



AIMCAANA *Connection*

Summer 2009 • Volume 2, Number 1



Allama Iqbal Medical College Alumni Association of North America



EDITOR

Tahir Latif
Cell 505-366-8202
drtahirlatif@yahoo.com

PUBLICATION COMMITTEE

CHAIR

Wasique Mirza

MEMBERS

Javed Akbar
Taseer Cheema
Imran Mirza
Tahir Latif

Article Submission

We encourage all Iqbalians to submit articles for the next publication that may be of interest to our readers. Articles can be submitted electronically at webmasteraimcaana@gmail.com. The editors reserve the right to edit all of the submitted material and may accept or reject any submission.

Advertisement

For information, rates, and deadlines, please contact webmasteraimcaana@gmail.com

Disclaimer

The views expressed in this magazine are those of the authors and don't necessarily represent the official position of Allama Iqbal Medical College Alumni Association Of North America (AIMCAANA). Nothing in this publication shall constitute an endorsement by AIMCAANA. AIMCAANA disclaims any liability with respect to the use of or reliance upon any such information.

About The Cover

AIMCAANA is proud to present it's new logo and is excited to be a part of the college's path of progress by co-hosting medical conference and workshops, providing electronic subscriptions like UpToDate and sponsoring the renovation of JAIDE.



From the Editor's Desk

Tahir Latif, MD

Due to some recent expression of disappointment by some young Iqbalians I started to examine my motives for continued involvement with AIMCAANA. When I sat down to write this editorial our college motto "Dignity in Service", that AIMCAANA enthusiastically embraces, was the dominant thought in my mind. It also reminded me of recent quotes from one of my compulsory reads

for MBA "The 7 Habits of Highly Effective People" by Stephen R. Covey.

"Service is the rent we pay for the privilege of living on this earth" N. Eldon Tanner

"A long healthy and happy life is the result of making contributions, of having meaningful projects that are personally exciting and contribute to and bless the lives of others." Dr. Hans Selye on his research regarding Stress

In words of George Bernard Shaw "This is the true joy in life—that being used for a purpose recognized by yourself as a mighty one. That being a force of nature, instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. I am of the opinion that my life belongs to the whole community and as long as I live it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die. For the harder I work the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It is sort of splendid torch which I have got to hold up for the moment and I want to make it burn as brightly as possible before handing it on to the future generations."

All this is what our religion has taught us in very simple words where service of mankind is in fact an act of worship to Allah. May Allah continue to give us the strength to serve the humanity. For me AIMCAANA is the best way to continue to serve and I invite all Pakistani physicians in general and all Iqbalians in particular to join hands with us to continue to improve education training and health care resources in Pakistan. In this issue of AIMCAANA CONNECTION in addition to the glimpses of real literary talent in Iqbalians living in North America you will again see Iqbalians bringing meaningful change in their environment by affecting many around them. You will also read about small success stories that AIMCAANA was able to accomplish during the last year in spirit of service to medical students and fresh graduates of AIMC.

All this could not have been possible without the enthusiastic support of many; I greatly appreciate the editorial help and guidance of Wasique Mirza and Javed Akbar, photograph contribution by Imran Mirza and many others. I like to thank all of our contributors and financial supporters for their sincere efforts. Special thanks are due to Rizwan Akhter and Babar Cheema for their unsolicited support. Please be generous in your feed back to us that will only make us strive for better.

Tahir, AIMC 1996 Fall, did Internal Medicine and Hematology/Medical Oncology at Cleveland Clinic Foundation, Cleveland Ohio, and is currently practicing Hematology/Medical Oncology in Carlsbad, New Mexico.



Opening Thoughts

Wasique Mirza, MD

The second edition of AIMCAANA connection is in your hands and is a testament to the fact that another great Iqbalian tradition is well under way. Our inaugural effort last year was received with enthusiastic reviews and was a source of encouragement to the team that went ahead full steam and started working on this one. It has been a great year both from the stand point of

APPNA but also in the circles of AIMCAANA where multiple projects were not only launched but thanks to passionate and generous support from the alumni, were a raving success. I thank the hard working team that painstakingly put precious hours into making this a success. It was the enthusiasm and initiative of Tahir Latif, Imran Mirza and Javed Akbar with some financial wizardry of Babar Cheema that has made this project possible. Now sit back, feet on the ottoman and that steaming cup of tea on the side and enjoy The AIMCAANA Connection.



AIMCAANA EXECUTIVE COUNCIL

PRESIDENT

Rizwan Akhtar, MD
kidneydoc@roadrunner.com

PRESIDENT ELECT

Tahir Latif, MD
drtahirlatif@yahoo.com

IMMEDIATE PAST PRESIDENT

Muhammad Babar Cheema, MD
mbcheema@gmail.com

SECRETARY

Khurram Nazeer, MD
k.nazeer@gmail.com

TREASURER

Imran Mirza, MD
mirzaia@yahoo.com

COUNCILORS

Abid Hussain, MD (California)
Muneer Khan, MD (New Mexico)
Taseer Cheema, MD (New York)
Asif Mahmood, MD (Iowa)
Khalid Mahmood, MD (Ohio)
Khadim Hussain, MD (Texas)

BOARD OF TRUSTEES

Atique A. Mirza, MD
atique@yahoo.com

Sajid Chaudhary, MD
sajid_chaudhary@yahoo.com

Mumtaz Alvi, MD
mumtazalvi@aol.com

Mahmood Alam, MD
alammd@aol.com

EXECUTIVE DIRECTOR

Jalil A. Khan, MD
drjalil@aol.com



Rizwan Akhtar, MD, FASN

I am honored by the trust AIMCAANA membership has endowed on me and would like to take this opportunity to inform the AIMCCANA and APPNA community about the achievements of 2008 and plans for 2009. Since the last summer meeting in Washington DC, it has been a great year for AIMCAANA. We have accomplished most of the goals and keeping up with the stride we will continue to improve on the lessons learned from 2008.

This year we are planning to take the website a step further. With the help of young Iqbalians, we have embarked upon providing basic contact information for all the Iqbalians around the world through our secured member's only area and hope to convert our website to be a valuable resource to find a long lost friend. We are also adding multiple resource documents for young graduates looking for residency in North America. We will continue to expand the blast email system to all the Iqbalians in the world.

During the 2008 Annual winter meeting of APPNA partly held at AIMC we have been able to establish the local alumni association in Pakistan and their first election were conducted under our supervision. Dr. Azim Jahangir Khan was elected as the first president of the association. It has been a blessing that we have Dr. Javed Akram CEO / principal of AMIC / Jinnah hospital who has courage and vision to help us with the first AIMCAANA office on the college premises that will not only increase our exposure to current students at AIMC but also help us establishing a better system of credential verification.

Executive council has also approved and nominated CITIZENS COMMITTEE in Lahore, Pakistan to ensure that AIMCAANA funds are used for their intended purpose. Citizen Committee will assist us in disbursing the funds and close monitoring the projects in association with college / Jinnah hospital authorities and local alumni. AIMCAANA is proud to sponsor renovation of Jinnah Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE) which will help with the education and prevention of Diabetes related problems in Pakistan. AIMCAANA also collaborated with the college to host AIMCON 2008 and will continue to host yearly conferences on sub-specialties. This year we plan to host a nephro-urology conference and will invite scholars from all over the world to advance the knowledge and interaction with the leaders in the respective fields. We are also in the final stages of delivering audience response system to the AIMC in line with our effort to improve teaching methods in Pakistan.

As always we continue to strive for increase in the membership of the alumni and will continue to get in touch with as many as we can. The scholarship fund has been started and this year it will provide the scholarship to bright and deserving students of AIMC. We have also started the Qarz-e-Hasna program for young Iqbalians who are in the process of finding the residency programs. We are also in the process of finding leaders in the medical profession who will take the young Iqbalians for 1-3 months observership in the respective hospitals and residency affiliated institutions. For the first time in the history of alumni we have started an endowment fund with the help of generous support from all of you that has reached \$50,000.00. The social forum that we have started last year will continue this year with even more zeal and vigor.

In the end I want to thank the out going President Dr. Babar Cheema and the dedication of the volunteers who has the energy to pursue the dream of making the AIMCAANA's past present and future a success. Please do not hesitate to contact us with your valuable suggestions I am looking forward to meet all of you during our annual dinner at 2009 APPNA summer meeting in beautiful San Francisco.

Rizwan AIMC 1984 did his residency at Brown affiliated program in Rhode Island 1994 and Nephrology fellowship was done at Yale affiliated program at New Haven, CT. Since then in solo practice at Richmond, Kentucky.



Prof Javed Akram, MD
Principal & CEO
Allama Iqbal Medical College
& Jinnah Hospital, Lahore

Allama Iqbal Medical College has been the seat of learning for more than 3 decades. It however continues to inspire its students, faculty and alumni alike. Its foundations have been laid on the principles of integrity, ingenuity and compassion. No wonder Iqbalians feel their duty to pay back to their mother institution. The active interest of AIMCAANA in several initiatives is a prime example of their devotion and dedication

From branding of the college by a change in the facade of the institution to efforts at competing with the best known standards through a new Total Quality Management department, the intent has been an ever improving quality, a quality that relates to our local needs and gives a boost to our inspirations. Students have been made part of every new project right from the stage of its conception. Thus ownership of all projects by the stake holders has been given top priority. Training and education of medical students is our primary focus. An aura of healthy competition amongst the students has been steered in through augmentation of competitive sports and other extra curricular activities spread over the last six months.

Soon after I joined Allama Iqbal Medical College, we took the pioneering step of establishing a Department of Medical Education (DME). Apart from continuing medical education courses, DME has taken the step of introducing clinical modules into basic science subjects throughout their undergraduate training. This change is expected to enhance the quality of training of medical students. Research has been given special attention in my administration. The Ethics committee has been restructured to make the research approval process transparent and efficient. The students have also been encouraged to participate actively in medical research. A number of student and investigator initiated research projects are currently underway.

Library services have received our special attention as it serves as a focal point where our student and faculty member's academic needs are met. To date 360 latest reference and textbooks have been purchased in the Library. Process of subscription of 22 medical Journals

has been started. E-Library facilities upgraded and Access to 23,000 medical journals & 40,000 Books have been provided to our library users through UHS's IP. A basic computer training program has been started for students and staff of this institution in the E-Library. AIMC Library was deprived of regular budget for purchase of Books/ Journals since 2001. To meet with the inflation and increase in prices of foreign Medical Books and Journals an amount Rs.2,500,000/- has been provided in the budget for library materials to upgrade of Libraries of AIMC Complex. In order to facilitate the students & faculty member, library timings have been extended till midnight. AIMC Book Fair was organized on 20-22 November, 2008 to provide an opportunity to our students and staff members to purchase medical books at lowest prices under one roof. Book Bank Scheme has been started in which indigent students will be issued textbooks for a period of one year by paying 10% price of the book.

History was made on 15th of May 2009 when Medicolegal Autopsy of dead bodies coming from 18- attached Police Stations was started at Department of Forensic Medicine & Toxicology AIMC. This is the 2nd Centre in Lahore, first established more than 100 years ago at King Edward Medical College (now university). This Medico Legal Autopsy Centre will lessen the miseries of aggrieved public whose dear ones have passed on due to unnatural death. We are also the first public institution to perform Non-Medicolegal (hospital) autopsies as well. The temporary Autopsy Lab is established in the department of Anatomy. The construction of Centre of Excellence in Medico Legal work has started at AIMC. This Centre will be equipped with most modern technology being utilized in Medico Legal work including Radiology , Histopathology , Analytical Toxicology and other specialties. I am also pleased to report that AIMC/JHL has been designated as site for a state-of-the-art Liver Transplant centre. Construction is currently underway at the 4th floor of JHL and is expected to be completed by the end of the year.

Several new clinical departments have been developed including nephrology, vascular surgery and endocrinology. Now we have taken the initiative of developing Jinnah-Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE), a center to provide comprehensive endocrine care under one roof. AIMCAANA has pledged to support the JAIDE initiative for which we are grateful. We are hopeful that once JAIDE is up and running, we will be one of the first institutions in Pakistan to receive accreditation for



FCPS Endocrinology, a prestige commensurate with the honors that Iqbalians deserve.

The global health care industry is growing at a fast rate and is one of the areas that have the most urgent need of automation. Accepting this challenge, we are actively implementing a variety of computerized clinical infrastructure and workflow automation systems that help health care facilities. We have established a department of Total Quality Management that is striving hard to receiving ISO and Joint commission International Accreditation and Certification. (JCI) certification, an honor we will be the first to boast amongst public institutions of Pakistan.

I am sure when you next visit your alma mater it will not be the same. It has changed for the good and will continue to do so. We are committed to providing world class medical education and clinical training to our medical students. Our goal is to strive for nothing less than excellence. I urge

you to continue to support us in this noble cause for a better and prosperous Pakistan.

Prof Javed Akram, MRCP (UK), FRCP (Glasgow), FRCP (Edinburgh), FRCP (London), FACP (USA), FACC (USA), FASIM (USA) is the youngest Principal and CEO in the history of Allama Iqbal Medical College/Jinnah Hospital, Lahore. He is a well respected teacher and an accomplished researcher. He has more than 100 publications in a variety of high impact journals. He has supervised countless postgraduate students, many of themselves now holding important positions in Pakistan and abroad. When you visit Allama Iqbal Medical College, a spirit of enthusiastic participation at every level from a student of 1st year to the senior most Professor is evident at a glance. His dynamic personality and clear vision has ushered in a new vigor and developmental activity at a vibrant pace.

12th Annual AIMCAANA Meeting Report



Khurram Nazeer, MD

Thanks to the active participation of AIMCAANA members our annual get-together was a resounding success. Our hospitality desk was a very busy meeting place for Iqbalians throughout the meeting. Inaugural issue of AIMCAANA CONNECTION was received with great enthusiasm by the Iqbalians visiting the registration booth. Social forum, jointly arranged by DOGANA and AIMCAANA, was the busiest meeting room of the APPNA on Friday. Speakers of the forum included

Aitzaz Ahsan, President of the Pakistan Supreme Court Bar Association and prominent leader of lawyer movement.

Anis Haroon, The Director of the women's rights and advocacy group, Aurat Foundation

Lisa Curtis, Senior Fellow at the Heritage Foundation.

Hussain Haqqani, Honorable Ambassador of Pakistan to USA

Kamran Asdar Ali, Associate Professor of Anthropology and Middle Eastern Studies at University of Texas, Austin acted as the moderator of the event.

Due to tremendous interest in the topic, the meeting room was filled to capacity well before the scheduled time. The event was covered by media with keen interest. Anis Haroon started the discussion by highlighting the struggle of civil society, lawyers and media. Lisa Curtis discussed the US policies that might have resulted in recent judicial crises in Pakistan. Hussain Haqqani discussed about the present political and economical crises Pakistan is going through and what government is doing to overcome those. Atizaz Ahsan discussed in detail the achievements of the Lawyers movement. He emphasized the historical nature of the movement and how this movement has given new meaning to the rule of law and importance of the constitution in the world. He praised the struggle of civil society in Pakistan, discussed the challenges his movement is facing to reinstate Chief Justice and other deposed judges in the country. He re-affirmed his commitment to lawyer movement and reassured that he will continue to fight for rule of law in the country.



Annual Dinner started with usual gup shup among the Iqbalians and soon the room was filled with around 175 Iqbalians and their family members. Meeting proceedings were started with AIMCAANA officer's report and soon podium was turned to Dr. Attique Mirza who did an excellent job in reaching out to hearts of the audience. Our members pledged more than \$ 90,000 (including 6 pledges for \$1000/year to sponsor the deserving and bright

students at AIMC over the next five years[^]) and more than \$30,000 was collected on the spot. Meeting attendees once again proved Iqbalian Once, Iqbalian Forever.

Khurram, AIMC 1989, is a Board Certified Internist and Board Certified Nephrologist currently practicing in Louisville, Kentucky

Asad Qamar	5000
Humaira Qamar	5000
Imran Bajwa	5000
Naeem Tahirkheli.....	5000
* Mobashar Choudhary.....	5000
Rizwan Akhtar	3000
Abid Hussain	2000
Farrukh Adhami.....	2000
Imran Shahab.....	2000
Raza Khan.....	2000
Jawad Khan.....	1500
Asifa Malik	1000
Atif Qureshi	1000
^ Babar Cheema	1000
^ Bilal Ahmad	1000
Ehtsham Haq	1000

Fazal Ahmad.....	1000
Hafeez Khan	1000
Immad Sadiq.....	1000
^ Imtiaz Khurshid.....	1000
Khadim Hussain.....	1000
^ Masood Ahmad	1000
M. Akbar Pasha	1000
Mumtaz Alvi.....	1000
Nasser Khan	1000
Jalil Khan.....	1000
Nusrum Iqbal	1000
Rauf Cheema	1000
^ Sajid Chaudhary.....	1000
Syed Sibte Haider.....	1000
Tahir Latif	1000
Tariq Mahmood.....	1000

Waqar Syed	1000
Wasiq Mirza	1000
Z. A. Waseem	1000
Salman Ghiasuddin	1000
^* Samina Ahmad.....	1000
* Zahid Asghar	1000
Manzoor Qadir.....	500
Muhammad Usman Anwar ...	500
* Mohammad Tariq	500
* Asma Khan	500
* Zahid Mughal	500

* Pledge fulfillment in process

^ Pledge 1000/year for five years to the Scholarship Fund

Election Committee Report



Atique A. Mirza, MD

It gives me great pleasure to present the Election and Nomination Committee report to membership

for the year 2010. Keeping up with the tradition of last year we were able to complete the election process in time. We received four nominations for president elect (same candidate) and one nomination each for the secretary, treasurer and the councilors.

The nominations were as follows:

- President Elect** – Khurram Nazeer
- Secretary** – Abid Hussain
- Treasurer** – Imtiaz Khurshid

Councilors

- Taseer Cheema
- Atif Qureshi
- Muneer Ahmad Khan
- Imran Mirza
- Zeba Ali
- Tariq Javed

The Election and Nomination Committee would like to announce that this year all the above candidates are elected uncontested and are declared winner for the year 2010.

Atique, AIMC 1990, was first president of AIMCAANA and currently serving as Assistant Professor of Internal Medicine at University of Connecticut affiliated program in Hartford CT after completing his cardiology fellowship from Harvard Medical School, Peter Bent Brigham Hospital University of Connecticut.



COMMUNICATION & PUBLICATION COMMITTEE

Wasiq Mirza (Chair)
Javed Akbar
Tahir Latif (editor)
Taseer Cheema
Imran Mirza

CONSTITUTION & BYLAWS COMMITTEE

Ehtsham Haq (Chair)
Babar Cheema
Atique Mirza
Naeem Tahirkheli
Hasan Jafri
Sajid Chaudhary
Tahir Latif

EDUCATION & MENTORSHIP COMMITTEE

Nadeem Anwar (Chair)
Khurram Nazeer
Humera Qamar
Atif Qureshi
Imran Mirza
Ashar Chanan Khan
Aziz U. Khan
Mohammad Ali

ELECTION & NOMINATION COMMITTEE

Atique A. Mirza (Chair)
Jalil Khan
Akbar Pasha
Badar Mian
Umar Asdaq Khan
Muhammad Asad

MEMBERSHIP COMMITTEE

Imtiaz Khurshid (Chair)
Sujood Ahmad
Waqar Syed
Asad Qamar
Abid Hussain

PROJECT EVALUATION COMMITTEE

Babar Cheema (Chair)
Imtiaz Khurshid
Tahir Latif
Raza Khan
Sajid Chaudhary
Khurram Nazeer
Asifa Malik
Muneer A. Khan
Tariq Arshad
Nasir Ahmad
Bilal Ayub
Imran Ameer



Muhammad Babar Cheema
on behalf of Executive Council 2008

By the grace of ALLAH almighty 2008 was a very productive year where AIMCAANA fulfilled most of its goals and was able to increase the involvement of Iqbalians in alumni affairs. AIMCAANA held its annual dinner meeting in Washington, DC, during the annual APPNA summer convention. Its attendance

was the highest ever with 175 participants including both Iqbalians and their families. Barrister Aitzaz Ahsan was the keynote speaker and ignited old memories of the days when his older brother Dr. Ijaz Ahsan was the principal of AIMC. A social forum arranged by AIMCAANA in collaboration with DOGANA was well attended by APPNA members and was the highlight of the APPNA meeting. In short, 2008 was a very successful year for AIMCAANA as the basic infrastructure and a strong foundation were laid by the following initiatives:

1. The website was updated with the addition of many new features.
2. A blast email system was established that now reaches over 570 Iqbalians.
3. AIMCAANA accounts were moved to Chicago in compliance with central APPNA guidelines and for easy transition to new executive committee every year.
4. AIMCAANA endowment fund was established that now has \$50,000 in it.
5. Elections were conducted via mail ballot on time before the annual meeting.
6. The first ever alumni newsletter, AIMCAANA CONNECTION, was published and mailed to both Iqbalians and APPNA membership.

AIMCAANA Financial Report as of May 2009

Last year, AIMCAANA moved its account to Fifth Third Bank, Chicago in collaboration with APPNA to streamline the auditing process. A separate account was opened for the endowment fund.

Account balances as of May 26, 2009:

AIMCAANA Endowment	\$50,048.26
AIMCAANA General	\$48,775.95
Total	\$98,824.21

Funds allocated to current approved projects

(partial funds have already been released

and delivered):

Scholarship fund (AIMC)	\$15,000
Iqbalian house/Qarze Hasna	\$10,000
Iqbalian House renovation	\$2,000
Audience response system (AIMC)	\$11,000
Summer meeting expenses	\$3,500
Website upgrade and maintenance till 2011	\$300
Blast email system account	\$360
Total	\$42,160
AIMCAANA General	\$48,775.95
Funds allocated	\$42,160
Remaining balance	\$6,615.95

We are also pleased to report that 2008 and 2009 AIMCAANA CONNECTION was self-sustaining projects with revenue generating from advertisements and individual donations by gracious members.

Babar, AIMC 1996 Spring, did his residency at Buffalo, New York, Practiced in Buffalo for while before moving on to Louisville for Geriatric fellowship. He is currently practicing internal medicine and geriatrics in Louisville, Kentucky. Babar is also Clinical Assistant Professor at the University of Louisville and has served as Chief of Department of Medicine at St. Mary and Elizabeth Hospital where he is currently President Elect of Medical Staff.



Azim Jahangir Khan, MD

We, of course can not change the world, or even the fabric of Pakistan as a nation, but we can change our alma mater and its associated hospital for better. We can help the fellow young doctors and medical students at AIMC, to grow into highly competent physicians to whom we can entrust our health and life without any reservations. We are confident that many Iqbalians, with years of highest quality training from some of the best medical institutions in the world, would love to share their knowledge and expertise with those less fortunate ones who either could not afford financially, socially or by the sheer stroke of luck, to be exposed to these top notch medical facilities. It is our moral responsibility to share the knowledge and the wealth with the less fortunate, be they the colleagues or the patients. It is Allah's special blessing on those of us who had the opportunity to go to the finest places to learn the best, the medical science has to offer, and with the same token comes the responsibility of paying back to your alma mater and the country. It is not a charity; it is the pay back time! This is exactly the 'manifesto' of Allama Iqbal Medical College Alumni Association.

Keeping the above mentioned goals in mind Allama Iqbal Medical College Alumni Association came into existence with the formal election on \December 23rd 2008. The impetus given by many old Iqbalians now and then to form an alumni association had been on the minds of many dear friends. The idea of having an Alumni became a reality with the efforts of the principal Dr. Javed Akram who changed an ordinary meeting of AIMCAANA into an extraordinary event that took place at the college campus, with his very special interest, zeal and encouragement, and he will be remembered for this effort for years to come. The interest and untiring efforts of Dr. Babar Cheema (immediate past president of AIMCAANA), Dr. Rizwan Akhtar (President of AIMCAANA), Dr. Sajid Chaudhary, Dr. Jodat Saleem, Dr. Liaqat, Dr. Zafar Gill (Secretary AIMC Alumni), and Dr. Shahid Imran (Vice President of AIMC Alumni) to name a few, will always be cherished who laid the foundation of this organization. While we discourage and denounce the non-democratic practices in the country that we can not control, we can at least implement democracy in Alumni and thus the very first council was elected democratically. To keep the electoral process as transparent as possible, the Election

Commissioners were nominated unanimously to be the President or the official representative of AIMCAANA, who kindly consented to shoulder this responsibility. I hope that AIMCAANA keeps on sending their troops to keep this tradition alive that will ensure the elections to be fair and impartial. We encourage all the Iqbalians to participate in the elections in future to keep this forum a pure democracy.

Kindly give us your input as to how can we improve and implement many valuable ideas you all might have. No single good idea should go untapped, as after all, it is your old home and we are trying to help the current residents (young Iqbalians) with our little efforts. While helping is good, it does not need to be boring, and thus we ask all of our members to come up with ideas of get-togethers, family retreats, class specific and general reunions etc. You will shortly be receiving e-mails regarding these and other activities and we request you to take an active part to keep the ball rolling. It is just the start, and we hope to see many activities like academic, patient-care related, faculty development, fund raising for the college as well as the hospital, mentorship for the under-graduates, graduates and post-graduates or any other activity you may deem appropriate for this forum.

We have done very little so far but we hope to keep improving as we grow into a bigger organization. A web-site www.aimcalumni.org, to register as many Iqbalians as possible throughout the world, has been almost completed to be launched soon. We encourage you to take a moment to explore this website and register yourself as the member. After you register, your personal contact number and any other data you want to be limited to the doctors only will automatically be limited to the other registered alumni members only, as you can indicate in your profile. Please ask all the Iqbalians you know, to kindly visit and register on the website, as ultimately this is going to be the most efficient and probably the only way to stay in touch with each other. Web site is designed in a way that you can search for the member's year/batch wise, locality wise, specialty wise and so forth. We hope that the current

(Continued on page 9)



Executive Council AIMC Alumni (L to R): Mudassar Razzaq (Student Advisor AIMC), Dr. Sajid Chaudhary, Dr. Abdur Rehman (Press Secretary), Dr. Zafar Gill (General Secretary), Dr. Azim Jahangir Khan (President), Dr. Javed Akram (Principal), Dr. Shahid Imran (Vice President), Dr. Rizwan Akhtar (President AIMCAANA), Dr. Babar Cheema (Immediate Past President AIMCAANA), Dr. Mansab Ali (Councillor)



Asifa Malik, MD

I am delighted with the opportunity to share some of my memories of APPNA winter meeting at my alma mater with my colleagues. In addition to as expected great CME meeting by APPNA I was very pleasantly surprised by the energy, enthusiasm and hospitality of Principal Dr. Javed Akram. AIMCAANA in collaboration with AIMC faculty arranged an additional educational conference titled as AIMCON 2008 from December 21 to 23, for me that signified a great milestone in AIMCAANA's endeavor to achieve academic excellence. Chief Minister Punjab Shahbaz Sharif inaugurated the conference. Educational lectures and workshops focusing on different specialties were delivered by experts from USA, Canada, England, Sweden and Pakistan. During our visit, a poster and research competition was held at AIMC and I had the unique opportunity to serve as one of the judges for this competition. The winning poster was regarding a research on Dengue Virus Infection. It was very encouraging to see college students and hospital house staff actively taking interest in such activities. AIMCAANA member Dr. Nusrum Iqbal chaired a CME session whereas Dr. Naeem Tahirkheli conducted a Cardiology workshop. Many other AIMCAANA members enthusiastically attended the meeting including Imran Abbasi, Ehtasham Haq, Jalil Khan, Manzoor Qadir, Raza Khan, and Sajid Chaudhary to name a few. Principal, Dr. Javed Akram paid a pivotal role in welcoming AIMCAANA members to AIMC and he offered all types of encouragement and help for any member to come to Lahore and participate in activities for the betterment of the college. He encouraged physicians to prepare lectures for students and suggested training sessions for nursing and ancillary staff especially for the Intensive care units at Jinnah Hospital.

We also held a separate meeting with around fifty fellow Iqbalians from all over Lahore who were serving in different capacities, ranging from house officers to professors in various hospitals of Lahore. Their enthusiasm and input was very valuable and all of them shared the interest of AIMCAANA in the betterment of AIMC. I had the opportunity to tour the girl's hostel at AIMC with AIMCAANA leadership and had interviews with some medical students to get first hand knowledge of the many problems faced by boarding students. Shortage of living quarters, inadequate power supply, cleanliness and hygiene measures and deteriorating building conditions were some of the problems detected. We also had a chance of meeting various heads of department from surgery, GI, Ophthalmology, Obstetrics/Gynecology and Medicine and they provided us with information of their various unmet needs including need for equipment, medicines, surgical instruments, endoscopes and computers. Different suggestions were discussed included the grant of scholarships and awards for bright and deserving students, supply of computer and internet facility with subscriptions of online medical resources like Up-to-date and medical journals and ongoing mentorship with AIMCAANA members. I was thrilled to visit AIMCAANA's first office at College premises which will be used to facilitate the maintenance of records, smooth and prompt process of document verification for Iqbalians and providing a platform for current medical students to gain information and access to resources of AIMCAANA. Throughout our visit AIMC students had unique opportunity to interact with their alumni members to receive guidance regarding their career plans and that was the most satisfying part of the trip as I remember my own days as a student yearning for such guidance.

Asifa, AIMC 1996 Spring, completed her Internal Medicine and Women's Health residency from Michigan State University, Kalamazoo Center of Medical Studies and currently serving as Assistant Professor in General Internal Medicine at the MD Anderson Cancer Center in Texas.

Preserving Our Heritage *(Continued from page 8)*

format fulfils our needs. If you have any idea to improve the website, please e-mail to admin@aimcalumni.org.pk. It will be greatly appreciated. A few other efforts are underway to upgrade the Jinnah Public School for the children of ancillary staff of AIMC/Jinnah Hospital and to help the students with books, uniforms, shoes and any other item that may be needed from time to time. In this way we are trying to serve the children of those who served us. They are the backbone of the college and hospital but usually are

the unsung heroes. We will try our level best to be the eyes and ears of AIMCAANA to make sure that every single penny of our dear colleagues goes to the very right cause in the most efficient and transparent way. So, always keep Pakistan in your thoughts, efforts and prayers.

Azim, AIMC 1990, is a board certified internist, dermatologist and cosmetic surgeon currently serving as Professor of Dermatology at AIMC Lahore



MANZOOR TARIQ, MD, FACC, FSCAI, FACP, FCCP CANDIDATE FOR PRESIDENT-ELECT 2010

TOGETHER, WE WILL MAKE POSITIVE CHANGES IN APPNA

You have put your faith in me time and again by electing me as Treasurer in 2008 and Secretary in 2009. In my leadership capacities, I have realized that APPNA must be returned to you, its members. We need a **UNIFIED APPNA** that encourages the diversity of its members. We must return to the original tenets of APPNA, a professional organization encouraging its physician membership to give back to their community.

APPNA needs YOUR input, make your voices heard.

Vote for **PROVEN LEADERSHIP** and a **PROVEN TRACK RECORD**.

STRATEGIC VISION FOR APPNA

- ◆ A **united** APPNA, one which embraces all its members.
- ◆ Dynamic Membership growth including increasing NAMA involvement. I have been actively **recruiting members** to APPNA and plan to continue doing so.
- ◆ **Fiscally responsible** APPNA through all ethically responsible manners, such as continued proper management of funds, and industry grants.
- ◆ Enhancing the Young Physician's Program.
- ◆ Establishing APPNA Free Clinics.
- ◆ Encouraging an Aggressive Advocacy Campaign.
- ◆ Improving the quality, relevancy, and innovation in our CME programs.
- ◆ Foster and further develop the **APPNA MERIT Program** in order to facilitate and advance medical education and research in Pakistan.
- ◆ **Raising the bar of excellence for APPNA.**
- ◆ Develop a comprehensive *APPNA member benefit package* to provide APPNA members with special discounts on malpractice and liability insurance, airfare, car rentals, hotels, and credit cards.

I have been a member of this esteemed organization for nearly 18 years and am proud to be giving back to APPNA because it has given so much to me. I feel that I have the experience, dedication, and commitment required to uphold the office of President and hope that you feel the same way after reviewing my TRACK RECORD. I would feel honored to be able to serve you as the President-Elect of APPNA in 2010, and President in 2011. My leadership over the past years has afforded me great insight, and uniquely qualifies me to take APPNA into the next decade and beyond. I have a vision for a **stronger and more unified APPNA**, and I humbly submit my qualifications and past service for your consideration when voting for **President-Elect of APPNA 2010**.

www.manzoortariq.com

SERVICES TO APPNA

- ▶ Current **APPNA Secretary**, 2009
- ▶ **APPNA Treasurer**, 2008
- ▶ **Chairman of the Finance Committee**, 2008
- ▶ Upheld my promise to make APPNA Finances transparent by making them available on the APPNA webpage.
- ▶ Obtained a grant of +\$40,000 for APPNA.
- ▶ Helped raise \$17,500 to aid victims of Balochistan. earthquake.
- ▶ Obtained cardiac equipment valued +\$1 million, such as cardiac catheters, PTCA balloons, stents, etc., for donation to medical institutions in Pakistan, such as Punjab Institute of Cardiology, Mayo Hospital, and APCNA.
- ▶ Member of CME Resource Committee, 2007-2008
- ▶ **President of APPNA STL**, 2007
- ▶ Fundraised \$35,000 in St. Louis for APPNA SEHAT.
- ▶ **Chairman of APPNA Spring Meeting in St. Louis**, 2007
 - ▶ Obtained +\$60,000 unrestricted grants from pharmaceutical and medical equipment companies making this the most profitable quarterly meeting in APPNA's history.
- ▶ Co-Chairman of APPNA Finance Committee, 2007
- ▶ Chairman and Editor-in-Chief of the new APPNA Membership Directory 2006-2007.
 - ▶ The largest Pakistani physician database to date, with over 12,000 listings.
- ▶ **Secretary APPNA STL 2006 & Treasurer APPNA STL 2005**
- ▶ **Chairman, APPNA Resource & Development Committee**, 2005-2006
- ▶ **APPNA Executive Council**, 2002-2004, 2007, 2008-current

SERVICES TO MY ALMA MATER

- ▶ **Founder and First President**, QMC Alumni, 2002
- ▶ Annually donate medical equipment to QMC
- ▶ Established 50 annual scholarships for qualifying students, the funds are given through our alumni.
- ▶ Organized and established an annual educational symposium for students and faculty.
- ▶ Performed the first ever coronary intervention at Bahawal Victoria Hospital, affiliated with QMC

SERVICES TO THE ST. LOUIS & ISLAMIC COMMUNITIES

- ▶ **Chairman, Fundraising Committee** of the Islamic Foundation of Greater St. Louis, 2000-2008.
- ▶ Raised +\$3.5 million to build a school, library, gymnasium, and community center.
- ▶ Member Majlis-e-Shura of the Islamic Foundation Greater St. Louis, 1999-2002.
- ▶ Helping to establish a free APPNA clinic in St. Louis.
- ▶ Organized & chaired several fundraisers for various charities.

Javed Suleman, MD, FACC

For President-Elect APPNA 2010



Javed Suleman, MD,
FACC, FSCAI.
*Associate Professor of
Medicine / Mount Sinai
Medical Center, New
York, New York.*

**It is time for
CHANGE.
I ask for your
vote as a vote
for a new
direction for
APPNA
a vote of
conviction,
a vote of
conscience.**

I am profoundly grateful to you for giving me the opportunity to run for President-Elect of APPNA. This is a unique time for APPNA when the wind of change is blowing and many members are looking towards changing the current direction of APPNA, in a way, on which we can base our hopes for the future. Yes we can change APPNA. Together we can make it a professional, independent, transparent and more productive organization. We can rebuild APPNA for the future.

As America speeds toward change, we need to make sure that Pakistani American doctors under the banner of APPNA stand ready to help. For this, you need a strong leader with a vision for the future and who understands the dynamic needs of the organization. I am outlining some of the objectives I intend to gain if elected as President.

Increase the membership of APPNA

We need to open the doors wider for new members to enter and join. We need to be more inclusive and more welcoming. We need to align ourselves with the main stream issues and develop comprehensive strategies to tackle it

Strengthening the leadership of APPNA

We need to actively prepare young members so that they can assume leadership roles - not only in APPNA, but in their hospitals, local medical societies and professional organizations

Research, Edu. & Scientific developments.

We need to enhance the level of our CME activities. We need to utilize educational grants for the purpose of education only, with complete transparency and diligent record keeping to ensure the highest quality of CME activities

The Healthcare Delivery Work.

The crown jewel project of APPNA called "APPNA SEHAT" providing free health care services to thousands in Pakistan need to be fully supported by APPNA and should be expanded in all parts of Pakistan. In the United States, we need to expand free clinics in all APPNA Chapters so that we help indigent patients in our local communities

Advocacy for the IMG's

Today's IMG's are increasingly facing difficulties in obtaining residency positions. We need to help them in a concrete way by increasing the number of externship programs offered in the US ..

Giving Back to Pakistan

Our role should be to help disseminate our medical knowledge, our expertise and technological advances to Pakistan in an organized way

The Social Diseases in Pakistan.

We need to support and advocate for, education, human rights, women rights, delivery of health care for all and last but not least, justice and democracy

Dear Colleagues, there is a great task ahead of us, i.e: to steer APPNA into the right direction. We need new leadership and new direction to face the challenges ahead of us.

Services to APPNA

- Founding Member - SMC Alumni - 1989
- Treasurer - SMC Alumni - 1989
- Secretary - SMC Alumni - 1990
- Vice President - SMC Alumni - 1991-92
- President - SMC Alumni - 2004
- Member, BOT, SMC Alumni 2005 - present
- Coordinator of APPNA NY Relief for 9/11 victims
- Co- Chair, APPNA Fall Meeting - 2001
- Co-Chair, APPNA Winter Meeting - 2003
- Member, RESA Committee, APPNA 2002- present
- Chair, Registration Com, Summer Meeting - 2002
- Moderator, Speaker APPNA CME since 2002.
- Regional Councilor, APPNA - New York - 2003
- Member, Earthquake Relief Comm APPNA NYC
- Chair, Membership Comm., APPNA - 2006
- Member, Finance Committee, APPNA - 2006
- Co-Chair APPNA Fall Meeting - 2006
- Co-Chair Finance Committee - 2007
- Co-Chair Liaison Committee, APPNA - 2008
- Chairman, Liaison Comm., APPNA - 2009
- Co-Chair, Prof Society Committee - 2009

Services to APCNA

- Founding President of APCNA, Association of Pakistani-descent Cardiologists of North America - 2004-2005 (a highly efficient, productive and professional organization)
- Member, BOT of APCNA - 2006 to present.
- Coordinator / Chair / Co-Chair of APCNA Winter Meetings; 2004, 05, 06, 07, 08.
- Cardiac supplies worth over a million dollars per year, every year, since 2004, donated to not-for-profit teaching hospitals in Pakistan for use in indigent patients.
- Instrumental in formation of Pacemaker Bank and APCNA / PMA BLS Training Program



Shahram Malik, MD



Bilal Ayub, MD

It is a matter of great pleasure for us to introduce you to the AIMCAANA's Residency Assistance Committee. It is our honor to take this noble responsibility of guiding our young Iqbalians, in every possible way we can, especially those who are actively pursuing residency training in the United States. With each passing year, the quest for residency is getting harder and harder. We believe that with proper guidance and help, the candidates can increase their chances significantly. We cannot guarantee any residency positions but we are committed to guide them through this long and painful process of residency matching program.

As a part of AIMCAANA, we will provide assistance and guidance to Iqbalians at various steps beginning from medical school to exam preparation and securing a residency or research position. Our goal is to establish a platform at our website, which will include information on various issues related to residency that will provide proper guidance to candidates and will facilitate their efforts in obtaining a residency position. This information will include sample Curriculum Vitas, personal statements, cover letters, thank you letters, CS exam preparation guide, mock interviews, IMG friendly programs list and much more.

We feel that we have to pay back our alma mater Allama Iqbal Medical College because where we stand now is because of our education and degree. Our focus will be the 2010 residency match. We have asked all Iqbalians to come forward and join hands with AIMCAANA and help us in achieving our goals. We are sure that all of you have been doing a great job by helping their fellow Iqbalians but through AIMCAANA your efforts will be more streamlined and more Iqbalians can be benefited. Those busy in their residencies or have completed training in United States, just remember your time when you were in similar situation and needed help. We have started working on GIN (Global Iqbalian Network) data base project and have collected substantial data of Iqbalians from all over the world especially in USA. We have made representatives in each session who are actively working

on collection of data. We request that all Iqbalians send us their information so that not only you can find your long lost friend but also we can guide our young Iqbalians in a better way. We assure you that your information will not be misused.

AIMCAANA is well aware of various problems faced by new comers to US. Of those, the biggest two are financial and accommodation problems. AIMCAANA has also established a platform for providing financial support to those Iqbalians who meet the criteria. As far as the accommodation is concerned, AIMCAANA is supporting the Iqbalian House in Philadelphia since May 1st, 2009 so that more and more Iqbalians can be accommodated over there. We will also arrange for accommodation at other places if our resources permit.

At the end, we would like to thank our AIMCAANA leadership who has helped and encouraged us in establishing this committee. We also want to thank our committee members and advisors who are managing to give us time out of their busy schedules. We pray to Allah that they get the reward for their services.

IQBALIAN ONCE, IQBALIAN FOREVER

Shahram AIMC 2002 is a Family Medicine PGY III resident at East Tennessee State University in Johnson City, TN and will be joining Mountain View Regional Medical center as Hospitalist in Norton VA he can be reached at shahrammalik@gmail.com.

Bilal AIMC 2003 is a PGY III Internal Medicine and Chief Resident at Abingdon Memorial Hospital Abingdon PA and can be contacted at drbilalayub@gmail.com.

Committee Members

Shahram Malik (Chair)
Bilal Ayub (Cochair)
M. Hassan Majeed
Ibrahim Raza Pasha
Jahanzeb Riaz
Mohammad Tehseen

Advisors

Bilal Ahmed
Asher Chanan Khan
Muhammad Ali
Imran Mirza
Khurram Nazeer
Tahir Latif
Babar Cheema



Aejaz Nasir, MD
MPhil, FCAP
AIMC 1982

Assistant Professor of Pathology & Oncological Sciences,
Chief Pathologist M2Gen,
Moffitt Cancer Center & Research Institute,
Tampa, FL

Email: aejaz.nasir@moffitt.org

After MPhil (Histopathology) at King Edward Medical College, Lahore and higher specialist training at the Hammersmith Hospital London, Aejaz did his residency at George Washington University Medical Center, Washington DC, Gastrointestinal-Hepatic Pathology fellowship at Emory University, Atlanta, GA and Oncologic Pathology fellowship at Moffitt Cancer Center, Tampa, FL. His clinical specialties include GI/liver, neuroendocrine tumor, breast and GI-GVHD pathology. Recently, Aejaz has focused on Somatostatin receptor subtyping in endocrine tumors and gene expression based discovery and validation of novel molecular markers in breast and pancreatic endocrine cancers. Currently, he is pursuing large scale clinical validation of progression and predictive biomarkers in these cancers. He is also the lead pathologist for M2Gen (a collaboration between Moffitt and Merck) that aims to develop one of the World's largest gene expression data warehouses and gene-based clinical trials. Aejaz has numerous peer-reviewed papers, review articles, platform and poster presentations at leading National and International Meetings. He is also editor of a multi-volume book series, Cancer Growth & Progression, by Springer and has contributed several book chapters. Aejaz would love to collaborate with Iqbalians on molecular marker studies in cancer.



Azim Jahangir Khan, MD
FAAD, FAACS
AIMC 1990

Diplomate, American Board of Dermatology
Diplomate, American Board of Internal Medicine
Fellow, American Academy of Cosmetic Surgery
Professor of Dermatology, AIMC, Lahore

Azim did his residency in Internal Medicine from Cook County Hospital, Chicago, IL. During his residency he served as the President of House Staff Association, the largest physician union in the United States and Vice President of National Union of Health and Health Care Employees (NUHHCE). He also did fellowship in wound healing at Northwestern University School of Medicine in Chicago and then switched paths to complete residency in Dermatology at the State University of New York at Stony Brook, NY and fellowship in Dermatologic Cosmetic Surgery approved by the American Academy of Cosmetic Surgery. He is a Fellow of the American academy for Liposuction Surgery, American Society for Dermatologic Surgery and American Society for Hair Restoration Surgery to name a few. After being Assistant Professor of Clinical Dermatology and in practice for a few years he returned to Pakistan in 2005 as Associate Professor of Dermatology at Fatima Jinnah Medical College & Sir Ganga Ram Hospital. He is currently Professor of Dermatology at AIMC.

Azim has published extensively in the basic science as well in the clinical science peer-reviewed journals of international repute and have authored chapters in textbooks. He is featured in "Who's Who in America" two years in a row. He is one of very few dermatologic surgeons in the world with competence in Melanocyte Transplant Surgery. Azim is the only physician in South Asia with training in internal medicine, dermatology and cosmetic surgery. His clinical expertise includes general dermatology, hair transplant, liposuction, face lift, otoplasty, blepharoplasty and lasers for hair removal, birthmark removal and rejuvenation to name a few. He has established a state-of-the-art center in Lahore to offer his expertise with the name of 'Cosmetique'. This center houses more than 12 lasers and the ambulatory surgery center meets and probably exceeds the US standards.



Wasique Mirza, MD
Guest Columnist

Published in Scranton Times, Sunday, March 29, 2009

There are some fundamental problems with our health care system. While there is a lot of debate as to what may be ailing it, only a few solutions reach any consensus. As we head into the 21st century we see the world creating newer and more innovative ways to provide health care. Yet, we seem to be stuck in a discouraging status quo.

The reality may be that we are actually sliding downhill fast. Just to make it a bit more challenging, we are doing it backward. Following are some major issues:

- Growing numbers of uninsured, now almost 50 million.
- Escalating cost of services and health coverage.
- Loss of treating physician's autonomy thanks to managed care.
- Increasing litigation and resulting cost of malpractice insurance.

In one way or the other, these issues stand at the foundation of everything that is wrong with our health care system. They not only impact it in their own significant way but they also affect each other in ways making it nearly impossible to address one without challenging the other.

The most tragic aspect of the 50 million uninsured is that four of five uninsured Americans belong to a working family and one of every five uninsured is a child. Annually, 22,000 deaths can be attributed to lack of health insurance. That makes it the sixth leading cause of death ahead of diabetes and HIV/AIDS.

While Medicare and Medicaid provide coverage to the disadvantaged at extremes of age and economic status, the working poor and even the working middle class are left out of the loop unless they are lucky enough to have a benevolent employer. Even if these under-insured and uninsured reluctantly acknowledge that they are sick and decide to seek help, they are not able to negotiate the same discounts that insurance companies receive routinely. They end up paying on average 2.5 times more for the same services.

We reside in one of the wealthiest economies in the world. We routinely spend more money per capita on health care than any other nation. Yet, we consistently rate at the bottom rung among developed nations, which is a sad state to say the least.

Despite a bad economy, executive bonuses and multi-

billion-dollar acquisitions in the health industry have continued as health care has become a serious "business." Delicate health decisions are left in the hands of "professionals" rather than the treating physician. Decisions regarding special services; prior authorizations for necessary medicines that may be more costly, expensive tests that may be essential but may be pricey are made by people with no direct contact with the patient.

The financial bottom line has become paramount in such decisions. Of course, fiscal responsibility is important but bypassing the treating physician's judgment is not conducive to quality health care.

A major barrier in access to quality care is the unavailability of adequate and qualified specialists in the area. We have overburdened practitioners who are unable to seek new associates due to drastic hikes in malpractice insurance.

Another victim of the rising cost of health care, malpractice premiums are directly affected by increasing number of lawsuits and multimillion-dollar judgments. These, in turn, breed even more defensive medicine and thus a further increase in health-care costs. It turns into a vicious cycle of declining standards.

Maybe the solution is universal health care. Contrary to common belief, it is not akin to becoming socialists since we already use socialized medicine. We call it Medicare and Medicaid.

To start, we need more access to health care by strengthening our safety net services and clinics.

Next, is the provision of a basic and adequate health care service that is available to everyone. To fulfill the requirements of capitalism and to be fair to those who can afford it, better services can be added for additional premiums.

We need laws that restrict health insurance and malpractice insurance companies to work under a non-profit agreement with compensation based on services provided instead of profits made.

And finally, the law should compensate families that are victims of malpractice; penalize the perpetrators but restrict lawyers' compensation the same way Medicare does for physicians. This way we will do more for a patient or client not because we make more money, but because it is the right thing to do.

Wasique, AIMC 91, is an Op-Ed Guest Columnist for Scranton Times. 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.



Muhammad Aslam Khan

To ensure that all the funds are used for their intended purpose the Executive Council of AIMCAANA has formed a local body of citizens (Citizens Committee) to assist AIMCAANA in completing different projects in assistance with AIMC Principal, Dr. Javed Akram. This committee comprises of following members:

1. Justice Zafar Iqbal Chaudhary, Judge, Lahore High Court (Patron)
2. Brigadier Retired Muhammad Akhtar
3. Nazir Ahmed Chaudhary, Retired Civil Engineer
4. Muhammad Aslam Khan, Retired Bank Executive
5. Abid Rashid I.T. Expert
6. Dr. Azim Jahangir Khan, Professor of Dermatology
7. Dr. Mansab Ali, Associate Professor General Surgery
8. Mrs. Kokab Parveen, Secretary, AIMCAANA

The Citizen Committee members are very dedicated and are willing to contribute time and their expertise for the welfare and benefit of the medical students of AIMC and the patients of Jinnah Hospital. They are also required to ensure that funds provided by the Executive Council of AIMCAANA are utilized properly and meticulously for the assigned projects.

Citizen Committee is currently assisting AIMCAANA on following projects:

• **AIMCAANA Scholarship Fund**

The Citizen Committee received 107 applications from medical students of AIMC for financial assistance. The

Committee interviewed applicants on random basis to verify their eligibility under the criteria set forth to make sure applicants are not receiving financial assistance from other sources. Since it is already the middle of the academic year, the committee discovered that most of the applicant's tuition and hostel charges were already paid or waived. Committee has recommended awarding 5000 rupees to every applicant to cover mess and books charges for remaining year. Project evaluation committee has also approved these recommendations.

• **Jinnah Allama Iqbal Institute Of Diabetes And Endocrinology (JAIDE)**

Sponsorship for renovation of existing building provided by Principal of AIMC/CEO Jinnah Hospital for setting up a Diabetic Center with latest treatment facilities headed by the Principal, AIMC Dr. Javed Akram and assisted by US trained endocrinologists (Dr. Khurshid Khan and Dr. Ali Jawa). A detailed sketch of the changes to be made in the existing building allocated for the Center has been obtained and is also approved by the team of concerned doctors. A contractor of good repute has also made his tender offer for the work to be done. To make sure that the rates are competitive, the Citizen Committee has asked rates from other parties also. The work will be assigned to the lowest bidder after getting assurances about the quality of work etc. The list of equipment and other machines required for the Center will be provided to the AIMCAANA by the college administration.

Mohammad Aslam Khan, DAIBP, is retired executive of Industrial Development Bank of Pakistan (IDBP) currently serving as General Secretary of "IDBP Retired Officers' Welfare Association, Lahore and General Secretary of the Executive Council of Social Welfare Society (Registered) of H3 Block, Johar Town, Lahore. As a member citizen committee Mr. Aslam brings a vast experience of financial management to AIMCAANA.

We love to hear from you!

Please keep in contact by dropping an e-mail to webmasteraimcaana@gmail.com.

1990's

Waseem Ahmad, AIMC 1995, is currently practicing Neurology after completing his training from Oklahoma University Health Sciences Center Oklahoma City, OK

Muhammad Khalid Hasan, AIMC 1998, is wishing best of luck to all Iqbalians

2000's

Bilal Ayub, AIMC 2003, will be Chief Resident at Abington Memorial Hospital starting this July.

Umer Khan, AIMC 2007, has started as a research scholar

studying Alzheimer's disease and its biomarkers through MRS at NYU Radiology.

Muhammad Adrish, AIMC 2005, is almost done with 1st year of Internal Medicine residency at Bronx Lebanon hospital in New York and planning to apply in endocrinology fellowship program

Tariq Javed, MD, AIMC 2000, is currently practicing as internist/hospitalist in Bakersfield , California

Madiha Shahid, AIMC 2006, is matched this year at Downstate Medical Center [Brooklyn-New York] for Pediatrics.

"Proven Leadership with a Commitment to Excellence"



M. Nasar Qureshi, MD, PhD, FCAP

FOR SECRETARY APPNA 2010

Dear APPNA Member:

Assalam-o-Alaikum. APPNA today stands at a crossroads in its history. Together we have achieved so much, however after 30 years enrollment has plateaued. The current membership of approximately 2,000 is a mere 15% of the potential membership. To make APPNA an organization which can truly make a difference, we have so much more to do.

VISION & GOALS

- Improved Governance in all aspects of the organization to create a solid base for sustained increase in membership
- Effective membership incentives such as CME and creating a collaborative group with power to negotiate with vendors, to ensure continued participation
- Transparency and timely dissemination of all APPNA related information, especially accounts and finances and collaboration with other organizations
- Regular internal and independent audit of APPNA projects and finances with dissemination of audit reports to membership
- Community wide outreach ranging from organizing free clinics to programs dedicated to youth including leadership development and career guidance
- Effective advocacy of professional and social issues
- Readily available centralized resources for young Pakistani and Pakistani-descent American physicians

All these goals are within our reach. To achieve this, the leadership must promote a long term vision with sustained core programs that include robust interaction with the component societies at state and chapter levels. It is incumbent upon us to choose only leaders with experience that truly reflects an understanding of this organization and the needs of the members. Thank you for your time and consideration. We need change to make APPNA the organization it deserves to be and together WE have to be the force that effects that change.

SERVICES TO APPNA

Central APPNA

- Resource Committee, Chair: 2009
- Constitution & Bylaws Committee, Chair: 2007
- Constitution & Bylaws Committee, Co-Chair: 2006
- Publication Committee, Member: 2005

New Jersey Chapter of APPNA

- President: 2007
- Increased Membership from 50-150
- New website created
- Women's Forum initiated
- Executive Council: 2004-06

DOW Medical College Alumni Association

- President: 2008
- Alumnus with highest membership in APPNA
- Streamlined DOGANA office at DOW
- Revived Dow Lite International
- New membership driven website created
- DOW Visiting faculty and DOW Research Forum established
- Meritorious Research Award for DOW student and faculty established
- Executive Council Member: 2004-07

COMMUNITY SERVICE AT LARGE

- CEO: International Foundation for Health Education and Disease Prevention (HEADSuP Foundation)
- Jaycees International - An international youth leadership and community development organization: 1982-2007

ACADEMIA

- PhD-Tulane University, New Orleans
- Over 25 articles in peer-reviewed journals
- Over 50 papers presented in national and international meetings
- NIH and institutional grants
- Invited speaker in national and international meetings

FAMILY: Lubna Qureshi is a Cytotechnologist. Besides her involvement in APPNA activities, she is secretary of the HEADSuP Foundation, serves on the executive committee of the Layton Rehmattullah Benevolent Trust, USA, and volunteers at soup kitchens and shelters for battered women. Daughters Malwish and Sadaf attend Bryn Mawr College and Georgetown University, respectively.

AWARDS

Beth Israel Medical Center

- Alumni Association Annual Award: 1995, 1996

US and Canadian Academy of Pathology

- Stowell-Orbinson Award
- Binford-Damin Award

PROFESSIONAL CAREER

QDx Pathology Services

- President & Medical Director: 2006 - Current
- In 2 years the company has grown to service clients in 7 states and has a staff of over 75 dedicated professionals.

Lakewood Pathology Associates

- Chief Medical Officer: 2002-2006
- A national reference Pathology Laboratory with over 50 employees

Columbia University, New York, NY

- Faculty, College of Physicians and Surgeons of Columbia University

INVOLVEMENT WITH ORGANIZED MEDICINE

College of American Pathologists

- Chair, Residents Forum: 1996-1997
- Member, Board of Governors: 1996-1997
- Resident Delegate to House of Delegate: 1995-1996

American Society for Clinical Pathology

- Liaison-Resident Physician Section: 1993-1995

PROFESSIONAL SOCIETY COMMITTEE MEMBERSHIPS

American Society for Colposcopy and Cervical Pathology

- Patient Education Committee: 2002-Current
- Pathology Committee Member: 2002-Current

College of American Pathologists

- Economic Affairs Committee: 2005

SAIMA ZAFAR FOR SECRETARY APPNA 2010

A Voice of Honesty, Dignity and Sincerity

www.saimazafar.com

Strategic Vision As Secretary

- Maintain accurate and sufficient documentation for legal standards
- Communicate with APPNA Leadership and Membership through proper notification of directors' and member meetings.
- Be the custodian of records of the organization
- Manage and record minutes of the Executive Council Meetings
- Keep Component Societies (Chapters, Alumni, Alliance, SAYA, CAPPNA, YPN & Dental Society) informed of requirements & information pertaining to their success

SERVICES TO APPNA

Treasurer APPNA 2009-As a first step, decreased budget for Summer meeting entertainment by 50% and Publication by 25%.

Chair Finance Committee 2009

Member SWDR Committee 2009

Chair Social Welfare and Disaster Relief Committee 2007

Co- Chair Social Welfare and Disaster Relief Committee 2006

Member Election and Nomination Committee 2003

Member Social Welfare and Disaster Relief Committee 2005

Participated in "Day on the Hill" in 2004 for advocacy

Collected \$1.8 Million and completed multiple charity and educational projects:



Services to KEMCAANA and Mayo Hospital

Co-Chair Membership Committee 2008

Member Project Evaluation Committee 2007 and 2008

Member Resource Development Committee 2008

Member Scholarship Committee 2007 and 2008

ADVOCACY

Hosted events with Governor Iowa, Chet Culver and US Senator Tom Harkin for Healthcare law related impact on Physicians

ACADEMIC ACCOMPLISHMENTS

Most Distinguished Graduate 87 KEMC

15 Academic Distinctions Medals

Board certified: Cardiovascular Diseases, Echocardiography, Nuclear Cardiology, Boards in Coronary CT Angiography



Mubasher Rana for APPNA Treasurer 2010

www.MubasherRana.com

"APPNA FIRST"

Assalaam Alaikum. I affirm my candidacy for the position of APPNA Treasurer for 2010. I embark on this journey with great humility, a sense of purpose and with the understanding that the greatest service one can render to an organization, is to serve it with honor, dignity and hard work. If you will grant me the opportunity to serve as your Treasurer, I assure you that I will give it my all and work tirelessly to enhance the prestige of our organization. I will use the knowledge and experience I have accumulated over many years of service to APPNA to streamline its financial affairs and bring much needed fiscal discipline.

My record of service and dedication to APPNA speaks for itself

Chair Host Committee APPNA Summer Meeting2009
Co-Chair APPNA Winter Meeting2008
Co-Founder of the APPNA Northern California Chapter
First President of Northern California Chapter 1999 & 2000
(Organized several meetings and formed a cohesive group of APPNA members in a 200 mile radius)
Co-Chair of the APPNA Fall Meeting, San Francisco2000
APPNA Councilor Region 8 2002 & 2003
Member APPNA MERIT 2008 & 2009
Member Elections and Nominations Committee2008
Member of the Membership Committee 2007 & 2008
Member & Co-Chair APPNA Sehat Committee2005, 2006, 2008
Member Project Evaluations Committee2004
Lifetime Member

Services to KEMCAANA

President 2008

Initiated Faculty Exchange Program, Document Verification Program for recent graduates, Adopt a Student Scholarship Program, Curriculum Reform Initiative, Assistance in securing Electives for KEMU students in United States, Post-Graduate Education Support Program, Constitution and By-Laws reform.

President-Elect 2007

Secretary 2006

Treasurer 2005

Served on several KEMCAANA committees



AIMCAANA leadership touring the college



AIMC Class of 1989 Reunion



AIMCAANA leadership with the AIMC staff



AIMC Class of 2004: Tariq, Ibrahim, Umair, Burhan



A meal at hostel mess during APPNA winter meeting At AIMC.



AIMCAANA delegate with local alumni and students



AIMC Class of 1995 with the late Professor Ashfaq Ahmad , JHL- Medical Unit Five.



Jalil Khan and daughter Azma at the APPNA Spring Meeting in Dallas



AIMCAANA Dinner at the APPNA 2008 Annual Summer Meeting



Allama Iqbal Medical College Alumni Association first Election in Progress



Aitzaz Ahsan at the 2008 AIMCAANA Social Forum



Asad & Humera



Ghost Day, AIMC Class 2005-2010



College Administration staff in December 2008



Dr. Rizwan Akhtar, AIMCAANA President 2009, guarding the AIMCAANA booth



M. Usman Khan, AIMC 1996 Fall, Chief Surgical Resident (Center)



Iqbalians at the APPNA 2009 Spring Meeting in Dallas



Exhibitors at AIMCON 2008



Inaugural ceremony of Shaheen 2008



Election commissioners for local alumni elections 2008



Iqbalians Bekhari Family at AIMC



The monsters of AIMC



Tahir, Imran, Kamran and Khalique at the 2008 APPNA Annual Banquet



Dr. Arif Qayyum speaking at AIMCON 2008



Participants and organizers of AIMCON 2008 and Convocation



Convocation 2008 participants



We are seeking quality physicians

We are a well-established busy, multispecialty private practice group located in Southeastern New Mexico. We are currently seeking physicians (J-1 welcome) to fill these positions:

Board Eligible/Board Certified Internists • Family Practitioner
Rheumatologist • Pulmonologist • Gastroenterologist
Endocrinologist • Medical Oncologist • Hematologist

*We have four clinics in
Southeastern New Mexico*

Roswell

50,000 population

Cancer Treatment Center, Endocrinology & Primary Care Clinic
www.roswellnm.org

Carlsbad

26,000 population

Cancer Treatment Center, Endocrinology & Primary Care Clinic
www.cityofcarlsbadnm.com

Hobbs

32,000 population

Cancer Treatment Center & Primary Care Clinic
www.hobbsnm.org



Contact:
Robert Sherman
robtsherman.kymera@yahoo.com
(575) 624 - 7534

غزل

رت جب بھی کبھی شام میں گد رانی بہت ہے
ایسے میں ہمیں یاد تیری آئی بہت ہے

یہ رات یہ میں اور تیری یاد کے جگنو
ہنگامہ رچانے کو یہ تنہائی بہت ہے

وہ اور ہیں جو تجھ سے ہیں عزت کے طلبگار
ہم کو تو تیرے نام کی رسوائی بہت ہے

کیا ہم کو سنائے کوئی احوال وہاں کا
رونے کو تو اس کو چے کی شہنائی بہت ہے

دعویٰ ہے محبت کا نہ ہی وصل کی خواہش
جاوید ہمیں اس سے شناسائی بہت ہے

جاوید اکبر



جاوید اکبر

تم کہاں ہو۔ میں کب سے تمہارا انتظار کر رہی ہوں۔ مجھے تم سے کچھ کہنا ہے سنو! آج سے کچھ دہائیاں پہلے جب میرا بیٹا امریکہ گیا تو اسے لینے کیلئے امریکہ کا صدر اپنی فیملی کیساتھ آیا۔ نیویارک کا ایک بڑا حصہ بند کر کے اسے گارڈ آف آنر پیش کیا گیا۔ اسے کانگریس سے خطاب کی دعوت دی گئی۔ امریکی صدر نے اسے خصوصی طیارے کے ذریعے لندن بھجوایا۔ وہ میرا بہت ہونہار بیٹا لیاقت علی تھا۔ غیروں سے عزتیں سمیٹنے والا غیور اپنوں کو نہ بھایا اور قتل کر دیا گیا اس کے بعد مجھ پر جو بیٹی اسے سننے کیلئے بہت ہمت کی ضرورت ہے۔ تم بھی سننا چاہو تو سن لو اور اگر اضطراب اور کرب سے خوفزدہ ہو تو اپنے کان بند کر لو۔ اتحاد، ایمان، یقین میرا مان تھا۔ میرے نالائق بچوں نے سب سے پہلے اس سے پیچھا چھڑایا۔ جھوٹ اور کمزور فریب کو زندگی کا جزو لازم بنایا مجھ پر ظلم ڈھانے والے غیر نہیں اپنے تھے۔ کبھی مذہب کے نام پر تو کبھی رسم و رواج کا لبادہ اوڑھ کر میرے اپنے ہی بیٹے مجھے روندتے رہے کبھی مجھے آک لگی اور کبھی میری قبا خون میں سرخ کی گئی۔ میرے دریاؤں کا سودا کر کے مجھے بخر کیا گیا۔ مجھے ماں کم اور جاگیر زیادہ سمجھنے والوں نے میرے کسان بیٹوں پر بہت ظلم ڈھایا۔ آج تم میں جو سب سے زیادہ مکار اور فریبی ہوتا ہے وہ دنیا میں میرا نمائندہ ہوتا ہے۔ آج میرے پہاڑوں میں دراڑیں پڑنے لگی ہیں۔ چنار اور سرو کے درخت جل رہے ہیں۔ میرے بچے اپنے گھروں میں بے اماں ہیں۔ آؤ سمندر کے کنارے بسے کراچی کا حال دیکھو، یہاں بیار کی مدھرتانوں کی جگہ گولیوں کی سنسنہٹ نے لے لی ہے۔ یہاں کوئی اپنے آپ کو مہاجر تو کوئی پٹھان، کوئی بلوچی تو کوئی سندھی کہتا ہے۔ کوئی بھی اپنے آپ کو میرا بیٹا نہیں کہتا۔ یہاں پر کبھی بکھار چراغاں بھی ہوتا ہے لیکن میرے چند بیٹوں کے گھر پر جس کی قیمت اندھیروں میں ڈوبے سارے شہر کو چکانا پڑتی ہے۔ میری بد قسمتی کے دن تو اسی وقت شروع ہو گئے تھے جب میرا محمد علی مجھ سے جدا ہوا تھا۔ اس کے بعد کسی سکندر نے میری مایا لوٹی تو کسی بیگی نے میرا سودا کیا جہاں میرے سینے پر کبھی سبز کھیت لہلہایا کرتے تھے وہاں اب نفرت آگتی ہے لیکن تمہیں اس سے کیا تم نے تو خود کسی اور کی گود کو اپنا لیا ہے۔ تم نے اپنے آپ کو مجھ سے اتنا دور کر لیا ہے کہ میری چیخیں بھی تم تک نہیں پہنچ سکتیں تو میری سسکیاں اور آہیں کیسے پہنچے گی لیکن پھر بھی اپنے حرص و ہوس کے شور میں مجھے سننے کی کوشش کرو۔ میری آواز سنو میں تمہاری ماں ہوں دھرتی

ماں!

دَل دَل

آگ فرقہ واریت کی یوں جو جلتی جائے گی
باتھ سے اللہ کی رسی سرکتی جائے گی
بغض و کینہ کی فضاء میں سر اٹھاتی جائے گی
ہر وہ چنگاری ہو جس کو یہ ملتی جائے گی
قلب مسلم سے خدا کا خوف جو جاتا رہا
دنیا مومن کے لئے ہر پل سکڑتی جائے گی
جب تلک ہم سوچ کو اپنی بدلا نہ پائیں گے
قوم ہر لحظہ اسی دلدل میں دھنستی جائے گی
کون طارق اپنے بیڑے کو جلا کے آنے کا
کس کے قدموں کی دھمک دل میں اترتی جائے گی
کس کے جلووں سے یہ پستھر دل گھلتے جائیں گے
نفرتیں مٹ جائیں گی قسمت بدلتی جائے گی
پیار کی ٹھنڈک رگوں میں خون بنتی جائے گی
آگ پھولوں میں ہوا خوشبو میں ڈھلتی جائے گی



وہیق مرزا

امریکہ میں بطور کارڈیالوجسٹ اور بعد
کے اس سفر میں زندگی نے بہت کچھ دیا،
سب اللہ کا کرم اور شکر ہے اس کے باوجود
ایک خواہش تھی۔ میرا بھی دل چاہتا تھا
کہ انسان اور انسانیت کے لئے کچھ اور
کروں۔ میرا یقین ہے کہ ہر انسان کی



عارف احمد

فطرت میں مزید اچھائی کرنا ہے۔ میرے دل میں ایک خلش بھی تھی۔ مسلمانوں
اور پاکستان کے حالات کے بارے میں کچھ پریشانی، کچھ پشیمانی۔ اسی کے پیش
نظر Consider This Cause کا آغاز ہوا یہ ایک فلاحی تنظیم ہے جس
کا مقصد ضرورت مند افراد کی مدد ہے۔ اس کا انٹرنیٹ کا پتہ
www.considerthiscause.org ہے۔ ہم مذہب، شہریت،
نسل، رنگ کے امتیاز کے بغیر کام کرتے ہوئے فرد اور افراد کی مالی امداد کرتے
ہیں۔ اس معاشرے میں اکثر دیکھا کہ معاشرے کی فلاح میں فرد نظر انداز
ہو جاتا ہے۔ ہم ایسے کچھ افراد کے لئے کام کرتے ہیں جو اس ترقی یافتہ
معاشرے میں بھی حالات کا شکار ہو کر بہت مجبور اور بے بس ہو جاتے ہیں۔ کیا
میں دنیا بدل رہا ہوں؟ شاید نہیں لیکن میں ایک زندگی ضرور بہتر کر رہا ہوں۔
سالوں پہلے Readers Digest میں ایک کہانی پڑھی جو اس تنظیم کی
بنیادی سوچ بنی۔ سمندر میں طوفان کے بعد ہزاروں مچھلیاں ساحل پر بہہ آئیں
اور سانس لے رہی تھیں۔ ایک بچہ ایک مچھلی اٹھاتا اور اسے واپس پانی میں ڈال
دیتا۔ ایک شخص جو اسے دیکھ رہا تھا، اس بچے سے پوچھتا ہے کہ کیا اسکے اس عمل
سے کچھ فرق پڑے گا؟ وہ بچہ اپنے ہاتھ میں پکڑی ہوئی مچھلی کو دیکھتا ہے اور کہتا
ہے، جی ہاں اس کو فرق پڑے گا، اور اسے پانی میں اتار دیتا ہے۔ میرا یہ بھی ماننا
ہے کہ اگر ہم اس سوسائٹی کو ایک چیز دیں گے تو یہ ہم مسلمانوں اور پاکستانیوں کو
دوگنا واپس کرے گی۔ اور شاید یہ میں اپنے لیے بھی کر رہا ہوں کیونکہ دوسروں کی
فلاح و بہبود کے کاموں میں ذہنی اور قلبی اطمینان اور سکون ہے۔ آپ بھی دیکھے
کہ آپ کے اندر کا شاہیں کسی اونچے پہاڑ کی چٹان پر بسیرا کرنا چاہتا ہو۔





ایمکانہ کنکشن کے دوسرے پرچے کے ساتھ تمام قارئین کو دل کی گہرائیوں سے خوش آمدید! پبلیکیشن کمیٹی اور دوسرے لکھنے والوں کی انتھک محنت اور لگن قابل ستائش ہے۔ آپ جانتے ہیں یہاں پر ہر ایک کی زندگی بہت مصروف ہے اس کے باوجود ان تمام دوستوں کا جزیبہ لائق تحسین ہے جنہوں نے وقت نکالا۔ میں نے پچھلے پرچے میں تمام اقبالیٹیز کو اس فورم پر بڑھ چڑھ کر حصہ لینے کی درخواست کی تھی۔ آپ سب کا شکریہ جنہوں نے اس انتہائی اہم اور خوبصورت کام میں حصہ لیا اور جنہوں نے عملی طور پر شمولیت اختیار نہیں کی ان سے گزارش ہے کہ یہ اقبالیٹیز کا پلیٹ فارم ہے ہمیں بہت کچھ حاصل کرنا ہے اور منزل ابھی آگے ہے۔ اگر ہم سب مل کر محنت کریں، اچھا ادب تخلیق کرنے کی کوشش کریں، نئے آنے والوں کی حوصلہ افزائی کریں تو وہ دن دور نہیں جب ایمکانہ کنکشن اقبالیٹیز کا ترجمان ہوگا ہی لیکن ادب کے حلقوں میں بھی ایک نئی آواز کی شکل میں اپنا نام بنائے گا۔ آخر میں یہی عرض ہے کہ ہمارے کالج AIMC ہی کی بدولت ہمیں شناخت ملی اور ہماری مادر علمی ہی ہماری پہچان ہے۔ اس لیے ہم پر لازم ہے کہ اپنی کامیابیاں جس کی رہن منت ہیں اسکے نام کریں۔ آپ کی قیمتی آرا کا انتظار رہے گا۔

جاوید اکبر
انچارج اردو سیکشن

غزل

چاند سورج کی ستاروں کی ضیا پیش کریں
یعنی ان کے رخ روشن کو دیا پیش کریں
آرہے ہیں وہ سبک صفت ترنم کی طرح
آئیے مل کے انھیں موج صبا پیش کریں
سرخ رو ہونا جو چاہیں وہ تیری محفل میں
رنگ کے خون میں سر رنگِ حنا پیش کریں
غیر سے ان کی ملاقات ہو اور ہم خوش ہوں
کیسے ممکن ہے کہ اس درجہ ریا پیش کریں
خود سے ملنا جو وہ چاہیں تو جو اد ان کو کبھی
بستی دل میں ملیں ماہِ لقا پیش کریں

جواد الحسنین رضا

غزل

یادوں کے سلاطین میں تصویر ابھرتی ہے
چھوتی ہے تصور کو پھر اور نکھرتی ہے
تہائی کے لحوں میں آجاتی ہے یاد ان کی
آکے دل ویراں میں پھر خوب مچلتی ہے
وہ شام کے آنچل میں جو ساتھ ہمارے ہوں
جلتے ہیں چراغ اندر اک تال سی بجتی ہے
برفانی علاقوں میں جاڑے کے مہینوں میں
رنگت تیرے چہرے کی کچھ اور نکھرتی ہے
ترتیب حیات ایسا نازک سا توازن ہے
اک بار بگڑ جائے مشکل سے سنورتی ہے
موسم تو نہیں زکتے ویراں ہوں سہانے ہوں
تقدیر بھی ایسے ہی کچھ رنگ بدلتی ہے
جب پیاس سے جاں فرحت صحرا ہوئی جاتی ہو
ایسے میں شراب انکی آنکھوں سے چھلکتی ہے



فرحت عباس خان

AIMCAANA is proud to sponsor
**Jinnah-Allama Iqbal Institute
of Diabetes and Endocrinology (JAIDE)**



The Jinnah-Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE) will provide services in a compassionate and caring manner in order to improve lives of people with diabetes through education, research and patient care services at all levels.

Intended Services

- Consultative services for endocrine diseases including diabetes and its complications
- Follow up care of patients with endocrine diseases
- Comprehensive Diabetic Foot Care
- Diabetic eye disease screening and referral
- Dynamic hormonal tests including suppression and provocative test
- Diagnostic procedures including fine needle aspiration cytology of thyroid nodules, thyroid ultrasound etc.
- Undergraduate and post graduate training of house officers, medical officers and postgraduate students
- Future designated training site for FCPS – Endocrinology, a post graduate training degree to be offered by College of Physicians and Surgeons of Pakistan (CPSP)

Please Donate Generously

Online at www.aimcaana.org using secure Paypal account

Mail Checks to Rizwan Akhtar, 513 Farmington Court, Richmond, KY 40475

Consulting Staff



Prof. Javed Akram

*FRCP (Edinburgh), MRCP (UK), FRCP (Glasgow, London), FACP (USA), FACC (USA), FASIM (USA)
Principal, CEO and Professor of Medicine
AIMC/Jinnah Hospital, Lahore*



Dr. Khurshid Khan

*MBBS, MD (USA), DABIM (USA), DABIM-ENDOC (USA), HSC (USA)
Associate Professor AIMC, Lahore*



Dr. Ali Jawa

*MD (USA), MPH (USA), FACE (USA), DABIM (USA), DABIM-ENDOC (USA), DABPNS (USA)
Assistant Professor, AIMC Lahore*

Mrs. Maria Sarfaraz – Registered Nurse
Certified Diabetes Educator (CDE), & Certified Foot Care Assistant (CFCA)

Mr. Ali Bahadur – Certified Foot Care Assistant (CFCA)



Association of Physicians of Pakistani Descent of North America

**Allama Iqbal Medical College Alumni
Association of North America**

513 Farmington Court
Richmond, KY 40475

Non-Profit Org
Presorted
U.S. Postage
PAID
axprinting.com
75081