a bank within walking distance which has ATM machine therefore making it easier for everyone to manage funds. A masjid is conveniently located not far from the house. We also have Dollar Tree and family dollar for making purchases. A nearby store sells Halal Meat, which, in itself is a blessing to find close by. There is a laundry store right across the street which makes it easier to do laundry. Most importantly the support and guidance of seniors is most valuable. Iqbalian house has set a tradition, in which, for years all Applicants preparing for Step 2 CS exam, over here, have passed with flying colors. All residents of Iqbalian house share all kinds of duties, including grocery, cleaning and trash duties. It is made sure that all residents regardless of their seniority have equally shared duties.

There are so many things to be thankful of. I, on the behalf of all those who are here and those who are yet to come, want to pay heartiest thanks to all who are supporting this house and I want to request them to keep this tradition alive because all of them were once here and helped.

Qalb Abbas Khan, AIMC 2008, is a resident of Iqbalian house conducting volunteer Research at the Department of Endocrinology, Temple University, Philadelphia.



Social Forum 2012 Report



Malik Siraj Akbar

During the 2012 annual convention of the Association of Pakistani Physicians of North America (APPNA), I was provided a wonderful opportunity to speak at a public forum hosted by AIMCAANA and DOGANA on Balochistan, Pakistan's mineral-rich

restive province. The event attracted a large audience and helped in developing the understanding of the Pakistani-American community about the actual situation in Balochistan. Moderated by Anwar Iqbal, the Washington-based correspondent of Pakistan's Dawn newspaper, the panel also included Sohail Warriach, a reputed journalist affiliated with Geo Television and Salauddin Haider, a veteran columnist based in Karachi.

As a native of Balochistan, I was deeply impressed by AIMCAANA's good will gesture toward the people of Balochistan

who have faced decades of economic exploitation and military operations. "The people of Balochistan look at the Punjab as their elder brother," I reminded the audience, "and the elder brother's responsibility is to care for the plight of the younger brother."

Frequent use of military force to address Balochistan's political conflict have failed and instead backfired. Consequently, sections of the Baloch population have waged an armed insurgency to ask for greater rights. The government, on the other hand, had responded to the Baloch demands with enforced disappearances, torture and systematic elimination of the political leaders and activists. It was reassuring that most of the people who attended the event agreed that Balochistan had not been treated respectfully and equally. However, they also asserted that the people of the rest of Pakistan stood with their Baloch brothers and wanted peace and equal opportunities for them.

Malik Siraj Akbar, based in Washington DC, is the editor-in-chief of the online newspaper, The Baloch Hal



Cancer Research Group of Pakistan

Raza Khan, MD

All of us who have been through their residency or fellowship training or are doing basic science research here in USA understand the importance of both bench and clinical research in finding new and more effective therapies. Developing countries like Pakistan traditionally depend upon the research happened in the developed countries like Europe and USA, however much of that research may not apply to the developing countries due to limited resources. There exists a dire need to develop infrastructure in Pakistan to conduct research according to local resources. This is especially true in Oncology and cancer care, the drugs that are considered standard of care here in USA are either not available or too expensive to afford.

Keeping all this in mind our alumnus Asher Chanan-Khan, Chair of Hematology & Oncology, Chair of Clinical Research and Vice Chair of Research, Departments of Medicine and Cancer Biology, Mayo Clinic in Florida recently visited AIMC and Co-Chaired in a National workshop on hematologic malignancies in Lahore Pakistan. He observed a great potential to develop an infrastructure for clinical research in Pakistan, and conducted preliminary work after meeting with several practicing oncologists throughout Pakistan. He noted that Professor Zeba Aziz and other colleagues are very much interested in developing more collaboration that extends towards research and beyond educational initiatives. Dr Zeba Aziz assures that data will be dependable as they already have experience with online data collection and have research team that is already trained on GCP guidelines. Collaborative concept for initial clinical research project was developed by Drs. Chanan-Khan and Zeba Aziz. The concept is to create a cooperative and collaborative group of oncologists from several institutions in Pakistan to develop and promote a clinical research culture focused in oncology in Pakistan. Dr Chanan-Khan noted following goals for the collaboration.

- Develop clinical / translational research initiative that is at par with the international level

- Develop a core collaborative research group in Pakistan with ability to design and execute state of the art research projects that can put Pakistan Cancer Initiatives on the international platform.
- Galvanize efforts in Pakistan to start developing cost effective chemotherapeutic regimens that are feasible and doable in Pakistani community. Clinical research like this will be able to extend much needed help to cancer patients in Pakistan.

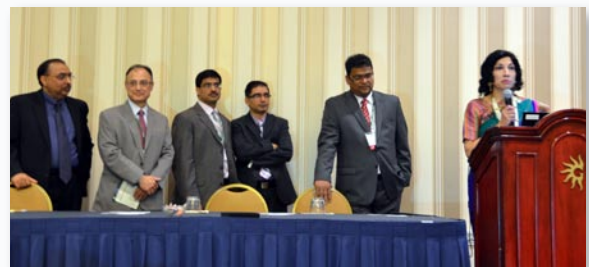
In this regard the first clinical trial concept designed by Dr. Chanan-Khan is now being finalized and will be led by Dr. Zeba Aziz. Research laboratory at Mayo Clinic will support the correlative studies and basic science work to make the study exciting for publication in high impact journal. Additional translational research support will be extended through the University Health Sciences (Dr. Shahida Mohsin). Dr. Chanan-Khan was awarded adjunct Professorship at the UHS and members of his translational research team will be visiting UHS and Shaukat Khanum later this year to further collaborative efforts.

AIMCAANA can help in realization of these goals by financially supporting the endeavor. The seed money provided by AIMCAANA will be used to strengthen the research infrastructure to make sure data is dependable and consistent and can be validated. It will also support and incentivize young MD form AIMC (or other institutes in Pakistan) to support Dr. Zeba Aziz. The grant will also help with some patient enrollment / clinical coordinator and drug costs for the trials and to collect real-time on line data. Development of this first cooperative clinical trial will be crucial for the success of this program. Executive committee is currently evaluating the proposal and will be presenting more details to membership in the annual meeting in Orlando in July 2013.

Raza, AIMC 1986, is a board certified oncologist at Aultman Cancer Center Canton, Ohio. He is also serving as Associate Professor of Internal Medicine at North East Ohio Medical University.



Social Forum Panel (L to R) Suhail Warraich, Malik Siraj Akbar, Anwar Iqbal and Salauddin Haider



Dr. Saima Zafar, President of APPNA, speaking at the alumni dinner

We love to hear from you!

Visiting Faculty Program has always been beneficial for the students and trainees in the Pakistan to improve their education, however now it has proven beneficial for the visiting faculty too in helping to establish collaborations (see below and page 9). We encourage all Iqbalians who will be visiting Pakistan to visit AIMC while they are in Lahore to either deliver lecture or just meet faculty and students. Please contact us at webmasteraimcaana@gmail.com to make arrangements.

Symposium A Success – Asher Chanan-Khan, MD



Dear All,
Greetings,

This is to share with you the successful and extremely impressive 1-day Symposium on Blood Cancer that was arranged and hosted by Professor Aziz.

The participation was at national level and the audience and Q& A session extremely interactive and collaborative.

Professor Aziz and other colleagues are very much interested in developing more collaborations that extend towards research and beyond educational initiatives. I think this is a great idea. I am planning to draft a proposal with Prof. Aziz and will perhaps

reach out to our organization for input and support?

Such a collaboration will be impressive endeavor between Mayo Clinic – AIMC, will be the first of its kind and consistent with the research /education mandate of our organization.

I am planning to be at the Orlando meeting and look forward to opportunities to meet with all or some of you if you have the time.

Thank you again for this opportunity and thank you Prof. Aziz for your wonderful work.

Regards

Asher Chanan-Khan, MD

Chair of Hematology & Oncology, Chair of Clinical Research and Vice Chair of Research, Departments of Medicine and Cancer Biology, Mayo Clinic in Florida

Last year AIMCAANA members opened their hearts and wallets to sponsor a handicapped-assisted car for Jawad Bhatti after the story of his courage and determination made it to the newspapers. Jawad is enjoying his new car and sent us the following communication.

A Note Of Gratitude – Jawad Bhatti



Respected Sir

AOA, I hope you are well. Sir, I am very thankful that you did a great effort to provide me a car.

My Life History

Sir, my both legs affected by polio in my childhood when I was 2 or 3 years old. I got education up till F.Sc by crawling on hands, then I got 930/1100 marks in F.Sc and passed mcat. Then I appear in medical board in K.E Lahore. The board refused me by saying that you can't stand so we can't give you admission in M.B.B.S on disable seat. So I decided to undergo surgeries to help me stand.

I had six surgeries on my both legs. Then I become able to walk with elbow crutches and next year that medical board gives me admission in AIMC.

Sir, my father is very poor man. He is a hepatitis patient. I am requested to you, sir, please for your continued support.

What Is Process Of Givng Car

Sir, first you and other AIMCAANA members see my interview on Express Javaid Chaudhary program and I met u sir. I select the car, then I told to ABID sahib and ASLAM sahib. Abid sahib did payment and give altered car to me in AIMC administration along with principal javaid akram sahib,. The brake of car is near to steering. I use brake by my left hand.

My Experience With Car

SIR, I am fine ALLAH KA SHUKAR HA. Yes Sir, I am enjoying your gift of this car thank you. Sir experience with this automatic Japanese Alto is very nice.

How Car Change My Life

Sir, before car it was very difficult for me to go college by walking. I felt pain in my legs on going to college or other places. Now it's very easy for me to go college. I go to college and other places on car now; it's very easy for me to go hospital ward for practice and taking classes in ward. I park my car near auditorium and go to hospital. Now everyone respect me more than before.



Mohammad Aslam Khan

As usual citizen committee had very busy year not only overseeing current projects but also evaluating new projects. Committee met several times last year and really felt galvanized with the addition of Suhail Warraich sahib. His insight has made the functioning of this committee much more effective. The main issue tackled by this committee last year includes:

1. Arranging purchase of mattress and CTG machines required by Gynae II of Jinnah Hospital
2. To evolve foolproof system for supply of costly medicines to non-affording needy patients of Jinnah Hospital
3. Completion of JAIDE-II (Extension) project
4. Chemotherapy suite expansion

Mrs. Kokab in consultation with Dr. Shehla Javaid contacted two vendors/importers of CTG machines and got details and prices of the machines they deal with i.e.. (i) Antepartum Fetal Monitor BT 300 and BT-350 of Korean origin at costs of R.135,000/- and 95,000/- respectively. And (2) F-9 Fetal/Maternal Monitor made of China costing Rs.250,000/-. The representative of No. 2 Machine also demonstrated the operation. Since the machines are to be used by Gynae Ward, Dr. Aaliya, Assistant Professor also participated with us and after seeing the features of both the machines insisted for purchase of Japanese TOITU Fetal Acto cardiograph MT 516 which they have been using for long period satisfactorily. The cost of one machine (if imported on request of hospital) is Rs.3,50,000/-. The Committee members approved supply of one machine immediately after approval of AIMCAANA and other on receipt of funds from USA. It was decided that Mr. Suhail Warraich and myself will see the Vendors

of Japan machine to get more possible discount/concession. The Principal also suggested that there was a Purchase Department at hospital who might also get us minimum price if purchased on cash payment.

The other important issue of evolving some fault-free system for supply of medicines to deserving non-affording patients of Jinnah Hospital was discussed at length. It was decided that the facility should confine to the patients admitted to hospital only as chances of misuse of facility would be greater in outdoor patients. There were different suggestions including that we appoint one/two big chemists of good repute near hospital and depute 2/3 honest and competent senior doctors of JH who, after verifying genuineness of patients will get them the required medicines from the specified chemists. We shall make payment to the Chemist after mutually agreed period i.e. weekly, fortnightly, monthly. We also discussed with Social Welfare Officer of JH the procedure they adopted to evaluate the need and genuineness of poor non-affording patients. She explained a long procedure involving many stages and persons. They have three types of funds i.e. Zakat, Baitul Maal and money from outside donors. From the given procedure it is felt that the system may be suitable for chronic patients but not for patients that need medicines for immediate treatment. The matter was also discussed with Mr. Mushtaq Pirzada, the honorary Secretary Finance, Social Welfare Department. They hold monthly meetings of Board of Directors/Members to finalize cases of financial assistance for purchase of medicines/other required treatment to deserving patients. We plan to participate in a meeting as Observers to see their system and shall pick up things that will suit us.

The Principal, AIMC Prof. Mamood Shaukat also arranged a meeting with a Director of Jinnah Public School which has now been run by well-known Educational System LACAS through an agreement between Management s of Jinnah Hospital and LACAS. She invited CC members to visit school to see improvement of system and education.

A Warm Welcome To Citizen's Committee



During last year visit to APPNA/ AIMCAANA meeting Mr. Suhail Warraich has graciously agreed to be part of Citizen Committee. Suhail a journalist, author of several book, television host, and analyst, is a famous

Pakistani media personality especially known for his sarcastic speaking tone and humor. He is host of the GEO TV Programs aik Din GEO kay sath, Left and Right and now Meray Mutabiq. Suhail is very excited on contributing to this noble cause and we believe that he would be a great resource for Citizen's Committee.



Wasique Mirza, MD

Guest Columnist

(Published in Scranton Times-Tribune, Scranton, PA)

We have a very dysfunctional health care system. Despite its recent leper relegation to a leper status, it was heartening to see it return as a major issue for discussion during the presidential debates. In addition to a total disagreement between the two sides, here are a few major issues:

1. Lack of adequate and or affordable coverage.
2. Unwillingness of the insurance companies to expand affordable plans.
3. Expensive prescribing habits of paranoid physicians
4. Spoiled healthcare beneficiaries
5. Lack of accountability and an adequate tort reform
6. Failure on the part of our representatives to recognize the importance of health care reform

Imagine a perfect society where the government works solely for the benefit of the people; political gains, dashboard forecasts and corporate lobbies are just an afterthought. In that system, bills are presented and subsequently passed, not on the basis of party lines but for the fact that there is a true need by the people. So, in that perfect system, healthcare will get the due attention that it truly deserves and a bipartisan commission will be created. Members of this commission include:

1. Three members of the house and two senators from each side of the floor, selected for their knowledge and expertise in health care and economy
2. Two leading economists and healthcare policy experts, one of each nominated by the DNC and GOP.
3. Secretary of Health and Human Services or a senior authorized representative.
4. Two members of National Governors Association. One republican and one Democrat.
5. Any member of the commission with direct links to any beneficiary group or lobbies (AMA, Trial Lawyers, Insurance and Pharmaceutical lobbies etc.) will be automatically disqualified.

Once established, the sole responsibility of this commission will be to come up with a solution to our healthcare problems. There will be a solid deadline for the presentation of a draft, which will be final. The commission will be sequestered during the deliberations with no access to any outside pressures, media or otherwise. Any leaks will result in immediate removal.

This is the only possible way the partisan attitudes of the congress can be overcome. If this works, it can be expanded to tackle other issue of national importance so that the juvenile infighting of grown men and women has the least impact on decisions that we cannot afford to delay.

Despite being landmark legislation, the current shape of Affordable Healthcare Act has many flaws. Unfortunately, these flaws are a direct result of partisan pressures from both sides of the aisle, influenced by strong lobbies. The result is a lukewarm effort to tackle one of the most critical domestic challenges that we face outside of economy. Despite the mandate, promising healthcare coverage, there is still no clear evidence that the private sector will oblige and lower the rates so small businesses and patients are able to afford the premiums. In anticipation of this, the insurances have already tightened the noose around their coverage as medications, investigations and treatment plan have become increasingly more difficult to get approved. Fiscal responsibilities aside, the tedious process is the first deterrent and makes it extremely frustrating for the healthcare providers to proceed with a treatment plan. Unfortunately, all this is being done without adequately educating the patients about their responsibilities. This responsibility now solely rests on the shoulder of the shrinking force of primary care providers, already burdened by the increasing cost-reimbursement ratio.

Healthcare providers however, are not the innocent victims either. The paranoia that surrounds them, stemming from the fear of a lawsuit drives them to frenzy when prescribing medications and tests, which on most occasions, are more to protect themselves and pacify patient demands as opposed to leaning on clinical indications. Despite my own recognition of this habit, and its impact on healthcare spending, I am at times as guilty of unnecessary caution as the next guy. A tort reform that safeguards the rights of the patients as well as healthcare providers, giving them a sense of security and confidence in exercising their reasonable clinical judgment is a must, and its conspicuous absence in Obamacare is a cause of concern. In addition, with the help of Insurance companies and especially, Big Pharma (using a part of their direct to patient advertising budget), better education of healthcare beneficiaries, so they fully understand that expensive testing is not necessarily the best way to improved health is vital in order to achieve a more responsible and healthcare conscious society.

Dr. Wasique Mirza, AIMC 1991, is an Op-Ed Guest Columnist for Scranton Times-Tribune. He practices as an Internist in Scranton, Pennsylvania and is a Clinical Assistant Professor of Medicine at the Commonwealth Medical College and Scranton-Temple Residency Program.



Standing together for another quest: Mudassir, Babar, Fazal, Muzaffar, Nusrum, Munem



Umar Cheema with band of rebels: Babar, Nadeem, Umar Cheema, Nusrum, Mudassir



Dr. Attiq Mirza showing his skills at fund raising.



Sajid, Abid and Asif guarding the alumni desk



One oncologist listening to the other, Raza and Tahir



Ghulam Abbas and Jawad Noor ready for alumni dinner



Iqbalian families at the annual dinner in Washington DC



Iqbalians holding the fort



Mubasher Rana For President-Elect APPNA 2014

My services to APPNA

- Chair APPNA Social Welfare and Disaster Relief Committee 2012
- Chair APPNA Winter Meeting 2012
- APPNA Secretary 2011
- APPNA Treasurer 2010
- Chair APPNA Finance Committee 2010
- Chair APPNA Summer Meeting 2008
- Co-Chair APPNA Winter Meeting 2008
- President KEMCAANA 2008
- APPNA Councilor Region 8 2002, 2003
- Founding President of APPNA N. California Chapter 1999 & 2000

Vision for APPNA:

- **Comprehensive Election Reform:** 2 consecutive year membership to vote. Strict enforcement of code of conduct to stop unethical practices such as vote buying, negativity and exploitation of residents.
- **Social welfare:** Take on 1 major Project per year. Have a better fundraising mechanism. We need to think big. I propose that in next 10 years, APPNA plans to build a medical school in United States.
- **Long Range Planning:** We need a robust 5 year plan for APPNA and better continuity in our committees.
- **Component Societies:** 501c3 status for societies with >50 members.
- **Empower Women Physicians.** 25% of APPNA members are women. They should have a greater role in committees and workings of APPNA
- **Helping Young Physicians:** Create a single platform as a website to help Medical students and graduates to find electives and residencies. Advocacy with lawmakers for Fast Track visa process for physicians.
- **Specialty Networks:** Linking physicians and develop resources for easier communication and information for each specialty



Please ELECT Dr. ASAF RIYAZ QADEER FOR SECRETARY 2014

“A CREDIBLE, COMMITED AND ENTHUSIASTIC VOLUNTEER WHO ALWAYS DELIVERS WITH PROVEN LEADERSHIP CREDENTIALS”

My Accomplishments:

- Chairman Host Committee APPNA 2005 summer meeting in Houston: A memorable event with a record profit of \$220 thousand- not many can claim in the 33 year history of APPNA.
- President of APPNA South Texas Chapter
- President of Islamic Medical Association- Houston
- Chairman Board of Trustee of APPNA South Texas Chapter
- President & CEO of Doctors Hospital- Houston
- Director of Zindagi Trust USA
- Lifetime member of APPNA, King Edward and IMANA

My Goals:

- Conduct efficient meetings according to the Constitution and Bylaws.
- Effective fundraising for APPNA endowment for one million dollars
- Integrate young physicians by providing them support, mentorship, electives, residencies, and affordable APPNA house in USA.
- Focus on issues of Civil Liberties and Constitutional Rights.
- Fast track Visa process for Pakistani physicians.
- Empower APPNA Chapters for National APPNA Chapters conference for future APPNA leadership and aggressive membership drive.
- Prepare agenda that builds adequate discussions for action items.

“I firmly believe that collectively we can all uphold ethical values, support educational & intellectual pursuits, & thus glorify our Association.”

Shahid Rashid MD

I will as Treasurer of APPNA:

- Promote APPNA as a financially strong organization
- Ensure compliance with legal guidelines for funding projects & receiving donor contributions
- Ensure arrangements for appropriate funding for charitable works under the auspices of APPNA
- Acquire opportunities to boost & maintain membership of APPNA by innovative methods & solicitation
- Rejuvenate vigor & enthusiasm in the Pakistani Physicians community to stand steadfast to APPNA's mission

SHAHID RASHID MD for APPNA Treasurer 2014

I strongly believe my entrepreneurial and leadership skills, as well as my experience, qualify me to earn your trust and confidence. To achieve these goals with indomitable will and dauntless courage, I ask for your support for the office of Treasurer in 2014.

www. SHAHIDRASHIDMD.COM

SHAHIDRASHIDMD@YAHOO.COM

956.687.8120

Facebook/S.RASHID.MD

Download Aurasma App & view the photo above to see a live message from Dr. Rashid





AIMCAANA Is Proud To Sponsor

Empowering Society By Empowering Individuals With Education

SERVICE

Jinnah-Allama Iqbal Institute of Diabetes & Endocrinology (JAIDE)

- Serving hundreds of patients for specialized diabetes and endocrinology care every week
- Endocrinology Fellowship training site
- Center for excellence in diabetes and endocrinology research

Cost approx. \$30,000

Chemotherapy Infusion Suite at Jinnah Hospital

- 20-25 patient receiving chemotherapy daily since February 2011
- Oncology Fellowship training site
- Center for excellence in hematology/ Oncology Research

Expansion planned for this year to double the capacity.

Cost approx. \$22,000

Obstetrics & Gynecology Ward bed mattresses & fetal cardiotocography (CTG) monitoring machine

- Patients now have new mattresses for their hospital bed
- Better monitoring of fetal well being during High risk pregnancy

Cost approx. \$6,000

EDUCATION

Audience Response System

- 200 interactive audience response monitors with soft ware provided in 2009 for improved learning of students.

Cost approx. \$12,000

Library Renovation

- Doctors reading room at Jinnah Hospital was renovated to provide improved facilities for post graduate student learning.

Cost approx. \$3,000

Jinnah Public School Sponsorship

- Books and other school supplies provided in 2011
- Winter blazers for every child in the school provided in 2012

Cost approx. \$6,000

Scholarships To AIMC Students

- 105 scholarships of 5,000 rupees in 2009-10
- 22 scholarships of 20,000 rupees 2010-11

Cost approx. \$12,000

INDIVIDUALS

Qarz-e-Hasana Scheme

- No interest loans for young iqbalians to meet their financial needs during the quest of residency.
- \$7500 awarded to 7 Physician in 2009
- \$4500 awarded to 9 Physicians in 2010
- \$5000 awarded to 10 physicians in 2011

Cost approx. \$17,000

Jawad Bhatti Handicap Equipped Car

- AIMCAANA sponsor a handicapped-assisted car for Jawad Bhatti after the story of his courage and determination made it to the newspapers. Polio and poverty could not stop him from realizing his dream of becoming a doctor

Cost approx. \$11,000

Iqbalian House

- Rent support of \$1200/month for a house in Philadelphia (Iqbalian House) to meet the lodging needs of young Iqbalians who are searching for residency positions since May 2009.

Cost approx. \$43,000