



# DOW

## NEWSLETTER

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SPRING, 2001

### *President's Message*

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### **Killing of Doctors Must End Letter to the President of Pakistan Sent March 7th 2002**

Honorable President of Pakistan,  
General Parvez Musharraf,  
Islamabad, Pakistan.

Dear Mr. President:

Assalamo Alaikum.

It is with great sorrow, pain and anguish I write this letter to you. We are extremely saddened by another act of lawlessness in the country. It is very heart breaking to know that we lost another of our colleague Syed Safdar Zaidi. He was a very loving, hardworking and dedicated physician who left his bright prospects in USA to work in Pakistan. He wanted to make his contribution to his country. He has left behind two innocent children and a grieving wife and whole Pakistani physician community grieving and in shock.

The life of every Pakistani is as precious as anyone else in the world. At a time when we fight terrorism globally with our utmost vigilant, it is indeed very heart breaking to know that many lives have been taken due the unabated violent acts of extreme terror in our own homeland. With the death of every citizen many lives and many families have been completely destroyed.

I am sure that you are as acutely aware of the situation as we are worried here at the loss of our colleagues. I am also equally confident that fight against terrorism in our homeland is also a top priority for you. With the loss of our colleague and brother we urge you to take stronger actions against these barbaric acts. As you have assured your commitment to fight terrorism in all its forms and manifestations we URGE you to take immediate, swift and more concrete measures to end the worst form of terrorism, that is, targeted and sectarian killing in our own homeland.

I am sure you will look into this situation with your utmost attention and resolve.

Yours Sincerely,

**Rizwan A. Karatela, MD, FACC**

President

Dow Graduate Association of North America

#### **Copy To**

Dr. Maleeha Lodhi – Ambassador to US

Aziz Munshi – Attorney General of Pakistan

Dr. Sulaiman – APPNA president

**Editorial**

**Killing of Doctors Must Stop**

There was a time when Pakistani politician would give any thing to speak at Dow Medical College. Dow was politically active and Dow alumni must remain so. Killing of doctors has caused great concern among all the Pakistani Physicians in North America. The terrorists who have committed these horrible crimes must be arrested and punished.

The solidarity shown by the physicians living outside Pakistan for their distressed colleagues in Pakistan is very reassuring. We believe that when the political activism is born out of pure sincerity for the good of the society the results are promising. We may not see the results immediately but in the process we will have strengthened the whole community to speak as one voice for the right cause.

It has been the tradition of Dow to promote healthy and a very active political environment. While reading this newsletter and pondering on few things noted here you become active. Actively participating in discussions, forums and contributing to newsletter is another step you all must take. Many have devoted time and energy to actively organize fundraising campaign for the victim's family fund.

We should work with the AAPNA and support real issues and stress that these issues be highlighted to the representative of our Pakistani government more forcefully. Dow Gradates have decided that they will be more active in leadership roles at central APPNA level. Let us revive the great tradition of Dow Medical College, keep our interest high, keep our energy going, make alliances and be vocal in Pakistan's affair to bring about positive outcome.

Editor  
**Naseem A. Shekhani**



**DOGANA Secretary's Message**

Dear Fellow Dowites:

I would like to take this opportunity to thank you for your confidence and giving us a chance to serve our alma mater and fellow graduates to the best of our ability. We want to maintain the highest moral standards in our organization. As we strive toward increasing the number of DOGANA members, we remained focused on our goals. Strong networking remains the answer to our strength as a community as we deal with our social, political and professional issues in the future.

Medical professionals have always been the leaders in Pakistani Communities and we feel that there is a dire need for these leaders to come under one common roof so they may exchange their views with one another. DOGANA provides this opportunity at different levels. You may go to its chat room, via its server or DOW FORUM, or even better, you may like to attend the annual alumni meetings where you will meet graduates from different years to share their wisdom and experience.

This year we are proud to launch another project called **DOW NETWORK**, which will connect you to any Dow Graduate, even outside the United States. This will certainly enable the organization to reach new horizons. By joining DOGANA, one can financially offer support in bringing the education system at DMC up to par, and improve the delivery of health care at Civil Hospital by using the **Dow Endowment Fund**. DOGANA will closely monitor such finances and the delivery of funds.

I would like to encourage all of you to take sometime to browse through our website and I am convinced that when you look at the benefits that the DOGANA MEMBERSHIP provides, you will be convinced. Please make sure to fill out the membership form which is available on the website ([www.dowalumni.com](http://www.dowalumni.com)) and make plans to attend the upcoming Annual APPNA meeting in New York on July 4, 2002. Zonal counselors are available <http://www.dowalumni.com/> for any questions, concerns or suggestions that will help us achieve our goals more effectively.

Truly,  
**Aamir Zain Jamal, MD**  
Secretary & Treasurer  
DOGANA



## Interview with Dr. Basharat Ahmed

Dr. Basharat was very kind to spare some time for this unique interview for our Dow Alumni. I am sure his insight into the problems and future directions for IMGs would be most valuable.

Dear Dow Alumni,

It is my honor to present here our distinguished Dow Alumnus, Dr. Basharat Ahmed. He was the first chair of the Michigan State Medical Society (MSMS) section for international medical graduates (IMGs) - first such medical society organization in the country. He then served as first chair of the AMA Section for IMGs. It is now great honor for all of us to see Dr. Basharat appointed to a key position in which to continue his lifelong pioneer work on behalf of IMGs.

**Q1.**

**Dr. Basharat please tell us when you graduated from Dow and what you remember the most from your Dow days.**

I graduated from Dow in December 1956. It took 6 years to graduate because of constant turmoil and strikes at the college and the Karachi University. The student body was very politically involved with organizations like NSF etc and at times got very violent.

Admitting class was total of 89 students with 49 boys and 40 girls. I topped the first professional. I was the gymkhana secretary for two years and arranged annual sports competition those years with Mohtarama Fatima Jinnah as Chief Guest for those times. I captained the Karachi University Volley Ball team and won the Pakistan inter-university championship that year. I remember with pleasure and fondness all those years I spent in Dow. Most of teachers were talented and friendly. I specially remember Professors, Mahmood Ali Shah, Mazahar-ul-Naque, Waheed Sahib, Surgeon Aziz and Dr. Minhas. We all became good friends and stayed that way. I did House Job in ophthalmology with Dr. Minhas at Jinnah Hospital. We helped start a "Lending Library" at the college.

**Q3.**

**We all are proud to see you in your new position as elected Secretary of the ECFMG. Certainly it is an honor. For how long you had been affiliated with ECFMG?**

Through the organized medicine and AMA I have been trying to get an IMG on the Board of ECFMG for last 20 years. 2 years ago AMA appointed first IMG ever to the ECFMG as its one appointee. That is me. This year ECFMG Board elected me as its secretary. I am trying to get another IMG on its Board. ECFMG has formed a separate foundation called 'FAIMER' to enhance its international medical education function. Only IMG on its Board is Dr. Jamsheer Talati a Dow graduate. My term could last for 8 more years.

**Q4**

**Since early 70s there have been lots of revisions of the examination format and requirements of ECFMG from VQE, ECFMG, and FMGEMS to USMLE. In your opinion how has this helped IMGs?**

Our struggle from the beginning was to make sure that these exams given to IMG's were equivalent to the ones given to the US graduates and after passing these tests IMG's be treated equal to USMG's. We thru those tests and

specially CSA are very close to our goal. Those IMG's who pass these exams and get good grades are considered almost equal to USMG's by the residency directors. These exams have definitely helped the IMG's.

**Q5.**

**Dow graduate now mostly come to USA as their first choice for post graduation. Some with limited resources take their examination before coming to USA, what advise you would give to the Dow Students in their clinical years in order to better prepare for the examination?**

Dow graduates who want to come to the States for post graduate studies need to work very hard not only in their clinical training but also keep the knowledge up-to-date with academic and clinical journals. USMLE exams are very important. Work hard to get 85 % greater better. Take preparatory courses help.

**Q6.**

**For newly arriving Dow graduate, what are the five most important things you recommend they should do to prepare themselves for the US residency program?**

- 1-Work hard to get good (85% or better) grades.
- 2-Get familiar with American system of clinical evaluation of patients.
- 3-Learn American 'Lingo'
- 4-Get in touch with DOGANA for help.
- 5-Get proper Visa.
- 6- Talk to a friend who has gone thru this process.

**Q7.**

**How is the situation here this year for newly arriving Dow graduates?**

- It is still tough to get a residency.
- Good grades will help.
- It is easier to get a residency in smaller non university hospitals.
- Residencies in Family Practice, Psychiatry, Pediatrics have more openings.
- Dow name is well respected.

For extended version of this interview we request you to please visit DOGANA website where you will find complete interview with pictures and more ...

**[www.dowalumni.com](http://www.dowalumni.com)**

# Dow International Network – A vision

**Rizwan A. Karatela**

Striving to create a virtual Dow Community globally. For updates please keep visiting the website

Sheepskin to tablets to paper to paper-less electronic form, the evolution of publishing has certainly taken new heights. The technology has pushed document creation from papyrus, quill and ink to printing press to typewriter to computer. The *World Wide Web* revolutionized further by allowing people to publish electronic documents on network and millions of users worldwide can see instantaneously.

Since 1950s Dow graduates have spread across the seven continents for post graduate training. In the process many of us have settled in various countries. DOGANA has been the most organized section of the global Dow alumni community as a whole. The need is to bring the global Dow community together by organizing the alumni activities in other regions especially in UK & Ireland and Pakistan.

## **Dow Website**

Taking full advantage of the new trend of WWW the first Dow Web Page was created in 1994. Keeping with the tradition of Dow it became the first webpage of any Pakistani Academic Institutions. This served as announcement that Dow community across the world would be actively networking globally. Keeping with the pace of the World Wide Web Dow alumni have been in frontline of innovations and forward thinking. Many active Dow alumni have created excellent Websites, Dow 76ers by Class of 1976, Amin H. Karim class of 1977, Abdul Rehman and Hasham Bawa class of 1980, Ghulam Nabi Kazi class of 1982, Iqbal Siddiq Jangda class of 84, Saleem Abubakr class of 1985, Rashid Hashmi class of 1987, Sajid Zafar class of 1989, Tariq Shafi class 1990, and Aun Ali class of 2001.

## **Dow Database**

Started as collection of 15 email addresses in a single page list in 1994, the database has now grown to a fully functioning searchable web based resource. Now there are over 2600 names in DOGANA database and more than 1000 email addresses. The search can be performed by last name, first name, city, state and specialty.

## **Dow Discussion Forums**

Started as simple list serv organized by Zeelaf Munir and maintained by Nadeem Ahsan of 1989, the participation has been tremendous. This has created wide variety of topics and promoted exchange of ideas. With more web based features and advances we are now moving forward to a better format for

discussion. The DOGANA forums are now up and fully functioning. The topics are clearly arranged and one may only participate in the topic of his or her interest and not be inundated with emails. In keeping with the current Web technology this is now the preferred method of threaded discussions. Visit the website and click on the forums and take a moment to browse. Many new features would be added with time.

## **Dow Newsletters**

The newsletter format in print form would still be a viable mode of information dissemination. Certainly keeping with the pace of World Wide Web, Dow alumni will experiment with online newsletters and Magazines, again the glimpse of those in making can be seen at DOGANA website.

## **Dow Alumni In United Kingdom & Ireland**

*by Izhar Ul Haq, 1985 and Umar Daraz Khan 1986*

Traditionally the Dow graduates went to UK and Ireland for post graduate training until mid 1980s when the trend shifted to USA. While number of grads going to UK remained higher, the relatively lower numbers settling in UK with most returning back to Pakistan or moving to USA made organization of alumni activities little scattered and sketchy.

It is felt that there is a great need for organizing Dow alumni activities for large number of Dow alumni residing in UK and Ireland. Taking the lead from organization of DOGANA there is a growing interest in UK for Dow alumni activities. The Dow International Network is certainly a great idea.

## **Dow Alumni In Pakistan**

*By Zia Rizvi, Class of 1984*

Situation in Pakistan is slightly different. While majority of graduating class still remain in Pakistan, any organized activity for Dow Alumni is only limited to a few meetings in Dow Medical College and sometimes in PMA house. This level of scattered alumni activity is not enough.

How many Dow alumni residing in Pakistan, what do they do, what is the make up of the practice profiles, what level of training they have and how much in touch they are with the other Dow alumni is very difficult to know.

## Dow Alumni Picnic In Orlando

The Dow Alumni Picnic - a local Florida get-together held in March. While it was arranged on such a short notice the turn out was great. It was a very pleasant relatively cool and breezy day in Florida. It reminded us of the Picnic day in Karachi where suddenly there would be a bus arranged to go for an "outing" at Clifton Beaches. The food was excellent the menu was Nihari, Paya, Naan, Chicken Tikka and more. It was a great pleasure to see our Dow Professor Naseer Shaikh (56) at the picnic. Among other senior Dow alumni were Dr. Iltafat Alavi (59), Dr. Aftab Naz (72), Dr. Shahid Yousuf (75), Dr. Rahman Mamsa (79). Our past president DOGANA Zeelaf Munir was also present. Many thanks to Dr. Shoaib Anwer (85), Dr. Jafar Mahmood (84), Dr. Asif Muhiuddin (89) and Dr. Amir Awan (91) for arranging such a nice picnic. Please visit DOGANA website to see picnic pictures.  
[www.dowalumni.com](http://www.dowalumni.com)

## DOGANA Forums forums for Dow Alumni

The DOGANA forums are now up and running. Please take a moment and visit the forums. There are many sections to participate. Politics, Poetry, Sports, Movies, Music, News and more. Also a new section of Polls is also added to the forums. Go to the Website and click on the Forums section in the menu. Simple registration will take 15 seconds and you are in. Start posting messages or simply browse through the topics of your interest.

### Dow Facts - FYI

According to the AMA master file there are a total of **2679** Dow Medical College graduates in this country. **447** of these are AMA members. **78** Dow graduates are in their first year of residency in USA 2001-2002.

*Courtesy of Dr. Busharat Ahmad, 1956*



Dow Alumni  
Annual Meeting  
In New York  
City

**Friday July 5<sup>th</sup> 2002**

On behalf of the executive committee of Dow Graduate Association of North America I would like to invite everyone to attend this year's summer meeting in New York. As you can imagine just because of the location the expected attendance would be large. For the detailed program please stay in touch and visit the website. Look for it in the upcoming news letters also. Some of the features are summarized here.

- Annual General Body Meeting
- President DOGANA report
- President-Elect - new cabinet
- Dow in Pictures Presentation
- DOGANA Life Time Achievement Awards
- Updates on Projects for Dow
- Dow CD rom - Electronic Alumni Directory
- Dinner
- Entertainment Program

Please note that hotel reservation, CME and travel /airfares are handled by APPNA. For DOW alumni information:

- **Telephone Contact:**  
561-333-9406 or 561 704-3401
- **Mail or Fax Registration (use the enclosed form)**  
Mail to:  
DOGANA Registration 2002  
Rizwan A. Karatela  
11242 Edgewater Circler  
Wellington, FL 33414  
Fax: 561-333.6278
- **ONLINE REGISTRATION**  
Take few minutes to register online. Fill out all the information and submit. Once you finished you will confirmation by email and once checks is received you will get confirmation letter.

**PLEASE INFORM YOUR FRIENDS**

# DOGANA

## Membership & Banquet Registration Form

**PLEASE SEND THIS FORM WITH YOUR INFORMATION & PAYMENT**

### Directory Information

<b>Name:</b>		<b>Year Of Grad:</b>	
<b>Address:</b>		<b>Tel (H):</b>	
<b>City, State &amp; Zip:</b>		<b>Tel (O):</b>	
<b>Email:</b>		<b>Specialty:</b>	
<b>APPNA Member</b>		<b>Yes No</b>	

### Membership Dues and Banquet Tickets

Life Membership (L)	Reduced Rates at	<input type="checkbox"/> \$ 350.00
Annual Membership (A)	1/1/2002 - 12/31/2002	<input type="checkbox"/> \$ 50.00
Alumni In Training (T)	Proof of Training	<input type="checkbox"/> \$ 00.00
Banquet 2002	\$ 60 per person	<input type="checkbox"/> \$ 60.00 x
Entertainment Eve	After Banquet	<input type="checkbox"/> \$ 00.00
Payable to: "DOGANA"		<b>Total Amount:</b>

### General Information

<b>Hotel Information</b> Please note that Hotel registration is handled by APPNA and the hotel Management.	<b>Sheraton New York Hotel and Towers ( From July 4<sup>th</sup> to July 7<sup>th</sup> 2002 }</b> 811 Seventh Avenue New York, NY 10019 Attn: Jacquie Paccone, Convention Services
	Call 800-223-6550, Fax: 212-315-4265 Ask for Group Code: APG03A or ask for APPNA group rate <b>Deadline: June 24, 2002</b>

<b>Travel Information</b>	<b>US Air</b> , Valid thru 6/30/2002 to 7/10/02, 877-874-7687 [8 am to 9:30 pm EST] Refer to Gold File #64162315 for APPNA
	<b>American Airlines</b> , Valid thru 7/2/02 to 7/10/02, 800-433-1790 Refer to File #6472AH for APPNA
	<b>Delta</b> , Valid 6/30/02 to 7/9/02, 800-241-6760 [8 am to 11 pm EST] Refer to File # 185756A under APPNA

	Mail	Telephone & Fax	Online
<b>Pre-Registration Methods</b> (Please Make Check Payable to "DOGANA")	<b>Mail this Form To</b> DOGANA c/o Rizwan A. Karatela 11242 Edgewater Circle Wellington, FL 33414	561-333-9406 or 561 704-3401 Fax: 561-333.6278	<b>ONLINE</b> Fill out all the information and submit. GO to: <a href="http://www.dowalumni.com">www.dowalumni.com</a>  <b>ONLINE REGISTRATION STARTS ON March 7, 2002</b>

<b>On-Site Registration</b>	Last Date for Pre-Registration is <b>6/15/2002</b> <b>On-Site Banquet Tickets will be \$ 70.00 per person</b>
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## Past President's Column Zeelaf Munir, MD

My Dear Dowites,

We are deeply saddened and anguished by the ongoing brutal murders of our colleagues in Pakistan. Most of these have occurred in Karachi. The Association of Pakistani Physicians of North America (APPNA) and the Dow Graduates Association of North America (DOGANA), have undertaken the historic step of publicly condemning these dastardly acts of terrorism and have strongly urged the Government of Pakistan to apprehend the culprits and provide protection for our colleagues and their families.

**To help the unfortunate families of the victims on an ongoing basis, APPNA has set up the Victims Family Fund.** The process will be totally transparent and accountable. The individuals who will be engaged in Pakistan to facilitate the process have impeccable character, organizational skills and unequivocal reputation for their contribution to civil and humanitarian causes.

**I strongly urge and humbly request all Dowites to contribute to this fund.** It is our moral responsibility to share our blessings and good fortune with these families as per our individual ability. No amount is insignificant.

Thank You and God Bless.  
Zeelaf Munir, MD

### **APPNA membership dues reduced by 50%**

Annual Membership for 2002: **\$75**  
Lifetime Membership: **\$1125**  
Physician-in-training: **dues exempt**

This is a **golden opportunity** to become a lifetime member of APPNA. By doing so, besides strengthening the organization that represents the Pakistani-Physicians in North America, you will never again have to pay membership or meeting registration fees. You can pay lifetime dues in one lump sum or in desired installments by check or credit card.

The membership application forms can be downloaded from the APPNA website at **www.appna.org** or you can call the office at (630) 968-8585.  
**The deadline** for membership to be eligible to vote is May 15<sup>th</sup>, 2002.

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### **AN APPEAL FOR AID FOR THE FAMILIES OF PHYSICIANS KILLED IN TERRORIST ATTACKS IN PAKISTAN MARCH 2002**

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- It is with a great deal of sadness that we acknowledge the murder of eighty-five physicians in Pakistan, all victims of terrorism, that, till date has gone unpunished.
- The Association of Pakistani Physicians in North America and the Pakistani-American community has galvanized together and with a steely determination borne of this immeasurable loss decided to help the families of the victims with both financial and emotional support. We plan to:
  - Provide for initial unforeseen expenses; help with medical expenses, aid and advice in obtaining scholarships for the children of the slain physicians.
  - Proceed in a transparent, entirely accounted for process
  - Maintain a long-term relationship with each of the families so that any and all possible assistance can be provided. Each family will be "adopted" so to speak by a group of five to ten families from North America, so that this assistance is tailored to the needs of each family, and the Pakistani-American families are a source of ongoing help to the unfortunate victims.
  - The Pakistani-American community is sizable and all of us have been blessed in innumerable ways. Won't you share a little of your good fortune with those families that fate has crushed so brutally? No amount is too little. Remember qatra qatra darya ban jaata hai.

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#### **Please send your donation to:**

##### **APPNA**

6414 Cass Avenue  
Westmont Illinois 60559  
Tel # 630-968-8585

And write "Victims' family fund" in the memo section of your check to Association of Pakistani Physicians of North America

Dow Graduate Association of North America  
11242 Edgewater Circle  
Wellington, FL 33414

1ST CLASS  
U.S. POSTAGE  
**PAID**  
Westmont, IL  
Permit No. 104

M SHAHID YOUSUF  
3084 WOODCREEK WAY  
BLOOMFIELD HI MI 48304-1862

# **DOGANA**

## **Membership**

**Please Become Member**

**Please GO online and Fill out membership form today**

**[www.dowalumni.com](http://www.dowalumni.com)**

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# **DOGANA**

**Annual Summer Meeting**

**Please Mark Your Calendar**

**July 4th 2002**

**In**

**New York City**

**please visit DOGANA website for additional information**