



AIMCAANA Connection

Summer 2010 • Volume 3, Number 1



جو نغز ن تھے خلوتِ اوراق میں طیور
رخصت ہوئے تڑے شجر سایہ دار سے
شاخِ بریدہ سے سبق اندوز ہو کہ تو
نا آشنا ہے قاعدہ روزگار سے

ملت کے ساتھ رابطہ اُستوار رکھ
پوستہ رہ شجر سے امید بہار رکھ



ستاروں سے آگے جہاں اور بھی ہیں
ابھی عشق کے امتحاں اور بھی ہیں
تہی زندگی سے نہیں یہ فضائیں
یہاں سینکڑوں کارواں اور بھی ہیں

تو شاہیں ہے پرواز ہے کام تیرا
تڑے سامنے آسماں اور بھی ہیں





AIMCAANA Connection

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About The Cover

The logo of Allama Iqbal Medical College contains Shaheen (Eagle) which represents courage, struggle, and vision. The poetry is by the National poet of Pakistan Allama Muhammad Iqbal.

About The Cartoons

The cartoons are contributed by Dr. Mahvash Amir. She graduated from Allama Iqbal Medical College in 1996. She is currently residing in Dallas, Texas.

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BismillLaah-ir-Ruhmaan-ir-Raheem

Speaking Out: Easier Said Than Done

Shahram Malik, MD

وہ لوگ بہت خوش قسمت تھے
جو عشق کو کام سمجھتے تھے
یا کام سے عاشق کرتے تھے
ہم جیتے جی مصروف رہے
کچھ عشق کیا کچھ کام کیا
کام عشق کے آڑے آتا رہا
اور عشق سے کام اُلجھتا رہا
پھر آخر تنگ آکر ہم نے
دونوں کو ادھورا چھوڑ دیا
(فیض)

What the poet is saying is exactly what we are doing as a nation. Our involvement in so many unnecessary things has made us even forget why we struggled for Pakistan and how many lives were sacrificed to get it. Our governments, media, political parties, institutions and the public have become unmindful of the very purpose of our becoming a distinct and separate nation. There is shouting everywhere, but no voice. There are promises everywhere, but no fulfillment of them. The trumpets of “democracy” are being blown everywhere, but with no tune to them. With loss of our sense of responsibility we have lost respect for our rights. We have relinquished even the basic right to speak out. No matter what happens to us, we don’t speak out. We are deprived of electric power, we stay silent; we are denied water, we stay tight lipped; we are stripped of basic needs of life, we keep our mouths shut.

A wise scholar once said, “Speak out so that you may be identified.” Until we speak out, we will not be recognized. Speak out, so you are judged fairly, so that you are not short changed in your measure, so that you are treated with dignity, and so that you may get your rights. Speaking out is what will bring a change: a change in the way others think about us, a change in the way the people understand our beliefs, a change in the way we lead our lives, and a change in the way we up bring our next generation.

Today, we are looked upon as a failed state. Our nation is without a competent and caring leadership. We are in a state of uncertainty and chaos. Our values are being chipped away, our culture is losing its clarity, and our society is becoming corrupt and faithless. We have reduced to hollow words the motto on Pakistan’s National Emblem, “faith, unity, discipline”, which our religion teaches and which our great leader Quaid-e-Azam Mohammad Ali Jinnah proclaimed to the world.

Why is it so?

It is not the leaders who have gone astray, it is actually us. We need to change and inject new life into ourselves by turning to our own beliefs and values. We need to muster again the courage which wrested Pakistan from the mighty clutches of the Empire on which the sun never sat. We, not the leaders are responsible for the state we are in right now. If we change, the leaders will change. If we do not bring distinction to what we are, our children and families will be lost as well. In today’s world, there is more glitter than gold, and chances of deviating from the right path and purpose are numerous.

We must speak out, not just for being identified but also for the sake of our children, who are in a dire need of seeing the difference between the right and the wrong.

May Allah forgive us and show us the right path . . . Ameen!!

This is the third issue of AIMCAANA Connection. The positive response which we received from our readers has kept us encouraged to work even harder for the next issue of AIMCAANA Connection.

AIMCAANA Connection is not just a newsletter; it is a journey to your past, when you were at AIMC (Allama Iqbal Medical College). It is an account of our progress as Alumni, highlighting the achievements of our colleagues, a platform to find our long lost friends, a forum to unite again and bring about the change at home, starting with our alma mater. It is a medium through which we can speak out, be heard and identified.

I am thankful to Dr. Tahir Latif, the President AIMCAANA, Dr. Babar Cheema and Dr. Rizwan Akhtar, Past Presidents AIMCAANA for having placed their trust in me to serve as an Editor of this newsletter. I intend to take our newsletter to an even higher level in providing quality and helpful material to our readers. I request all our readers and colleagues to take interest in our newsletter, and send your items for the future issues of AIMCAANA Connection. One of our goals is to publish your various thoughts, particularly about our Alumni and its activities.

Shahram Malik, AIMC 2002, did Family Medicine residency at East Tennessee State University, Johnson City, Tennessee after doing clinical research in Neurology at Thomas Jefferson University Hospital in Philadelphia, Pennsylvania. He has published his research work in various peer reviewed journals. He is currently working as a Hospitalist at Mountain View Regional Medical Center in Norton, Virginia and is an Adjunct Clinical Assistant Professor of Family Medicine at DeBusk College of Osteopathic Medicine in Harrogate, Tennessee.



Tahir Latif, MD, MBA, FACP
President AIMCAANA 2010

It is a great honor for me to serve as President AIMCCANA 2010. It not only provided me with the opportunity to play a decisive and pivotal role in improving the health care and education facilities at our alma mater but also the fact that we were able to help so many young Iqbalians struggling to get on their feet at the individual level was especially gratifying. As you all know, our religion has put enormous emphasis on showing good manners and helping mankind in need. In these testing times it is especially important for us to show our neighbors and adopted society the true Islamic teachings. We should never let a small misinterpreted minority defame our religion. To combat the extremism we need to focus more on charitable and social welfare projects to decrease poverty and increase education in Pakistan. Educating our impoverished youth is the only long term solution to route out these extremist elements from our society. Let us join hands and start with one project at a time; we are much more effective as a group than on an individual level as we all saw in the beginning of April when regardless of our alumni affiliations all of the APPNA community came together and made its voice heard against media invasion of Jinnah hospital. I am hopeful that APPNA task force formed as a result of that movement will be instrumental not only in developing the code of conducts for the media but also formulate recommendations for health reforms in Pakistan to safe guard physician and patient rights.

I am pleased to report remarkable progress of AIMCAANA as many new milestones were conquered in the first half of 2010.

- A complete overhaul of AIMCAANA website is in process and will include many new features including online payment using secure Paypal account for donations, memberships and document verification fees.
- Blast email system is now reaching more than 700 Iqbalians and has played an important role in communicating with the membership. Our life time membership is approaching to 50.
- AIMCAANA face book group membership is now more than 900 members. Thanks to the hard work and dedication of Dr. Imran Mirza. This forum is providing Iqbalians excellent opportunities to interact with each other.

- Visiting Faculty Program has been launched and is very well appreciated by all the medical students, house staff and faculty at AIMC. I will encourage all of you to experience that by yourself and plan on spending a day at the college during your next trip to Pakistan.
- We continued our commitment to provide rent support of 1000/month to Iqbalian house since May 2009.
- Citizens committee has started planning and review process to deliver 10 Scholarships of 40,000 rupees each to 10 bright and deserving students for the year 2010
- Executive committee is diligently working on establishing the transparent, safe and effective investment strategy for our Endowment Fund which as of May 9 2009 stands at \$ 50,199.49.
- We continue to support young Iqbalians in their quest to residency by not only offering them mentorship but also by providing them with financial support as Qarze-hasana. We distributed approximately \$8000 among young Iqbalians who needed financial assistance.
- Jinnah Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE) inaugurated on November 14, 2009 (World Diabetic Day) after a speedy renovation of existing building sponsored by the AIMCAANA membership. The institute was also recognized as the accredited endocrinology fellowship site soon after its inauguration, 2nd such accreditation in Pakistan.
- AIMCAANA Connection continued to grow in 2010, thanks to the efforts of Publication committee and Dr. Shahram Malik. I am pleased to report that like the previous two issues this issue is also budget neutral and all the expenses were paid from advertisements.

None of this would have been possible without the dedication of many volunteers who devoted their vision and energy to make every AIMCAANA project a success. Hats off to the Executive Committee, Councilors, Committee Members and Chairs, Donors and especially AIMCAANA membership. Please accept my heartfelt gratitude for your continued support. Please also make plans to attend summer meeting in Dallas, TX from June 30 to July 4th. Hope to see you all there. Iqbalian once, Iqbalian forever.

Tahir, AIMC 1996 Fall, did Internal Medicine and Hematology/Medical Oncology training at Cleveland Clinic Foundation, Cleveland Ohio, after spending almost six years in private practice at Carlsbad, New Mexico, he is currently serving as Assistant Professor of clinical medicine at University of Cincinnati.



Prof Javed Akram, MD

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

It gives me immense pleasure to write this message for AIMCAANA connection. AIMCAANA has always been active and at the forefront of supporting the students and staff of their alma mater. They are always exploring new avenues as to what they can give back to their institution that empowered them in the first place. You are all aware of the recent strife with media intrusion into hospital, violating doctor-patient confidentiality and privacy. With the grace of Allah, the issue has been resolved amicably. Now by government's notification, all over Pakistan media personnel requiring information about patients and hospital are to contact the nominated media facilitation person only and no one in the name of information gathering can harass the doctors and paramedical staff. This indeed is a big feather in the cap for Iqbalians who stood their ground and fought for patient's rights and safer working environment for doctors. In order to facilitate conflict resolution, grief reaction handling and communication skills workshop are held weekly at college auditorium.

In November last year, college of physicians and surgeons of Pakistan inspected and approved for training in 17 clinical disciplines at Allama Iqbal medical college. The disciplines approved include endocrinology, nephrology, plastic surgery etc. JAIDE, a primary initiative of AIMCAANA, has a robust turnover with new facilities being offered for patients on an ongoing basis.

Five new lecture theatres have been constructed and furnished including a first of its kind student's lounge. Girl's hostel has been renovated and a girl's mosque founded. 11 new extracurricular clubs have been introduced with an enthusiastic response by students. Medical Education (ME) department is being strengthened. In order to make the medical training a wholesome experience, we have moved on from teacher-student relationship to mentor-mentee relationship.

AIMC and JHL have become the first public sector institutes in Pakistan to be ISO 9002 and 14000 certified and have setup a fully functional total quality management (TQM) department to maintain the standards. Emergency room has been fully computerized. A second angiography machine is being installed for primary PTCA. We have also started carotid and peripheral arterial angioplasty. Vascular surgery department has been established. Medical genetics department has been established. A second orthopedic unit has been established and Central ICU has been expanded by 20 beds. The hospital formulary has been upgraded. A new trauma center has been opened. A solid Waste Management (SWM) department has been established for safe disposal of potentially infectious waste. Nursing school and

college has been upgraded. College of Physiotherapy and Allied Health Schools have been established. A state-of-the-art forensic department with 4 post mortem tables is fully operational. Liver Transplant center, 1st of its kind in Pakistan, is also being established there.

Prof Riazuddin Sheikh, a well known molecular biologist, has been appointed the new director of research. He is also heading the stem cell research lab with 17 new pharmaceutical proteins identified. We are manufacturing our own interferon. The special area of interest of researchers in the stem cell research includes development of chondrocytes, corneal and dermal cells.

I am pleased to inform you that AIMC is launching the Pakistan's first dedicated journal of endocrinology. JAIDE is in the process of compiling and publishing the first textbook of endocrinology titled "endocrinology: what a clinician must know". The aim is to introduce the discipline of endocrinology to postgraduate medical students and family physicians.

The "Reward and Recognition System" of AIMC is operating well with monthly cash awards and certificates for 4 categories from college side and 5 from hospital side. This year AIMC convocation was held with bestowing awards to medal holders from the previous 9 years. A total of 250 medals were awarded by the Honorable Prime Minister in the presence of the Chief Minister Punjab.

Jinnah Public school has been upgraded to high school level with O and A levels with English being the medium of teaching. Recently an outlet of "The Utility Store" has been opened in the Jinnah Hospital Colony. A new 3-storied cafeteria is being developed with separate dining space for doctors. Jinnah Hospital has now become the first hospital in Pakistan providing 100% free food to all patients.

We were one of the first responders to IDP crisis in Swat and Malakand and one of the largest single donors amounting to a total cost of more than 8 million rupees. The local alumni of Allama Iqbal medical college have been motivated and mobilized, reaching its zenith of networking last year in the form of annual alumni dinner.

An Iqbalian once, an Iqbalian forever. Come back and see what we are doing. Your input will help us stay the course and help us achieve our common goal: a better and brighter future for all, especially for our students and deserving patients.

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 them 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 Professors is evident at a glance. His dynamic personality and clear vision has ushered in a new vigor and developmental activity at a vibrant pace.



Rizwan Akhtar, MD, FASN
Immediate Past President AIMCAANA

I am thankful to AIMCAANA membership for providing me the opportunity to serve as President in 2009. I am proud to report that it has been one of the best years in the history of AIMCAANA. For example, Scholarships were finally awarded to 105 deserving students, Citizen's committee was nominated and has done great job in helping accomplish our goals, AIMCAANA website was once again updated, residency assistance committee have also done a phenomenal job in helping young iqbalians to secure a residency spot. AIMCAANA continued to support rent for a house in Philadelphia to meet the lodging needs of young Iqbalians who are searching for residency programs and many of them also benefited from Qurz-e-

hasna program. Audience Response System for 200 was delivered to the AIMC.

AIMCAANA annual summer meeting was another successful event attended by about 100 Iqbalians and their families to share old memories with each other. Everybody there opened their hearts and pledged around \$40,000 for different projects. AIMCAANA also arranged another successful social forum in collaboration with NMCAANA, featuring Omar Khan, Maleeha Lodhi, Shamila Chaudhry, Anwar Iqbal, Sohail Warraich, and Athar Minallah. I am ecstatic to announce the completion of renovations for Jinnah Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE) which will be a great resource for education (already approved for FCPS) and prevention of Diabetes related problems in Pakistan.

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

AIMCAANA Financial Report as of May 09, 2010

AIMCAANA Endowment \$ 50,199.49

AIMCAANA General \$14,165.83

Income Expense Report For 2009/2010

DESCRIPTION	EXPENSE	INCOME
Money wired to Pakistan for Scholarship fund, JAIDE, Secretary salary	\$41,586	
Iqbalian House Rent / Renovation	13,910	
Qarz-e-Hasna Fund	7,500	
Audience response system (AIMC)	11,167	
Summer Meeting expenses	4,120	
Website / Blast email system upgrade and maintenance	1,120	
AIMCAANA Connection	4,000	
AIMCAANA Connection Ads		\$ 4,500
Donation / Contributions		39,722
Dues from APPNA		4,571
Subtotal Credits	83,403	
Subtotal Debits		48,793
Balance as of May 2009		48,775
Remaining Balance May 2010		14,165



Abid Hussain, MD

As usual, AIMCAANA hospitality desk was once again the prime meeting place for Iqbalians attending San Francisco Annual meeting. Second issue of AIMCAANA Connection

was received with great enthusiasm by the Iqbalians visiting the registration booth. Social forum 2009, jointly arranged by AIMCAANA and NMCAANA, was very well attended by all APPNA participants on Friday. Speakers of the forum included Omar Khan (Moderator Geo program JAIZA), Maleeha Lodhi (Ex Ambassador of Pakistan to USA), Shamila Chaudhry (Women rights activist), Anwar Iqbal, Sohail Warraich (Anchor Geo Program), Athar Minallah (Spokesperson for Chief Justice Iftikhar Mohammad Choudhry). We thank all of them for their encouraging feedback.

Alumni annual dinner was attended by more than hundred Iqbalians and their families. Meeting proceedings were started with AIMCAANA officer's reports and soon podium was turned to Dr. Atique Mirza who did an excellent job in reaching out to the hearts of audience. Our members (as listed below) once again

pledged around 40,000 dollars for various projects including JAIDE.

Abid, AIMC 1986, completed residency at University of Connecticut Farmington 1996. At present, in private practice internal medicine in Hemet, California.

Furrakh Adhami5000	* Muhammad Tariq . . .1000
Asad Qamar5000	* Mumtaz Alvi1000
Rizwan Akhtar4000	Naeem Tahir Kheli . . .1000
Abid Hussain2000	Nasser Uddin Khan . .1000
Muneer A Khan2000	Sajid Chaudhry1000
Raza Khan2000	Tahir Latif1000
Arif Ahmed1000	Mahmood Alam500
Atif Qureshi1000	Jalil Khan500
* Atique Mirza1000	Masod Ahemd500
* Azmat Qayyum1000	Monem Gillon500
Babar Cheema1000	* Nasreen Zeb500
Ehtsham Haq1000	Tariq Javed500
Khadim Hussain1000	Waqar Syed500
* Khaliq Rehman . . .1000	
Khurram Nazeer1000	
Mudassir Saleemi1000	

**Pledge fulfillment in process*

Message From The Executive Director



Sajid Chaudhary, MD

AIMCAANA Executive Director 2010

It is an honor for me to serve as executive director for AIMCAANA. I am humbled by the confidence of AIMCAANA executive committee conferred to me. As you can see

from our financial report our financial situation has improved significantly since 1997. AIMCAANA endowment fund established in 2008 by your generous donations and lifetime membership dues is now over \$ 50,000. Currently this money remains in a bank account; it was decided to hold on to investment last year due to the state of economy at the time. Executive committee is actively looking in to options for investment (like mutual funds, money market accounts, real estate and stocks) of this endowment fund. After consultation with various financial consultants, appropriate decision will be taken soon. Feedback and suggestions from all of you will be greatly appreciated in this regard.

Being one of the past presidents and member BOT, I am well aware of AIMCAANA history and I am especially impressed with the enthusiasm and activism shown by AIMCAANA members and executive committees since 2008. We have established strong hold in APPNA mainstream and to continue the momentum, I will request all Iqbalians to become life member of AIMCAANA as we all know the strength is in the numbers. The life membership dues are \$ 500 and the annual membership dues are \$ 50. Now you have the option to pay membership dues online. Please go to www.aimcaana.org and click on donate/pay online and become the member of your alma mater.

I also commend all the past presidents for their continued support and hard work in making AIMC Alumni stronger every year. I especially like to acknowledge Dr. Babar Cheema, Dr. Rizwan Akhtar and Dr. Tahir Latif for their commitment to AIMCAANA.

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



What We Gained And What We Lost

Azim Jahangir Khan, MD

Unfortunately, anyone who has been given or manages to grab any power in Pakistan, be it the power of gun, justice, money or expression has misused it in our motherland and we quite often overstep our privileges. This is exactly what started to unfold about eight months ago when media started to wage a war against doctors and privately owned hospitals exploiting the already venerable circumstances. Due to the media pressure without having to go through the regulatory body of Pakistan Medical and Dental Council (PMDC), with an effortless stroke of their pen, the lawmakers managed to cancel licenses of many of the reputed and responsible doctors on speculation and supposition of malpractice on complaint of a public icon who was understandably distressed to lose his beloved spouse as a sudden consequence of a morbid medical condition. Many of these doctors were trained and still practice abroad in some of the most civilized societies where the revocation of licensing is considered to be the strictest action taken against a professional after thorough investigation proving the health professional at fault or guilty as charged. These dear friends are still paying a heavy price of a crime they never committed - i.e., they had not treated or even seen that patient let alone having done any medical malpractice. Situation got even worse after another incident involving an unfortunate death of a very young adorable child at one of the premier hospitals in Lahore that brought loads of bad reputation and repercussions for the physicians. Most recently Emergency room of Jinnah hospital was raided by the media when a terminally ill Hodgkin's lymphoma patient died resulting in a fierce fighting by the media with the on duty doctors resulting in injuries to media personal and doctors including our principal (A principal who usually goes an extra mile to favor the journalists to stay on their right side). While the civilized nations fight their cases in the court of law, media trials have become an everyday norm especially for doctors working in Pakistan. The reputation that took ages to build can go down the drain in only a few minutes with a media trial unilaterally fought by the media giants without ever hearing the story of physician whose livelihood may be lost simply because he did not flatter attention seeking journalist.

There may be some news in all the above mention incidents however in every civilized country there is a due process to sort out medical negligence but here in Pakistan media has taken it upon themselves to fix the system without considering the other side of issue. Patients have just started to become aware of their rights to sue a doctor without knowing their own responsibilities and limitations towards this ordeal, medical profession and the health sector till today stand like an orphan with no direction in a state of chaos and confusion. The number of specialists

required in a particular field is ill-defined due to lack of credible epidemiological data, the dire need to maintain the right ratio of male to female deployable health care workforce remains unaddressed. The system is being run without any defined laws or guidelines to administer proper patient care while maintaining a balance between the respective rights of both doctors and patients. Only a couple of tertiary care hospitals have been built in Lahore in the last 60 years while city has grown 100 times in its population. We need to build more public hospitals and at the same time encourage private hospitals to sustain the demand of health care. There is no denying the fact that a lot of malpractice does take place in Pakistan, but we must understand the conditions under which our unpaid/underpaid, over worked and maltreated young doctors work.

I believe physicians have to stand up for their rights and we all have to play our part in improving the health care conditions in Pakistan. Death of the adorable child could be avoided by staffing the emergency rooms with the emergency room trained physicians rather than the least trained house officers with hardly any experience - which is the norm in Pakistan. I would request my colleagues in USA to seriously consider embarking on such venture. While we must enact laws to bind young physicians to practice medicine well within international norms, we must also provide them with proper training at par with the international standards, infrastructure to ease them grow in their profession and a reasonable and respectable salary scale to ensure their survival in society with dignity - and not work unpaid for years. We must utilize all of our resources to make a well-balanced legislation to protect doctors and patient's rights. Media must be bound to follow a code of conduct while conducting their duties at the hospital premises.

In the end the faculty of AIMC is extremely grateful to AIMCAANA who stood by all of us in these testing times and stayed in touch every moment and undertook a lot many measures to show their support. Believe me, it all counted and will continue to count. With Allah's blessing and AIMCAANA's unwavering commitment to their alma mater, a record number of projects were committed to, undertaken and Alhamdulillah completed successfully. If I am not mistaken, the total number of dollars and rupees contributed combined by all the Alumni in 2009 surpasses way more than any other medical college alumni association of the country has ever contributed to their mother institution. It does speak volumes about the love and affection that we harbor in our hearts for our college, colleagues and juniors.

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



Ali Jawa, MD



Khuram Nazeer, MD

Endocrinology and diabetes is a relatively new yet important discipline of medicine in Pakistan affecting a large number of patients and encompassing a wide array of metabolic and endocrine diseases. The purpose of Jinnah-Allama Iqbal Institute of Diabetes and Endocrinology (JAIDE) was to improve the lives of people with diabetes through education, research, and direct patient services.

After the approval of concerned authorities, the building immediately to the right of hospital which used to be known as "Saraay" was designated as the future site for JAIDE. Allama Iqbal Medical College Alumni Association of North America (AIMCAANA) was approached by the Principal AIMC to sponsor the renovation of the building. AIMCAANA executive council approved the project and general membership endorsed the project with donations during the 2009 annual dinner of the alumni in San Francisco.



The Citizens Committee completed the initial design work, and bids from multiple contractors were obtained in record time. Renovation work was started in September and completed in mid November. Due to citizen committee's keen interest and diligence, the total cost of renovation was 2,076,300 Pak rupees (US \$24,718) which was almost a million rupees less than the original estimate. The building now hosts a consultant suite, ophthalmology suite, eight private exam rooms, wound care and dressing room, and a large waiting lounge. JAIDE is chaired by Principal Prof. Javed Akram and staffed by two permanent board certified endocrinologists, certified diabetic educator and foot care ancillary

JAIDE PUBLICATIONS

- A. A. Jawa, J. Akram, M. Sultan, A. Humayoun, and R. Raza. "Vitamin B12 Deficiency is Common in Subjects with Type 2 Diabetes Mellitus Not Taking Metformin and is Nutritional in Nature." *Endocrine Practice*, March 2010. [Epub ahead of print] PMID: 20061275
- A. A. Jawa, M. A. Humayoun, H. Bashir, M. Irfan, M. A. Baig, S. Yasin and J. Akram. "Demographic and Social Profile of Diabetic Patients Presenting at a Tertiary Care Outpatient Diabetes/Endocrine Facility in Lahore, Pakistan." *Jour All Iqb Med Coll* March-June 2010 (Accepted for publication).

staff, endocrinology fellow and house staff. Visiting faculty include board certified Nephrologists, Dermatologist, Neurologist and Psychiatrist. Visiting surgical faculty included consultant general surgeon, vascular Surgeon and Ophthalmologist. Dr. Zafarullah Choudhary, President College of Physicians and Surgeons Pakistan (CPSP) inaugurated JAIDE on November 14, 2009 (World Diabetic Day). JAIDE was also recognized as the accredited endocrinology fellowship site soon after its inauguration, second such accreditation in Pakistan so far.



Since its inauguration, the institute has provided a wide range of services to over 200 patients per month. Dr. Mubashar Sultan Hashmi is the first physician to start his endocrinology fellowship at JAIDE after completing his Internal Medicine training.

Two additional fellows will start their training in July after their induction by CPSP. Dedicated endocrine clinic and special endocrine dynamic testing is conducted on every Monday and Thursday. Pharmevo, a Pakistani pharmaceutical company has offered to sponsor a research coordinator and supplies needed by the research cell. The JAIDE address will appear on two peer reviewed publications in the near future. In addition to graduate and postgraduate medical residents, students from departments of Sociology and Psychology at University of Punjab regularly rotate at JAIDE for clinical research activities. Website and software development planning to convert JAIDE into a minimum paper facility is underway.

We are thankful to the generosity of AIMCAANA members and will continue to work together for years to come. I hope that with selfless sincere leadership and high aims, AIMCAANA will continue to accomplish several similar projects in Pakistan.

Message from Dr. Khuram Nazeer

AIMCAANA is honored to be a part of this prestigious project at AIMC. This is an example of how alumni can help its alma mater to achieve new heights in the field of medicine. We believe this project is the beginning of the long journey between AIMC and AIMCAANA. From here we need to collaborate together to make AIMC not only most prestigious medical college in Pakistan but in Asia. We are thankful to the generosity of AIMCAANA members to help accomplish this project. I hope that with selfless and sincere leadership AIMCAANA will aim high and continues to accomplish several similar projects in Pakistan. AIMCAANA is extremely grateful to all members of Citizen Committee, especially Mohammed Aslam Khan, Nazeer Ahmed Choudhry, Brig. (R) Muhammad Akhtar, Abid Rasheed, Dr. Azim Jhangir Khan and Dr. Mansab Ali for their hard work and commitment. We will continue to work together for many new projects in the future and I request the support of the whole alumni in these endeavors.



Bilal Ayub, MD

AIMCAANA's Residency Assistance Committee (RAC) was established last year. The principal objective of RAC is to provide maximum assistance to young Iqbalians actively pursuing residency training in the USA. In order to achieve this goal, multiple initiatives have been taken.

- Making beneficial information related to residency (such as Curriculum Vitae, personal statements, cover letters, thank you letters, links for observerships/externship and IMG-friendly list) available on our website
- Assisting prospective candidates with their residency interview applications by reviewing their ERAS application and curriculum vitae and providing feedback.
- Conducting mock residency interviews
- Providing better networking opportunities for Iqbalians seeking residency interviews or currently pursuing residency positions. Many Iqbalians have been helped by their alumni's to secure interview opportunities.

Allama Iqbal Medical College is a foundation of our careers and we attribute our success to this prestigious institution. Hence, we feel the responsibility to pay back our alma mater by creating a platform for future Iqbalian graduates' seeking help in starting their careers. We need support from all Iqbalians to make this endeavor successful. We appreciate that many of you are already helping your fellow Iqbalians, but through AIMCAANA, we can streamline our efforts and make them more effective. Therefore, we request you to come forward and join hands with AIMCAANA and help it accomplish its goals. It is just the beginning and we have a long way to go.

AIMCAANA has been successfully supporting the Iqbalian house in Philadelphia since May, 2009. Iqbalian house has been a great resource in terms of networking, information sharing, exam preparation and peer-to-peer support. AIMCAANA has also established a platform for providing financial support to Iqbalians as Qarz-e-hasna.

We would like to thank our AIMCAANA leadership for their tremendous support and encouragement. Indeed, you are a source of inspiration for the young Iqbalians.

Bilal Ayub, MD (AIMC 2003) is Chief Resident in Internal Medicine at Abingdon Memorial Hospital in Abingdon, PA. He is starting his fellowship in Cardiology from July, 2010. He can be contacted at drbilalayub@gmail.com.

If you want your application reviewed, personal statement improved, or other guidance regarding residency or research, please contact the Residency Assistance Committee members or email us at shahrammalik@gmail.com or drbilalayub@gmail.com





Muhammad Hassan Majeed, MD

Isn't it something incredible that every Iqbalian who plans to come to the US knows that he has a place in Philadelphia to live before he starts his residency?

Iqbalian House, located in the suburbs of Philadelphia, has hosted hundreds of Iqbalian over the years. Dr. Shahram Malik (2002) who started this project had a visionary idea to help his fellow colleagues when he laid down the foundations for this place which, over time, has provided a refuge for future generations of Iqbalians. We have relocated the project to a more convenient location but still carry the same traditions of helping and caring for others. The location cannot be better as living in suburban Philadelphia is reasonable. The professional opportunities in the city are limitless. It is also close to a mosque and South Asian grocery stores.

The simple and effective policy of the house is that every Iqbalian is welcomed and each resident pays his due share for the house to operate. The management committee which includes both senior and junior graduates overlooks the daily



affairs and establishes guidelines of conduct that are strictly followed. The excellent management system ensures good food, hygiene and living conditions for everyone. All the residents take turns in performing household duties such as grocery shopping, cooking, cleaning and putting out the trash.

“Room and board” is not the only important characteristic of the project. Iqbalian House is a real cultural-shock absorber for almost every one, which in my opinion is very helpful. Residents are slowly exposed to western culture which is radically different and rather confusing for anybody arriving here from Pakistan for the first time. There is also the added “plus” that free and experienced guidance is available for those who are preparing for further exams, finding a clinical research position or applying for the residency positions. There are sessions for residency interview preparation. Everybody happily participates in these healthy academic and clinical

discussions which are very useful for the professional and social growth of Iqbalians.

In recent times, AIMCAANA has started offering financial aid to the residents if they need a loan. In addition to that, AIMCAANA's Qarz-e-Hasana service is also proving to be very instrumental in helping young Iqbalians. This is a very generous gesture that has proved beneficial to those residents who have difficulty meeting their financial obligations.

I speak from experience as I have lived in Iqbalian House for some time. I used it, abused it, served it, sacrificed my time and energies for it and above all, loved it. Fortunately, I qualified for a residency in Philadelphia and I am quite sure my relationship with the house and its ever changing residents will continue. And to the best of my ability, I will try to sustain the haven that sustained me through very difficult times.



Muhammad Hassan Majeed, AIMC 2002, did his clinical research in Psychiatry at University of Pennsylvania in Philadelphia and conducted several clinical trials and studies. He will be starting his residency in Psychiatry at Drexel University in Philadelphia, Pennsylvania from July, 2010.

WHY SHOULD I BECOME A PART OF ALUMNI – AM I STILL TOO YOUNG?

Contributed by Dr. Anonymous

When a performer performs in front of his audience, his eyes search for applause. What keeps him going is that applause, a sense of being appreciated and accepted in that form. The applause can be in the form of clapping, an encouraging comment or a simple nod from all or some in the audience. Applause is appealing to mind and soul, it musters us to keep going and do better. The success of a performance hence depends as much on the performer as on the response of the audience. Not all are performers; many are there to play their role as audience. When the alumni does big and great things, we appreciate and applaud, clap and nod and hence we play an active part in its wonderful work. I am an old student of AIMC, I am the part of alumni, only not registered yet...!!! I may not be too young, but I do think it is too early for me to join!!!

Note from the Editor: Be your own judge and decide for yourself that when is the right time for you to join the alumni of your alma mater and become a performer instead of audience.



Ahmad Ashfaq, MD

Dr. Ahmad Ashfaq graduated from Allama Iqbal Medical College in 1999. After coming to USA, he joined Internal Medicine program at University of Columbia Harlem Hospital Center in New York and finished his residency in 2009. Later, he started fellowship in Infectious Diseases at University of Texas medical branch at Galveston, TX. His research interests include infection control and antibiotics stewardship, opportunistic infections in transplant recipients, HIV/HCV coinfection and chronic kidney disease. Dr. Ashfaq is an active member of Committee of Young Physicians (CYP) by APPNA.



Bilal Ayub, MD

After graduation from Allama Iqbal Medical College in 2003, Dr. Bilal Ayub worked at the Cardiology department of St. Lukes Roosevelt Hospital as a research fellow and carried out numerous research projects. He completed his residency in Internal Medicine at Abington Memorial Hospital where he also served as a chief resident. He will be starting his fellowship in Cardiology at Lehigh Valley Hospital in July, 2010. He has authored book chapters and several review articles and presented his research work at various national meetings. His research interests include carotid artery stenting and its predictors of outcomes.



Irfan Saeed, MD

Dr. Irfan Saeed graduated from Allama Iqbal Medical College in 2001 and came to USA in 2003. Before starting his residency in General Surgery at Hahnemann University Hospital in Philadelphia, Pennsylvania, he did clinical research for two years in Transplant Surgery at the same hospital. He has published several research articles and abstracts and presented his work at various national meetings. His research interest includes renal transplant and graft rejection. He will be starting fellowship in Transplant Surgery from next year



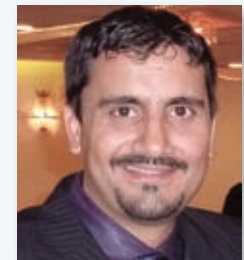
Saqib Saeed Sheikh, MD

Dr. Saqib Saeed Sheikh graduated from Allama Iqbal Medical College in 1999. He then moved to US in 2003 and started his career as a clinical research fellow in Cardiology at Mount Sinai Elmhurst Hospital Center, New York. Later he took the position of project manager research and clinical trials at the same institute and worked for 3 years. He has done extensive research on Cardiology and published several research articles and abstracts. In 2007, Dr. Sheikh joined the Internal Medicine residency program at Harlem Hospital Center, Columbia University in New York. He will be starting his fellowship in Pulmonary Medicine in the same program from July, 2010. Dr. Sheikh is an active member of Community of Young Physicians, a subcommittee of APPNA and involved in many ongoing projects of this organization.



M. Ahmad Mujtaba, MD

Dr. M. Ahmad Mujtaba graduated from Allama Iqbal Medical College in 1999 and completed his residency training in Internal Medicine from Columbia University at Harlem Hospital, New York. He completed his first fellowship in Adult Nephrology and Hypertension from the same program and then did his second fellowship in Transplant Nephrology from Indiana University School of Medicine, Indiana. Currently, he is working as an Assistant Professor of Clinical Medicine in the division of Nephrology and Transplant at Indiana University. He has done extensive research on transplantation and published his work. His research interests include desensitization in kidney/pancreas transplantation and chronic allograft nephropathy.



Yaser Cheema, MD

Dr. Yaser Cheema graduated from Allama Iqbal Medical College in 2001. He obtained his residency training in Internal Medicine from Graduate Hospital, Drexel University College of Medicine in Philadelphia, Pennsylvania. He completed the last 6 months of his residency at the Hospital of University of Pennsylvania. Since then, he has been working as a post-doctoral research fellow in the department of Molecular Physiology and Cardiology at the University of Vermont in Burlington, Vermont. Main focus of his research is mechanisms of Diabetic Cardiomyopathy. He will be starting his Cardiology fellowship at the University of Tennessee, Memphis from July, 2010. His wife Dr. Saima Cheema is currently completing her MPH from Johns Hopkins University.



Saad Z. Usmani, MD & Zainab Shahid, MD

Drs. Saad Z. Usmani and Zainab Shahid, graduates from Allama Iqbal Medical College Class of 2002, completed their Internal Medicine residency from the Sinai-Grace Hospital/Wayne State University in 2007. Dr. Usmani is presently finishing his fellowship in Hematology and Medical Oncology at the University of Connecticut Health Center (UCHC) this year, where he is also serving as the Chief Fellow. He has been successful as an early career physician scientist focused on hematologic malignancies and will be joining the University of Arkansas for Medical Sciences-Myeloma Institute for Research and Therapy (UAMS-MIRT) as an Assistant Professor of Medicine. His wife, Dr. Shahid, finished her fellowship in Infectious Diseases from UCHC in 2009 and also served as the Chief Fellow. She will also be joining the UAMS-MIRT as an Assistant Professor of Medicine focused on Transplant Infectious Diseases.



M. Yasir Qureshi, MD & Saba Yasir, MD

Dr. M. Yasir Qureshi graduated from Allama Iqbal Medical College in the year 2002. He completed his residency training in Pediatrics from Children's Hospital of Michigan in Detroit, Michigan. Dr. Qureshi is currently doing Pediatric Cardiology fellowship at Jackson Memorial Hospital/University of Miami, FL. His wife Dr. Saba Yasir, also a graduate of Allama Iqbal Medical College (2002) is currently working as a resident in Jackson Memorial Hospital/University of Miami, FL.

We love to hear from you! Please keep in contact and drop us an email at webmasteraimcaana@gmail.com or shahrammalik@gmail.com

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Wasique Mirza, MD
Guest Columnist
(Published in Scranton Times-Tribune, Scranton, PA)

Someone had said, “Insurances are like hospital gowns – only you think that you are fully covered.” Anyone who has witnessed the peek-a-boo nature of those inadequate garments can attest to that.

Imagine a prominent lawyer, well respected, in a court room. A witness examination has just ended and jury is torn between stark facts and emotional rhetoric of equally compelling intensity. It is getting late and the judge, realizing that, decides to adjourn for the evening.

“Your honor! We need to wrap this up today.”

“Who are you?”

“I represent the legal insurance plan for the defendant. His plan allows three days for this indictment. If it continues, none of you will get paid and the defendant will lose his coverage. Besides that, his previous felony record constitutes a pre-existing condition and voids his contract.

Or consider the FBI, receiving a tip regarding a terrorist cell, requests high tech surveillance equipment but the response says. “Studies have shown that 88 percent of such tips are not reliable, thus utilizing costly equipment, though potentially lifesaving is not economically feasible and thus denied. Please call our intelligence expert to review after reviewing our 22 page appeal policy.”

Sounds ridiculous doesn't it? I must be cynical to even suggest that such absurdity is even possible in USA but this is something my colleagues and I deal with on a daily basis. Basic health care decisions have succumbed to painful scrutiny of the insurance carriers, blatantly interfering in physicians' decision making process and dangerously undermining their ability to diagnose and treat.

Cost is a major hurdle in provision of quality health care and while it is sky rocketing, quality of care and number of the uninsured is also rising at rates reminiscent of a dot com stock in the nineteen-nineties. The fact is that while physicians and hospital reimbursement have stalled at roughly the same rates for years if not lowered, total health care costs and insurance premiums have gone up many fold. Reimbursement for diagnosing and treating an actual human lags way behind analyzing a machine read report. Physicians are forced to see more patients to maintain their revenues in less time but are discouraged to use new [expensive] technology as an aid toward

diagnoses. Such policies, created by insurances, both private and public, have created a lopsided structure that is discouraging new physicians to choose primary care specialties, gravitating towards more financially rewarding sub specialties, a migration that facilitates more use of expensive technology when simple diagnostic tools and poorly reimbursed good old fashioned clinical skills would suffice.

On one hand, physicians are paranoid about getting sued and “Defensive Medicine” has become a rule rather than exception. On the other, patients, getting used to always getting more done than needed, demand more and are upset if told that an expensive test is not needed in their case, leading to unsatisfied patients who are promised a lot more by their insurances in fancy commercials and further misled by various nonprofessional and soliciting websites.

All this may be fair as it is our job to treat our patients with the best possible interpretation of evidence based medicine and educate those who do not understand its intricacies, but a knee jerk reaction from the insurance companies have decided to take the matter in their own hands. In an unprecedented move to display fiscal responsibility [to their shareholders] and in an effort to discourage patients and providers alike from spending more, companies have increased co-pays, drastically down sized formularies and put strict rules on any costly tests and medicines, making prior-authorization a tortuously difficult procedure for physician offices. Even if one succeeds in securing one, my favorite disclaimer follows, “Prior authorization does not guarantee payment for services provided.”

What is bothersome is not the fact that spending and cost is being curtailed, it is the way it is done. What was a notorious MO for a few companies in the past is now becoming the norm and frequent rejections for initial requests is common in the hopes that by making appeal process tedious and time consuming, busy provider would just give up. Sometimes it is just not worth fighting for one rejected hospital day, but if everyone let's go of that one day, a company can save millions in unpaid revenue.

One could suppose that this financially sound strategy is simply good medicine but more than likely, it is seriously flirting with the ethical boundaries. Is it just me or there is something really wrong with this picture.

Then again, what do I know?

I am just a doctor.

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.



Mubasher Rana, MD, FACP For Secretary APPNA 2011

à Selfless Commitment to Service and Leadership you can Trust!

My record of service and dedication to APPNA speaks for itself:

Treasurer APPNA	2010
Chair Host Committee APPNA Summer Meeting	2009
Co-Chair APPNA Winter Meeting	2010
Co-Chair APPNA Winter Meeting	2008
Co-founder of the APPNA Northern California Chapter	
First President of Northern California Chapter	1999 & 2000
Co-Chair of the APPNA Fall meeting, San Francisco	2000
APPNA Councilor Region 8	2002 & 2003
Member APPNA MERIT	2008 & 2009
Member Elections and Nominations committee	2008
Member of the Membership committee	2007 & 2008
Member & Co-Chair APPNA Sehat committee	2005, 2006, 2008
Member Project Evaluations committee	2004
Lifetime Member	

“APPNA FIRST”

Goals as Secretary of APPNA

- ❖ Utilize my experience and work with local host committees to help make all APPNA meetings successful
- ❖ Continue my current emphasis on strict fiscal responsibility in APPNA and decrease unnecessary expenses
- ❖ Provide members active and timely information on the activities of APPNA and its' component societies
- ❖ Encourage increased participation of Young Physicians in committees and APPNA affairs
- ❖ Ensure implementation and continuation of Election Reform
- ❖ Ensure all constitutional requirements of APPNA EC and Council meetings are met

President KEMCAANA 2008: Initiated Faculty Exchange, Document Verification, Adopt a Student Scholarship Programs, Curriculum Reform Initiative, Constitution and By-Laws reform

CANDIDATE FOR TREASURER



Asif M. Rehman, MD, FACC, FACP, FSCAI

Director Invasive Cardiology and Cardiac Catheterization Laboratory

Mercy Medical Center, Long Island, NY

Attending Invasive Cardiologist, St. Francis Hospital “The Heart Center” Long Island, NY

President:	APPNA NY Chapter 2009	Chair:	Constitution and Bylaws Committee “CABL” of APPNA 2009
President:	Association of Pakistani Descent Cardiologists of North America 2009	Chair:	Membership Committee 2007 and 2008
President:	Nishtar Medical College Alumni of North America 2008	Co-chair:	Young Physicians Committee 2007
		Member:	Resource Committee 2009
		Member:	Committee on Advocacy, Legislative & Government Affairs 2008
		Member:	Research, Education and Scientific Affairs “RESA” 2007

- Revision of our financial policies to be consistent with current financial laws
- Focus on fiscal responsibility, budget neutral but equal opportunity for all chapters to host meetings
- Encourage distribution of funds to NGO's whose mission is purely service to the poor without political influence
- Explore different avenues and financial aids to support our ongoing projects like APPNA SEHAT, MERIT, CME programs, Young Physicians Committee and APPNA house
- Let's make APPNA a strong respectable institution with long term goals and policies
- Let's keep APPNA an organization which strengthens the image and role of Pakistani physicians worldwide
- Let's keep APPNA free of personal and national politics or hidden personal agendas
- Let's bring APPNA global recognition by our example of peace, unity, tolerance and humanitarian efforts
- Let's protect our future through APPNA by supporting our next generation of physicians and collaborating with other professional groups

Saima Zafar for President-Elect APPNA 2011



Given the opportunity, I pledge to lead APPNA with new vigor, exemplary vision and a discipline deserving of this great association. I believe in winning to serve the membership with dignity, humility and forthrightness.

I seek your support to make this vision a reality. I ask you to join hands with me in taking APPNA to new horizons.

Saima Zafar MD.



Believer in honesty, integrity and winning with dignity

IT IS TIME TO MAKE THE RIGHT CHOICE!

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FOR APPNA PRESIDENT-ELECT 2011



**M. Nasar Qureshi
MD, PhD, FCAP**

*“Proven Leadership with a
Commitment to Excellence”*

Together, we are moving in the right direction to make APPNA the organization it deserves to be. Together, we will continue on the path to positive change.

I write to you today, not to make promises for future endeavors, but to share with you the changes I've already implemented to make APPNA a more effective organization. As chairman of the **APPNA National Health Care Initiative**, I am dedicated to working with other APPNA leaders and APPNA chapters to ensure APPNA members receive the recognition they deserve. The goal of our June 5th event is to sponsor Health Education Fairs, Disease Prevention Education and Free Consultative Services in 100 Cities across North America under the banner of APPNA. Additionally, I am working to develop an **APPNA National Mathematics Bee**, a contest open to all children of Pakistani descent, accessible to all – from small towns to the largest cities – via the Internet. This outreach program is designed to motivate our youth to excel. *Together we are truly making a difference.*

As President of APPNA, I will continue my resolve to provide:

- Improved Governance in all aspects of the organization to create a solid base for sustained increase in membership
- Effective membership incentives
- Community wide outreach ranging from supporting free clinics to programs dedicated to youth including leadership development and career guidance
- Effective advocacy of professional and social issues
- Centralized resources readily available to the young physicians, both from Pakistan and Pakistani-descent Americans

It is my honor and privilege to present myself as a candidate for the post of president-elect of APPNA for 2011. I hope that you will find my dedication to APPNA, and commitment to excellence, worthy of your support.

SERVICES TO APPNA

Central APPNA

- Secretary APPNA: 2010
- Nat'l Health Care Initiative, Chair: 2010
- Initiated APPNA National Math Bee: 2010
- Resource Committee, Chair: 2009
 - Set up e-library at Fatima Jinnah Medical College
- 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
 - New membership driven website created
 - DOW Visiting Faculty Program and DOW Research Forum 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: 1980-1984
- EVP, Pakistan Jaycee: 1983
- Asia Pacific Development Council: 1982
- President, Karachi Central Jaycee: 1981
- PakMD: A Community Health Education Program (Safeer-e-Pakistan, GEOTV) 2007-2008

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: Wife, Lubna, is a Cytotechnologist. In addition to 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 helps out in community activities including volunteering at soup kitchens and shelters for battered women. Daughters Mahvish and Sadaf attend Bryn Mawr College and Georgetown University, respectively.

AWARDS

Beth Israel Medical Center

- Alumni Association Annual Award: 1995, 1996

United States 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

ORGANIZED MEDICINE INVOLVEMENT

College of American Pathologists

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



AIMCAANA social forum participants with Maleeha Lodhi.



(L to R) Drs. Tariq Javaid, Ehtsham-ul-Haq, Raza Khan, and Abid Hussain at the social forum.



Sohail Warraich, Shamila Chaudhary, Anwar Maqbool and Athar Minallah on stage.



Iqbalians with Sohail Warraich and Athar Minallah.



Asad serving Humaira.



Drs. Babar Awan, Rashid Piracha, and Rizwan Akhtar at annual APPNA meeting.



(L to R) Drs. Babar Cheema, Abdur-Jabbar, Athar Minallah, and Rizwan Akhtar.



Naeem, Amir and Jalil in San Francisco



Dr. Rizwan Akhtar and singer Todd Shea



Class of 1997-2002 at Convocation



Drs. Rashid Piracha and Rizwan Akhtar with Maleeha Lodhi.



Iqbalians at the 13th Annual Alumni Dinner in San Francisco.



Iqbalians with the late professor of Anatomy, Dr. Ghulam Ahmad.



Shahram, Sultan, Rizwan and Shaharyaar



Dinner was actually served at the 13th Annual Alumni get together.



Iqbalians with Professor Shaheena Asif



Shahram, Rizwan and Shaharyaar rehearsing for a skit



Uzair, Dawood and Adnan at Convocation



Boys at Iqbalian House in Upper Darby, Pennsylvania.



Dr. Khalid, graduate of first AIMC session singing classical at first alumni dinner in December 2009 at Lahore.



Reception desk at first AIMC alumni night in Lahore. Almost 400 local alumni participated in the occasion.



Dr. Javed Akram presenting a shield to Dr. Tahir Latif at the JAIDE Inauguration. Dr. Ali Jawa in the back.



JAIDE Inauguration Ceremony, November 14, 2009.



Iqbalians on APPNA Alaska Cruise



کسی دانا کا قول ہے کہ عقلمند انسان وہ ہے جو دوسروں کے تجربے سے سبق حاصل کرے۔ ہم بھی اپنے آپ کو عقلمند تصور کرتے ہوئے دوسروں کے تجربے سے سیکھنے کی کوشش کرتے ہیں اور جب ہمیں اپنے تجربے سے سیکھنا پڑتا ہے تو ہم کو اس قول کی اہمیت کا احساس ہوتا ہے۔ پچھلے برس رب العزت نے ہمیں حج کرنے کی سعادت نصیب فرمائی۔ ان تمام احباب نے جو ہم سے پہلے حج کی سعادت حاصل کر چکے تھے، ہمیں اپنے مشوروں سے نوازا۔ سب نے کہا جب کتروں سے ہوشیار رہنا، بلاوجہ ہجوم میں مت جانا، سفری شناختی دستاویزات کو محفوظ رکھنا۔ ہم نے ان سب تجاویز کو گورہ سے باندھ لیا اور بیگم کے ہمراہ سفر پر روانہ ہو گئے۔ کیونکہ پاسپورٹ اور ٹکٹ سعودی حکومت نے اپنی تحویل میں لے لیا تھا۔ ہم نے اپنا اور بیگم کا گرین کارڈ اپنے والٹ میں محفوظ کر لیا۔ خدانے حج کے مناسک سے بہت آسانی سے گزار دیا ہمارے ٹریول ایجنٹ نے رہائش اور خوراک کے بہت عمدہ

انتظامات کر رکھے تھے۔ مناسک حج کی تکمیل اور طواف زیارہ کے بعد ہم نے عید کی مناسبت سے نیا کرتہ شلواری زیب تن کیا اور کمپ میں کھانا ہونے کے باوجود شاور ما کھانے ایک پر ہجوم دکان میں چلے گئے۔ لڑ جھگڑا ہم نے شاور ما کے پیسے ادا کیے اور شاور مالینے ایک دوسرے پر ہجوم کاؤنٹر پر چلے گئے کچھ ہی دیر میں احساس ہوا کہ ہماری جیب کچھ ہلکی ہلکی سی ہے۔ تصدیق پر معلوم ہوا کہ ہم ہجوم میں کسی جیب کتے کی کرم فرمائی کا شکار ہو گئے ہیں۔ ہمارے والٹ میں رقم تو کچھ زیادہ نہیں تھی مگر گرین کارڈ اور کریڈٹ کارڈ ضرور موجود تھے اور یہی ہماری پریشانی کا بڑا سبب تھے اور تحقیق کرنے پر معلوم ہوا کہ ہمیں سعودی پولیس میں لکشدگی کی رپورٹ درج کروانا ضروری ہے اور اس کے لئے عربی کا جاننا بھی ضروری ہے اور یہ بھی معلوم ہوا کہ پولیس رپورٹ کے بغیر ایمبسی کی کاروائی نہیں ہو سکتی سونے پہ ساگہ کہ ایمبسی حج کی وجہ سے ایک ہفتہ کے لیے بند ہے۔ جبکہ ہماری واپسی کی فلائٹ تین دن میں تھی۔ ہم نے بمشکل ٹریول ایجنٹ کی مدد سے پولیس رپورٹ اگلی صبح لکھوانے کا انتظام کیا اور اللہ تعالیٰ سے دعا کرتے ہوئے سو گئے۔ اگلی صبح ہماری بیگم کو فون کال موصول ہوئی جس میں فون کرنے والے نے ان سے کسی چیز کے گم ہونے کا پوچھا۔ معلوم ہوا کہ ان صاحب کو ہمارا والٹ ایک گلی میں گر اہوا ملا ہے اور والٹ میں موجود سیم کارڈ کی مدد سے انھوں نے فون ملا یا ہے، ہم نے ان سے جگہ مقرر کی اور ان سے اپنا والٹ موصول کر لیا۔ وہ پاکستانی نوجوان بھی حج کے ارادے سے سعودی عرب آئے ہوئے تھے۔ ہمارے والٹ میں تمام کریڈٹ کارڈ اور ہمارے گرین کارڈ موجود تھے۔ حد تو یہ کہ تین ہزار پاکستانی روپے بھی موجود تھے صرف ڈالر اور ریال غائب تھے۔ ہم نے ان صاحب کا بہت بہت شکریہ ادا کیا اور شکرانے کے نوافل ادا کیے۔ اس واقع کے بعد ہم اپنے تمام دوست احباب کو یہی کہتے رہتے ہیں کہ وہ سبق ہی کیا جو انسان اپنے تجربے سے نہ سیکھے مگر اندر کی بات تو آپ کو معلوم ہی ہے۔

طاہر لطیف



غزل
ہر کھن راہ سے گزرنا ہے مجھے
فاصلہ یہ طے تو کرنا ہے مجھے
ہیں نظر سے دور جس کی وسعتیں
ایسے صحرا میں اترا ہے مجھے
اک سمندر پار کر آیا ہوں میں
اک سمندر پار کرنا ہے مجھے
وصل کے ہر خواب میں تعبیر کا
میری جاں، اب رنگ بھرنا ہے مجھے
تجھ سے ملنے کیلئے زندہ رہا
اب یہی حسرت لئے مرنا ہے مجھے
شہرام، اب تو میں تنہا رہ گیا
اپنی تنہائی میں اب تڑپنا ہے مجھے
شہرام ملک



غزل
اگلی گلی کو جانے سے پہلے ذرا سارک
گھر بار کو زلانی سے پہلے ذرا سارک
بربادیوں کی دھول میں لپٹا تیرا مکان
غیروں کا گھر بسانے سے پہلے ذرا سارک
تھوڑا سا یہ بھرم بھی کھرجائے نہ کہیں
اک اور نئے فسانے سے پہلے ذرا سارک
چہرے پہ جو لکھا ہو وہ سب کو دکھائی دے
یوں راز دل چھپانے سے پہلے ذرا سارک
تو اپنا آپ دیکھ لے جاوید ایک بار
شیشہ اُسے دکھانے سے پہلے ذرا سارک
جاوید اکبر



یہ زندگی بھی۔۔۔ تو سارا منظر بدل سا جائے

عجیب شے ہے ہماری سوچوں کے کتنے محور

کبھی بہاروں کی سی معطر بدل کر۔۔۔۔۔

حسین شاموں کا روپ دھارے بھٹک سے جائیں

ہماری ہستی کے انگ انگ سے امید روشن کے کتنے تارے

یہ خوشبوؤں کے الاپ گائے اٹل ارادوں کے کچے رشتوں سے

ہمیں ہنسائے کٹ سے جائیں

انہیں ہنسائے کتاب چہروں

صبح کی ٹھنڈی ہواؤں جیسی گلاب ہونٹوں۔۔۔۔۔

کسی روپہلی کرن کی مانند شراب آنکھوں۔۔۔۔۔

کھکتے جھرنوں پہ کی ساری مستی بکھری جائے

رقص کر کے یہ زندگی عجیب شے ہے

قریب اپنے کبھی ہنسائے

ہمیں بلائے کبھی رلائے، کبھی جگائے، کبھی سلوائے

عجیب شے ہے یہ پل میں ماشہ

یہ زندگی بھی۔۔۔۔۔ ہے پل میں تولہ

کہ جب بہاروں کا ساتھ چھوٹے ابھی یہ چاندی۔۔۔۔۔

روپہلی کرنوں ابھی یہ سونا

کھکتے جھرنوں یہی تغیر ہے

ہوا کے جھونکوں محسن اس کا

کی تان ٹوٹے

یہی حقیقت ہے زندگی کی

عجیب شے ہے یہ زندگی بھی

و شق مرزا

غزل

بال گھٹائیں چہرہ تاباں

شوخی ادائیں دل ہے ناداں

زخمِ جگر نا سُر بنے گا

دل کا درد کروں نہ پنہاں

عشقِ بُتاں ہے روگِ مسلسل

درد سی رنگتِ بال پریشاں

ماضی کی سب یادیں موتی

ذکر چھڑے جب بھگیں مژگاں

نئے افق ہیں نئی فضا ئیں

فرحت ہو جا پھر سرگرداں

فرحت عباس خان



غزل

سرابوں کے تعاقب میں خود سے بچھڑا جاتا ہوں

ترقیوں کے نام پہ تباہی کو بلاتا ہوں

حمیت اُٹھ گئی ہے اور قط الرجال ایسا

کہ راہزنوں کی آمد پہ اپنا گھر سمجھتا ہوں

نور کی تجلیوں سے ذرہ ذرہ روشن ہے

اور میں سر طوڑ بھی اندھیروں میں لپٹا جاتا ہوں

میں غرض و ہرس کی دنیا بدلنے نکلا تھا

اب مصلحت کی دلدل میں خود بھی دھنستا جاتا ہوں

لوگ چاہتے ہیں کہ لاؤں کوئی عنوان نیا

میں بار بار افسانہ تیرا سناتا ہوں

شاید ملے مجھے بھی کوئی دیدہ ور کہیں

چاہت کے سمندروں سے موتیوں کو لاتا ہوں

یہ خود فریبی کی انتہا ہے فرحت

کہ بار بار آزمائے ہووں کو آزما تا ہوں

فرحت عباس خان



جدوں توں چلا جائیں گاتے میں گلاں کدے نال کراں گی یعنی "جب تم چلے جاؤ گے تو میں باتیں کس سے کروں گی؟" میرے امریکہ روانہ ہونے سے چند روز قبل میری نانی اماں نے یہ الفاظ مجھ سے کہے تھے۔ بس ایک یہی جملہ کافی ہے میرے اور میری نانی اماں کے درمیان رشتہ اور تعلق کو سمجھنے کے لیے۔ اس ایک جملہ میں محبت بھی ہے، الفت بھی ہے اور ایک عجیب سی بے بسی بھی۔ اس وقت نانی اماں کی چمکتی ہوئی آنکھوں میں آنسو جھلملا رہے تھے اور چہرے پر ایک لاچار سی مسکراہٹ تھی۔ اس ایک جملے نے مجھے اندر سے جھنجھوڑ کر رکھ دیا۔ کچھ ایسی ہی کیفیت میری امی کی بھی تھی کہ اگر ان کا بس چلتا تو وہ مجھے روک ہی لیتیں۔ مگر میں نہ رکا اور امریکہ چلا آیا۔

نہ جانے کتنی ناناں، دادیاں اور امیاں اپنے فرزندوں کو اسی طرح رخصت کرتی ہیں۔ اور پھر آس لگا کے بیٹھ جاتی ہیں کہ کب وہ واپس آئے گا اور ہماری تنہائی دور کرے گا، بڑھاپے کا سہارا بنے گا اور بزرگوں کی خدمت کرے گا۔

آج نانی اماں کو رخصت ہوئے ایک سال سے زیادہ کا عرصہ بیت چکا ہے مگر آج بھی میرے کانوں میں وہی الفاظ اکثر گونجتے ہیں کہ "جدوں توں چلا جائیں گاتے میں گلاں کدے نال کراں گی؟" نانی بیمار تھیں۔ ڈاکٹر ہونے کی وجہ سے میں اکثر کبھی انکا بلڈ پریشر چیک کرتا، کبھی دوائیاں بدلتا، کبھی ٹیسٹ کرواتا اور کبھی بڑے ڈاکٹروں کے پاس لے کے جاتا۔ میرے امریکہ جانے کے کچھ عرصے بعد ان کی بیماری بڑھ گئی فون پر مشورے دینے کے علاوہ میں کچھ نہ کر سکا۔ پھر وہ ہسپتال میں داخل ہو گئیں۔ میں سوائے انکا حال معلوم کرنے کے کچھ نہ کر سکا۔ اور پھر وہ وفات پا گئیں اور میں کچھ نہ کر سکا۔ میری ڈاکٹری ان کے کسی کام نہ آسکی۔ شاید وہاں ہونے کے باوجود بھی میں کچھ نہ کر سکتا مگر میں وہاں موجود نہیں تھا۔ میں آج تک نانی اماں کی قبر پر بھی نہیں گیا۔ شاید جا بھی نہ سکوں۔ ٹھنڈی مٹی کا ڈھیر تو میری نانی نہیں ہیں اور پھر یہ ڈر بھی کہ کہیں قبر سے یہ آواز نہ آجائے کہ "جدوں توں چلا جائیں گاتے میں گلاں کدے نال کراں گی؟"۔ اللہ ان کی منزلیں آسان کرے اور ہماری اور ان کی مغفرت کرے۔

جناح ہسپتال میں ہاؤس جاب کے دوران بہت مصروف دن گزرے۔ ہر وقت عزیز واقارب، دوست، رشتہ دار اور ان کے اہل و عیال کا تانتا سا بندھار ہوتا تھا۔ کبھی کسی کو سرجری وارڈ میں چیک کروانا ہے تو کبھی کسی کی آنکھوں کا معائنہ کروانا ہے۔ کبھی کسی کو کارڈیالوجی وارڈ میں داخل کروانا ہے اور کبھی کسی کا ڈاکسٹر کروانا ہے۔ مصروفیت تو تھی مگر ان دنوں نیند سکون کی آتی تھی۔ اتنے لوگوں کی دعائیں جو ملتی تھیں۔ دعائیں تو شاید یہاں کے مریضوں سے بھی ملتی ہوں مگر ان میں وہ اثر اور وہ بات کہاں جو اپنوں سے دعائیں لینے میں ہوتی ہے۔

آج امریکہ آئے کئی سال گزر چکے ہیں مگر سنا ہے کہ آج بھی کئی عزیز، رشتہ دار، دیرینہ دوست و ہمدام اکثر ذکر کرتے ہیں کہ وہ کب آئے گا۔ جو مجھ سے رابطے میں ہیں وہ اپنی اس خواہش کا اظہار بھی کرتے ہیں۔ کبھی ڈھکے چھپے الفاظ میں اور کبھی برملا کرتے ہیں۔ کبھی امریکہ کی ٹریننگ ختم ہونے کے انتظار کا بہانہ، کبھی گرین کارڈ کے ملنے کا بہانہ، کبھی چھٹی نہ ملنے کا بہانہ اور کبھی کوئی اور عذر تلاش کر کے راہ فرار ڈھونڈ لیتا ہوں۔ مگر کب تک؟

کہیں ایسا نہ ہو کہ وہ مجھ سے پوچھنا ہی چھوڑ دیں اور شرمندگی کے باعث میں انہیں کچھ بتانا ہی چھوڑ دوں اور یہ سلسلہ بھی منقطع ہو جائے اور یہ ڈاکٹری ان کے بھی کسی کام نہ آسکے۔

اللہ ان کی امیدیں روشن رکھے اور میرے ارادوں میں پختگی دے اور واپسی کی راہ ہموار کرے تاکہ اپنوں کی خدمت کا کوئی موقع مل سکے۔ اور ان کی پریشانیوں، غموں اور خوشیوں میں شریک ہو سکوں اور ساتھ ہی ساتھ اپنے وطن کے کسی کام آسکوں۔ اس وطن کے، جس نے مجھے شناخت دی، اس وطن کے، جس نے مجھے ڈاکٹر بنایا اور اس وطن کے، جس کی بدولت میں آج اس مقام پر ہوں۔ (آمین)

شہرام ملک



اس دنیائے رنگ و بو میں ہائیل اور قابیل سے چلا قتل و عارت کا سلسلہ زور و شور سے جاری ہے۔ ایک طرف بربادیوں کی آگ میں جلتی، سسکتی انسانیت اپنے مسخ شدہ ننگے ڈھانچے کو انا کی تار تار چادر سے ڈھانپنے کی کوشش میں مصروف نظر آتی ہے تو دوسری طرف دھرتی کے حساس سپوت اس کے لہورنگ بدن کو امن کی ہریالی سے اک نئی آب و تاب دینے میں لگے رہتے ہیں۔ دونوں فریق اپنے آپ کو سچا گردانتے ہیں اور سمجھتے ہیں کہ خدائے ذوالجلال اُن کے ساتھ ہے تو پھر یہ خیال آنا ایک لازمی امر ہے کہ انسانی ذہن جس نے کائنات کے کئی رازوں کو افشا کیا، اُس کا استعمال کیوں ناپید ہے۔ اکیسویں صدی کا انسان لکیر کافر کیوں ہے؟

کہکشاؤں سے مزین کائنات میں ایک ذرے سی حیثیت رکھنے والی زمین پر بسنے والا حیوان ناطق کیوں اپنے گھر کو برباد کرنے پر تڑپا ہوا ہے۔

ذرا سوچیے! بددیانت، مکار اور خود غرض کب تک ایوانوں میں جلوہ افروز رہیں گے؟ کب تک انسان غربت اور مفلسی کے خنجر سے قتل ہوتے رہیں گے؟

کب تلک حوا کی بیٹی اپنی تار تار حُرمت پر پین کرتی رہے گی؟

معزز قارئین! یہ ایسے سوال ہیں جن کا جواب فی الوقت کسی کے پاس نہیں۔ دعا کیجیے کہ ارضِ وطن کے مقدس جسم سے چمچے کمینگی اور مکاری کے غلیظ کیڑے مرجائیں اور پھر سے سچ اور وفا کا سلسلہ چل نکلے۔

اس سال کا پرچہ آپ کے ہاتھوں تک پہنچانے میں جن لوگوں نے دن رات محنت کی میں اُن کا تہ دل سے شکر یہ ادا کرتا ہوں۔ آپ سب سے درخواست ہے کہ اپنی بکھری سوچوں کو الفاظ کا لبادہ پہنا کر، انہیں ان صفحات کی زینت بنائیے کہ شاید ہم میں سے کسی کے ذہن سے جنم لینے والی کوئی قیمتی سوچ ہمیں ان سوالوں کا جواب دے سکے۔

امید ہے کہ آپ ہمیشہ کی طرح ہماری اس کوشش سے بھی محفوظ ہوں گے۔ آراء کا انتظار رہے گا۔

انچارج اردو سلیکشن
جاوید اکبر

بند آنکھوں سے

کھلے آسمان پر کہیں کہیں لہراتے سفید بادل عجیب دکش منظر پیش کر رہے تھے۔ بادِ نسیم کے دبیز جھونکے دل و دماغ کو معطر کر رہے تھے۔ مال روڈ اتنا کشادہ اور صاف و شفاف کہ جیسے آئینہ۔ ہم مال روڈ پر بنے، ایشیا کے سب سے خوبصورت نئے مال میں جا رہے تھے۔ مسکراہٹوں بھرے استقبال کے بعد خریداری کا لطف اٹھایا۔ لچ کیلئے جناح باغ کے ریسٹوران میں پہنچے۔ بلڈنگ کے نیچے بنے پارکنگ گیاراج میں گاڑی پارک کی۔ عجیب منظر تھا۔ نہ کوئی بھیڑ، نہ کوئی گرد۔ ایسا لگ رہا تھا کہ سفیدے اور شیشم کے تناور درخت بھی مسرور تھے۔ کھانا کھانے کے بعد ہم سیر و تفریح کی غرض سے راوی کے کنارے پہنچے اتنا خوبصورت صاف ستھرا دریا کا ساحل، یوں لگ رہا تھا جیسے راوی پر ایک بار پھر جوانی آئی ہے۔ بہت سارے زندہ دلان لاہور اپنے گھر والوں کے ساتھ موجود تھے، ایک ایک لمحے سے محفوظ ہو رہے تھے اور ایک عجیب واقعے کے گواہ بھی بنے۔ ایک طرف ایک پولیس آفیسر نے ایک گاڑی کو روک رکھا تھا۔ گاڑی چلانے والے شخص نے اپنا تعارف وزیر اعلیٰ کی حیثیت سے کروایا۔ ہمیں یقین نہیں آ رہا تھا کہ صوبے کا چیف منسٹر ایک عام سی گاڑی خود چلا رہا تھا۔ اُس نے ہنس کے چالان کالٹ لیا اور آفیسر کو کہا کہ آئندہ محتاط رہوں گا۔

اچانک کسی بدبودار دھوئیں سے چھینک آئی تو میری آنکھ کھل گئی۔ ٹریفک نہیں چل رہی تھی۔ معلوم ہوا وزیر اعلیٰ کا موٹر کیڈ گزرنے والا تھا اس

لئے کسی کو آگے جانے کی اجازت نہ تھی۔

عارف محمود

دل سے ہوک سی اٹھی کہ کاش میری آنکھ کبھی نہ کھلتی۔

AIMCAANA Is Proud To Sponsor

Empowering Society By Empowering Individuals With Education

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Improving the lives of people with diabetes through education, research, and direct patient services.

Dedicated endocrine clinic and special endocrine dynamic testing provided to over 200 patients every month.

Accredited endocrinology fellowship site

\$25,000 Spent so far
Cost \$30,000 approx.

AIMCAANA Scholarships to Young Iqbalians

105 scholarships of 5,000 rupees each were delivered in 2009

10 scholarships of 40,000 rupees each are available to bright and deserving, students of AIMC for 2010

\$7,000 Spent so far
Cost \$10,000 per year approx.



Iqbalian House Project

Continued to fulfill AIMCAANA's commitment to provide \$1000/month for rent of a house in Philadelphia (Iqbalian House) to meet the lodging needs of young Iqbalians who are searching for residency and research positions.

\$13,000 Spent so far
Cost \$12,000 per year approx.

AIMCAANA Qarz-e-Hasana Scheme

No interest loans available for young iqbalians to meet their financial needs during the quest for their residencies.

AIMCAANA distributed over \$ 8000 during 2009/2010 match

\$8000 Spent so far
Cost \$10,000 per year approx.

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