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# DOWLINK

**NEWSLETTER****EDITOR M. SHAHID YOUSUF, M.D.**

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E-mail: dowwalla@aol.com Web: <http://members.aol.com/appnawalla/dow/default.htm>**JANUARY 3, 2000**

## President's Message

Dear Dowites,  
Assalamu Alaikum

I took over as President of DOGANA in the midst of questions and concerns regarding association's lack of growth and direction. Over the last decade, while APPNA and other alumni have grown, both in numbers and strength, DOGANA has generally been a stagnant alumnus with a lack of clear goals, dynamism and vitality. We have been left on the sidelines and have failed to convince Dow graduates to get involved and be excited about the association. There has been very little follow-up to the decisions made in our 1998 strategic retreat in Los Angeles.

The Executive Council has decided to take on the challenge to change the trend and tide. We have committed to maintain an open communication throughout the year, work hard, and make necessary changes to have a maximum chance of success.

We feel DOGANA has a very rich resource that has been untapped and unappreciated. This resource is the group of established and successful Dow graduates, including past presidents of DOGANA. We plan to reach out to these physicians and ask them to be our guides and patrons in our endeavors. We plan to contact these physicians, during next month, to ask for their help and participation.

In order to achieve our objectives, I have formed three committees. Dr. Iltifat Alavi will head the constitution and bylaws committee. This committee will review the constitution of DOGANA and recommend necessary changes and amendments to make the constitution more progressive and instep with today's realities. Dr. Ghulam M. Aram will head the membership committee. He is young and energetic, but will need your ongoing assistance and encouragement to increase DOGANA membership. Dr. Shahid Yousuf will chair the publication committee and assume editorship of the Dowlink. This committee will be responsible for publishing Dow Link and will also bring out an annual DOGANA magazine. We hope to publish the first of these magazines before the Atlanta summer meeting of 2000. He has published APPNA Michigan Chapter newsletter regularly. Dr. Abdul Rehman has accepted the editorship of DOGANA journal.

I would like to thank Dr. Mushtaq A. Khan, our executive director for his guidance and patience over the last few months. We are truly fortunate to have a person of his caliber, credibility, and character, a part of our association.

I will end with Iqbal's Saying, which was a part of my predecessor, Dr. Arif Azam's speech in the Los Angeles summer meeting. This so clearly, defines the spirit and mission of DOGANA.

فرد قائم ربط ملت سے ہے تنہا کچھ نہیں  
موج ہے دریا میں، اور سیران دریا کچھ نہیں

M. Kaleem Arshad, M.D.  
President DOGANA

## Dr. M. Kaleem Arshad

President, DOGANA



Dr. M. Kaleem Arshad, a life-member of DOGANA and APPNA is a 1981 graduate of Dow Medical College. He came to U.S. in 1981. He has been active in the DOGANA as well in the APPNA activities for last 10 years.

His post-graduate training in U.S. took him through many states. He worked as a house officer in psychiatry at the Provident Hospital in Baltimore, Maryland. He completed his psychiatric residency training at Texas Tech University Health Sciences Center and his internship in internal medicine at the Tulane University Medical Center. He was the recipient of the First Annual Jacob Schut Achievement Award for excellence in residency training and professional growth in psychiatry in 1988. He was the Director of Admission Services at East Louisiana State Hospital in 1989 and Medical Director of the Metairie Center for Psychotherapy from 1990 to 1992.

Dr. Kaleem Arshad has been the Medical Director and Chief of Medical Staff at Methodist Behavioral Resources/Methodist Psychiatric Pavillion since 1991. He directs the clinical operations of Methodist Psychiatric Pavillion, a psychiatric hospital, and five outpatient psychiatric clinics, Employee Assistance Program of Louisiana, Innovative Psych Systems and Return to Duty Management Program.

(continued on Pg. 2 Column 2 Arshad)

## Arshad

He is a member of American Psychiatric Association, American Association of Geriatric Psychiatry, American Academy of Addiction Psychiatry, American College of Physician Executives, American College of Forensic Examiners and American Academy of Psychiatry and Law.

Dr Arshad is Assistant Clinical Professor of Psychiatry at LSU School of Medicine. He is a diplomate of the American Board of Psychiatry and Neurology and is also certified by the board in subspecialties of Geriatric, Addiction and Forensic Psychiatry. He is a diplomate of the American Board of Forensic Medicine.

He has widely spoken in various issues in psychiatric care including depression, panic disorder and psychiatric care of the elderly. In addition to his administrative responsibilities, he has a private practice in New Orleans East and Metairie with special focus on depression, psychopharmacology, anxiety disorders and geriatric psychiatry.

Dr. Kaleem Arshad is married to Dr. Jameela Yasmeen Arshad who is a neurologist and a graduate of George Washington University School of Medicine. His son Nadeem Sohail Arshad is 14 years old.

Dr. Arshad has pledged to revive DOGANA and work towards making it the pre-eminent APPNA Alumnus.

## DOGANA JOURNAL

DOGANA Executive Committee has decided that at least once a year, we should publish a special Journal highlighting the activities of DOGANA as well as the news about, and the state of affairs at our beloved Dow Medical College. Dr. Abdul Rehman (Class of 1967) and a Past President of DOGANA will be in charge of this publication. First issue is to be ready for distribution before the APPNA meeting of Summer 2000

(continued Pg 6 Col . 1 Journal)

## Dr. M. Sohail Khan

Secretary/Treasurer DOGANA



Dr M. Sohail Khan comes to DOGANA with the class of 1988 when he completed his MBBS from Dow Medical College. He completed his Intermediate from Adamjee Govt. Science College, Karachi.

He is currently a Clinical Assistant Professor of Medicine at the University of Illinois at the Chicago Medical College. In addition he is part of a Multi Specialty Group Practice in Sterling Rock, IL and an active staff member of CGH Medical Center, Sterling, IL.

After graduation he completed one year of transitional in internal medicine and general surgery at the Civil Hospital, Karachi where he was a Resident Medical Officer from 1989 to 1991. He completed internship in internal medicine at the Illinois Medical Center - Rush Presbyterian St. Luke's University Affiliate. He completed his Internal Medicine Residency from the same hospital in 1996. He has served as a voluntary acute care resident at the Pediatric Clinic, Illinois Masonic Medical Center.

He has served in leadership positions also. He was Vice President - Whiteside County Medical Society 1998-1999 and a delegate of the Whiteside County in Illinois State Medical Society in 1997. He has been a House Staff President of Illinois Masonic Medical Center Residents 1995-1996.

(continued page 5 column 3 Dr. Sohail Khan)

## Secretary/Treasurer's Report

### SECRETARY / TREASURER REPORT

#### 1999 DOGANA ANNUAL SUMMER MEETING

DOGANA'S general body meeting at Riverside Hilton in New Orleans on July 2 nd 1999. Among others were present DOGANA's executive director Dr. Mushtaq Khan. Dr. Abdul Rehman, Dr. Manzoor Hussain and Professor Sharif Chaudry ex principal Dow Medical College 1984-1987 who was chief guest and key note speaker. Dr. Sharif in his speech, emphasized the need for Dow graduates to work together for the alma mater.

He also expressed the deep affection and love for Dow Medical college and its graduates. He gave a detailed historic account of Dow Medical College and the evolution of Civil Hospital Karachi. He said that Dow graduates should be proud of the institution they received their medical education from. Dr. Arif Azam, outgoing DOGANA President informed members of the current affairs of the association. He said that over his term, there has been a significant increase in the number of life time members of DOGANA. He also emphasized the need for better liaison between Dow medical college and DOGANA. He emphasized that we should assess the need of the college and make every effort to help our alma mater.

The following slate of executive council was elected in the meeting:

President M. Kaleem Arshad M.D.  
President Elect Zeelaf Munir M.D.  
Secretary/Treasurer M. Sohail Khan M.D.  
Councillors at large  
Ghulam. A. Arian M.D.  
Mohammed Yunas M.D.  
M. Shakeel Kouser M.D.

Since the required number of councillors which is 8, could not be elected in the gen-

eral body meeting the DOGANA President Dr. Kaleem Arshad has named the following five councillors to be in the executive council.

Mohammed B. Khan M.D., Riazur Rehman M.D., M. Akram Bhatti M.D., M. Zeeshan Ahmed M.D., Zahid M. Sheikh M.D.

Zeelaf Munir M.D. president elect presented a resolution for a constitutional amendment which was approved by the general body.

The resolution is as follows:

"Whereas the term of office of APPNA officers is from January 1st to December 31st of each calendar year, and the term of office of DOGANA officers is from the time of annual meeting in July till the following Annual meeting and in order to bring conformity of the DOGANA term with that of APPNA, let it be resolved that DOGANA officers term of office should be from January 1st to December 31st of each year."

Amendment to the constitution was discussed and approved for ballot by general membership. The ballot for the amendment were sent to members for voting. Please see the report submitted by Dr. Zeelaf Munir in this newsletter for the results of the vote.

M. Kaleem Arshad M.D. DOGANA President encouraged the Dow graduates and the executive council to get more involved and maintain an open communication with one another throughout the year. He emphasized that, even though there are 2500 Dow graduates in the USA a very small percentage of Dow graduates have been actively involved in the affairs of DOGANA or APPNA. The new elected executive council met on Saturday July 3 1999 and pledged to work together to accomplish DOGANA'S mission and goals.

The meeting focussed on the growing concern to address the needs of the General Membership and make it more appealing for alumni at large.

#### FINANCIAL STATEMENT: STATEMENT OF RECEIPTS & DISBURSEMENTS FOR THE YEAR ENDED DEC. 31st 1998

##### RECEIPTS:

Dues collected	7,886
Meetings revenue	22,102
Interest Income	<u>1,315</u>
Total Receipts	\$31,303

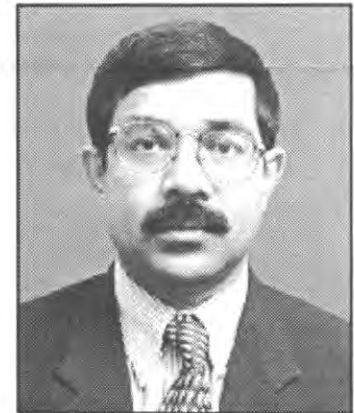
##### DISBURSEMENTS:

Entertainment program	3,404
Outside services	850
Printing/ publication	4,879
Office Supplies	500
Postage	480
Total Disbursement	\$10,113

Excess of Receipts over disbursement 21,190. Fund Balance beginning year 51,667. End of Year \$72, 875.

Submitted by M. Sohail Khan, Secretary/  
Treasurer, Sterling, IL

#### **SHORT HISTORY OF DMC**



Dr. Shakeel Kouser, of 1988 batch, is planning to write a short history of Dow Medical College. Detailing his ideas of the project, he has sought the help of DOGANA President, Principal of Dow Medical College. In addition he will seek the help of Drs. Tahir Shamsi and Shafqat Mirza who are in Karachi.

Dr. Kouser reported that he would try to portray the many facets of the life of Dowites. This would include accounts of the Student Union, Hostel life, Principals and famous alumni. He believed that the project would take two years. He is requesting help of Dow Graduates for getting the material for this upcoming book.





Seated Left to Right Dr. Durdana Gilani, Former APPNA President, Dr. Shabbir Safdar, APPNA Secretary, Dr. M. Suleman, APPNA President, President APPNA Javed Akhtar, Dr. Riaz Chaudhry, Treasurer Dr.

### AGA KHAN ALUMNI

We welcome Aga Khan Medical College to the APPNA family. We look forward to work with them. Aga Khan Medical College, Karachi becomes the third medical college of Karachi to become a part of APPNA. This was accomplished through the efforts of **Dr. Adeel Butt**, who had the difficult task of convening such a gathering. At the recent concluded meeting of the Executive Council of APPNA held at the Crown Plaza Hotel, Houston, TX Oct 15th through Oct 17, 1999 APPNA executive committee approved Aga Khan Medical College Alumni Association for seat in the APPNA executive Karachi hopes to host APPNA winter meeting soon.

### INCREASING MEMBERSHIP

APPNA membership remains stable and has not shown year to year increase despite a large number of new doctors coming to the US from Pakistan. Various incentives for increasing membership were discussed. Some members felt that APPNA had not done enough to attract. Others felt that enough had been done already and that large numbers of physicians of Pakistani origin waiting to join APPNA is a myth. Physicians in training never had to pay membership dues since the inception of APPNA.

**AFFILIATION** Over the years the issue of affiliation of other organizations with APPNA has been discussed. Several years back an application made by some members to encompass

APPNA under an umbrella organization Pakistani American Congress (PAC) was considered. At that time this notion was rejected. Members cited the independence of American Medical Association which did not become a subject organization of a larger entity.

A new question that has been posed for APPNA is that other organizations may wish to affiliate with APPNA. This question was posed to the committee headed by **Dr. Khalid Riaz (IL)**. Various proposals were put forward including that the affiliating organization's board of directors should comprise of 50% of APPNA members. Some members worried that negative developments of the affiliates could taint APPNA simply by a "guilt by association" theory. EC members were cautious in their comments because of past controversies regarding PAK-PAC and APPNA relations. To some the two completely independent entities were totally one unit. **Dr. Durdana Gilani** former APPNA President once spent half an hour detailing the differences between PAK-PAC and APPNA to former Information Minister, Pakistan Mr. Mushahid Hussain but did not succeed in drawing the distinction. He remained resolute in his belief that they were one and the same thing.

**Dr. Adeel Butt** asked how would we check the affiliates of the affiliating organization.



Dr. Naseem Ashraf

### APPNA SEHAT

Dr. Naseem Ashraf detailed the progress of APPNA SEHAT from its inception to present. He reported that because of international developments beyond APPNA's control there had now developed an annual shortfall of \$ 250,000 per year.

Many of APPNA SEHAT units had matured and achieved targeted goals and appeared ready for autonomy and phasing out by making them self sustaining. This could free up additional funds to establish newer units

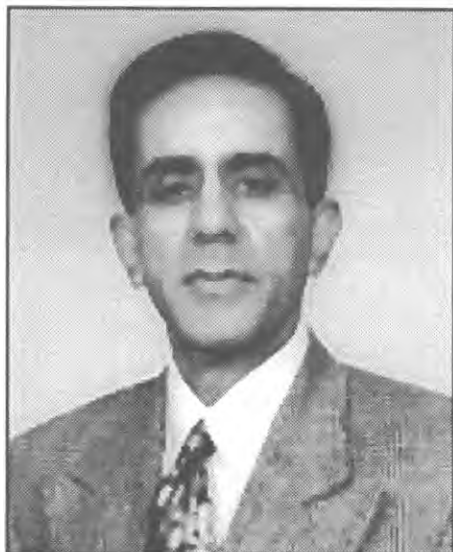
Widening the scope of the units was also discussed e.g. setting up high blood pressure units or birthing centers.

Over the past 10 years some Rs 14,000,000 had been transferred through APPNA SEHAT from USA to the programs in Pakistan. There are 37 units in operation each serving some 3,200 persons. At present some 127,000 persons in Pakistan are benefitting from these units. APPNA had provided the seed money in 1989 of \$60,000 for APPNA SEHAT.

Members were resolute in their determination to continue it as an APPNA project. Various funding proposals were studied. Pakistani expatriates in the Middle East had pledged an annual sum of \$ 25,000.

## STAR DOWITE

### Dr. Ikram Ullah Khan Nominated Member of Board of Regents by President Clinton



President Clinton nominated Dr. Ikram Khan as a member of the Board of Regents for the Uniformed Services University of Health Sciences in April 1999.

Dr. Ikram Khan, a Las Vegas (NV) based general surgeon served as the sixth APPNA President, 1984-'85, and PAK-PAC President 1994-1996. He is a current Director of the Islamic Society of Nevada. Other positions include serving on the Nevada State Board of Medical Examiners from 1985 for four years and was further appointed for another 4 year term to 1993. He has been appointed by the Government of Pakistan to serve on the Advisory Board of Overseas Pakistanis. He received a Presidential Recognition for Health Care Reform Efforts from Clinton on Feb. 7th 1995. He has received Special Congressional Recognition for invaluable community service in 1984. He served on the Health Care Cost Containment Committee of the Nevada State Legislature.

The Mayor of Las Vegas and Governor of Nevada have declared April 30th, 1994 as Ikram U. Khan day. He has also received Distinguished Community Service Award in 1994 from the Anti-Defamation League of B'nai B'rith. Dr. Ikram U. Khan has distinguished himself in other positions also. Dr. Ikram U. Khan, is a DMC graduate of 1972.

(Reprinted from Michigan Chapter of APPNA Newsletter May 1999)

### MINUTES OF THE EXECUTIVE COUNCIL MEETING HELD AT CROWN PLAZA HOTEL HOUSTON, TX. ON SATURDAY 16<sup>TH</sup> OCTOBER 1999.

The following attended the meeting: Drs. M. Kaleem Arshad, Zeelaf Munir, Abdul Rehman, Pervaiz Rehman, M. Shahid Yousuf, Amir Hussain, Sadia Sultana. The meeting commenced with recitation from the Holy Quran.

President Kaleem Arshad welcomed the members and provided a brief update of events transpiring since our last meeting to the new members.

#### Pending Business.

1. Results Of The Ballot For Constitutional Amendment To Change Term Of Office. The returned ballots were counted at the meeting. Due to insufficient number of returned ballots the resolution was declared failed. The final counts were as follows:

Total mailed :144

Total Returned:71

Invalid:9(5 for no sig.,4 not valid envelope)

Total Yes:57

Total No:5

2. Dr. Abdul Rehman presented a status report of the annual publication. He indicated that he was unsure whether the executive committee had endorsed the going ahead with the millennium issue. He was assured of such by the president and requested to proceed as soon as possible. Dr. Shakil Kausar volunteered to help with issue.

3. The President had not heard from the principal of DMC regarding any projects they wanted us to assist with.

#### New Business.

##### 1. Publication Committee

The President appointed a new chairman for the publication committee. Dr. Shahid Yusuf graciously accepted the nomination. Besides taking on the responsibility of the newsletter, Dr. Yusuf will try to coordinate with Dr. Shakeel Kouser for the issue.

##### 2. Membership Drive and increase attendance at Annual Dinner in 2000.

Chairperson Dr. Ghulam Mustafa Arain, Dr. Amir Hussain, Dr. Zahid M. Shaikh., and Dr. Riaz Ur Rehman.

- 200 in 2000
- life membership dues to be decreased until next annual meeting
- reinforce free membership for residents
- a preannual meeting to be held in the Atlanta area
- Dr. Shakil Kausar- the regional councilor, volunteered to look into this matter
- pharmaceutical sponsored free dinner for members at the annual meeting
- establish a computerized database. Dr. Abdul Rehman to speak with Dr. Mushtaq regarding obtaining the disk from APPNA.

##### 3. Constitution and bye laws Committee.

Appointed by the president. Members include: Dr. Iltifat Alavi- chairperson, Dr. Mushtaq Khan, Dr. Abdul Rehman.

The committee to submit written recommendations one month before the next annual meeting. The meeting was adjourned with a vote of thanks to the chair.

Prepared by Dr. Zeelaf Munir

#### (Dr. Sohail Khan)

Dr. Sohail Khan has presented papers on exhaled pentane levels in acute asthma and bacillary angiomatosis. Three papers awaiting publications include exhaled pentane levels in acute asthma, ozone effects on lung functions and upper nasal airway in normal subjects and upper airway inflammation in sleep apnoea patients.

He has held other positions such as being the Program Director of Whiteside County Medical Society 1997- 1998. At the Illinois Masonic Medical Center he has served in capacities of Member of the Executive Committee, 1995-1996, Member Educational Council 1995-1996, Member Informatics Committee 1994-1996.

Currently he is a member of the Maged care Committee of the Health Alliance Sterling Rock Falls Clinic ('97 to present), Emergency Medicine Committee CGH Medical Center ('98 to present).

He is a member of American Medical Association, APPNA, PPS, American College of Physicians and Illinois State Medical Society.



Dr. Abdul Rehman

It is my desire to document and record the DOGANA and DOW history and to archive as much material as possible, for those who will follow us, said Dr. Abdul Rehman, while discussing the need for such a Journal. We have the ability and the resources to do it and to shy away from this responsibility will be a disservice to our great Institution, said Dr. Rehman.

Anyone that has any items of interest (old pictures, printed material etc.) or wants to write for the Journal, please contact Dr. Rehman (AREHMANMD@AOL.COM), call 718-492-5500, or mail it to 125 Douglas Rd. Staten Island New York 10304. Urdu poetry and other items of interest are also welcome.

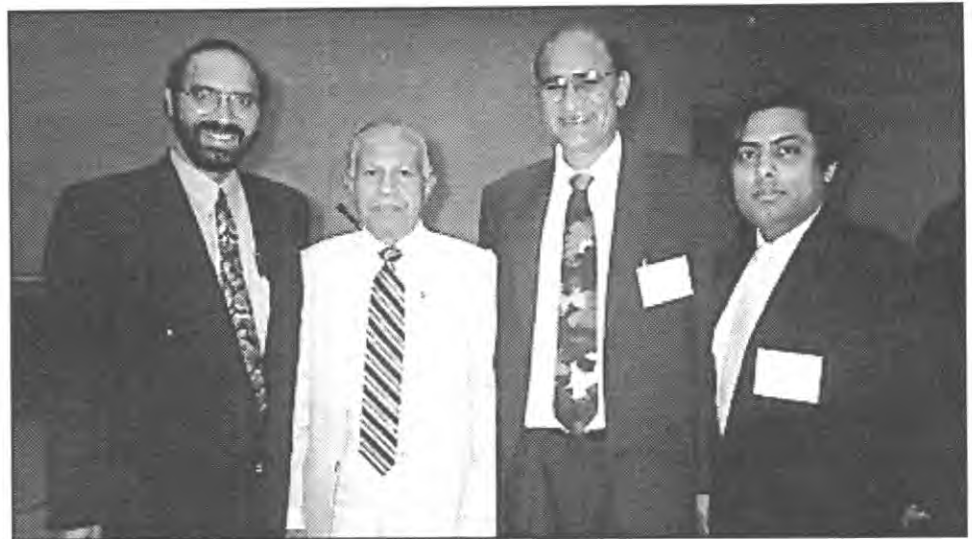
**Dr Pervaiz Rahman**

*Appointed to Board of Directors of Rural Community Health Systems of Texas*

Former DOGANA President Dr. Rahman was appointed to the Board of Directors of Rural Community Health Systems by Gov. George W. Bush in Feb.'99. The board serves to oversee rural health and HMO concerns of the citizens of Texas. He is the only FMG on that body.

Dr. Rehman won an award on Nov.21, '99 in recognition for his work as an outstanding professional volunteer by the Asian American Association of Dallas, TX. In 1995 he was voted as the religious volunteer of the year by Texas Youth Commission for work in the juvenile justice system.

(Photo appears on page7)



From Left to Right Drs. Kaleem Arshad DOGANA, Shareef Chaudhry former DMC Principal, Muhammad Yunas Councillor DOGANA, Sohail Khan Secretary



Left to Right Dr. Arif Azam former DOGANA President introducing Dr. Shareef Choudhry at the 1999 annual meeting



Dr.Sadiq Hussain & Dr.Nigar Hussain at the Oct 1999 Houston, TX Fall meeting



Executive Council Meeting, Houston, Texas  
Crowne Plaza Hotel, Oct. 15th, 1999 – Oct. 17th, 1999

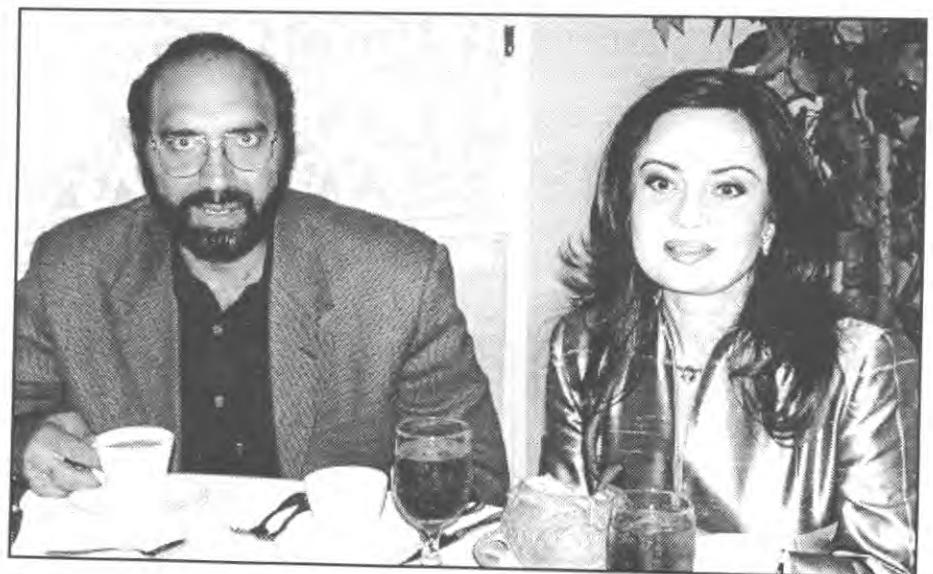


Seated Left to Right Dr. Sadia Sultana, Dr. Amir Hussain, Dr. M. Shakeel Kouser, Dr. Kaleem Arshad in foreground

Left to Right  
Former Presidents  
Dr. Abdul Rehman,  
Dr. Pervaiz Rehman



Left to Right  
President Dr. Kaleem Arshad,  
President Elect  
Dr. Zeelaf Munir



Dow Graduate Association of North America

1301 Copperfield Avenue, Suite 203

Joliet, Illinois 60432



Dr. Mohammed Shahid Yousuf  
3084 Woodcreek Way  
Bloomfield Hills, MI 48304-1862

\_\_\_\_\_ Name

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\_\_\_\_\_ Home Phone

\_\_\_\_\_ Office Address

\_\_\_\_\_ E-mail address

\_\_\_\_\_ Fax No.

\_\_\_\_\_ Office Phone

\_\_\_\_\_ Year of Graduation

\_\_\_\_\_ Specialty

\_\_\_\_\_ Name of Spouse

\_\_\_\_\_ Names of Children

\_\_\_\_\_ D.O.B. of Children

**MEMBERSHIP APPLICATION**