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DOW LINK

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President's Message

Zia Moiz Ahmad, '82

President DOGANA 2003-2004

It is encouraging to see that many Dow graduate are taking keen interest in reviving Dow alumni association not only in US but in UK and in Pakistan. This year we broaden the scope of what Dow alumni association can do, here and for things back home, particularly Dow and CHK. I would like to present to you our future program, and I ask for your interest and help

Dowites for Dow

We must give back to Dow. The tradition set by the class of 1976 was a true example of coordinated effort to help Dow. Class of 1977 replicated the efforts with their superb teamwork. Orlando meeting saw the introduction of the plans the class of 1978 has for Dow and CHK on their 25 anniversary of graduation. Full credit goes to the individual classes for their hard work. With the help of these dedicated individuals and class project, DOGANA as an organization, plans to provide the necessary platform. Many future classes are preparing such projects. We hope to identify projects most needed at Dow and CHK and identify the class teams and individuals committed for such projects. The most important aspect is to co-ordinate the individual projects which may be considered as a part of the bigger development at DOW and CHK avoiding small disjointed projects if possible. This will certainly require coordination with DOW and CHK administrations. DOGANA can and must play a pivotal role to accomplish this.

DOGANA Lecture Series

The goal is to establish a more organized and regular lectures coordinated on bimonthly basis. We would ask people visiting Pakistan to co-ordinate their visit with DOGANA. We would prepare the list for various months through out the year and coordinate with Dowites as a contact in Pakistan to serve as an organizing team. For details please visit the website.

Mentorship Program

We feel that there is much need for the young graduates and final year students to get enough education to prepare them for their future careers. It has been pointed out time and again that the information for fresh graduates is essentially non-existent. Dowites can lend their helping hands from simple email advice, observerships, research supervision, to obtaining residency and fellowship positions. We are preparing the details for Dow Final Year Students Guidance Program and would discuss with DMC administration during our winter meeting in Pakistan. We are actively working on the details and hopefully get the program running soon.

Here in US, we are focusing on some important objectives. **Membership** is the key to our success. Active help to strengthen **APPNA**, is another of our objectives this year. **Dow Retreat**; to have more active networking among Dowites, as once a year large meeting for Dowites is not enough anymore. We are actively identifying **Dow Graduates in Academia** to organize interaction among Dowites to use resources for our young Dowites.

We truly believe that the vision for the future direction for DOGANA requires help from you. With the means of communications; email, website, internet forums, list serv and Newsletters, we have in place, we feel that the year will be more productive and busy. Please be an active member of DOGANA and APPNA and share your thoughts and resources to strengthen the organizations.

Thank You

The Role We Must Play

Clearly the time has come to redefine the role of APPNA. It has served its membership reasonably well in its first stage. The concerns then were mainly social and cultural as well as the desire of the first generation immigrants to do something for the motherland. Not that these are not important anymore, they are superceded by more important and pressing issues - the future of our children in this country, civil rights for Pakistani Americans, equal protection under the law, active and full involvement in the political process, guarding ourselves against single issue mentality and many many more. The deep and unshakeable bond between the Pakistani Americans and Pakistan will always be there but this cannot be and should not be a substitute for our commitment and loyalty to our adopted home and the birthplace (and the only home known to them) of our children. We cannot afford to live in the proverbial ghettos

(upscale they may be because of our relative affluence) of socializing only in our community, watching only PTV/ ZTV and Indian movies, and being completely indifferent and oblivious of the goings on in the society at large.

We have to engage with the local politicians and the professionals and the social workers. We have to do our part as citizens of this country and some more. We have to start debate/ discussion on how we deal with the present Govt. in Pakistan. If we decide that it is in our interest as Pakistani Americans and in the interest of Pakistan to deal with the present undemocratic regime on certain issues, then we should direct them on real issues and also demand return to democracy. If not, then we oppose it as best as we can, but the dialogue needs to start. Well meaning, sincere and honest people can disagree honestly. So disagree if we must but without being disagreeable.

1956

Dr Busharat was awarded DOGANA Lifetime Achievement Award 2003 at the annual DOGANA meeting in Orlando

Professor of Surgery Dow and CHK Dr **Naseer Shaikh** lives in Orlando and was at the annual DOGANA meeting Naseer Shaikh

1977

Class of 1977 completed their project of OBGYN facility at Dow and CHK on their 25 year graduation anniversary. Please see details at the website presented by **Amin H Karim**.

1978

Dr. Shafeeq presented the project for the Dow and CHK that his class is planning to gift to DOW. See details at our Website.

1983

Hasan Ali Shazeb '83

It is with great sadness we share this news to our Dow friends. While many of us already know about the sad demise of our dear friend Hasan Al Shahzeb who passed away few months ago, the memories of his active role in Dow days and later in USA are still with us. He was a very gentle, soft spoken person. His contributions to Dow as a literary personality will always be remembered by many of us. . May his soul rest in peace

1984

Khalil Ullah Shibli and Sabina were blessed with second son in Jan 2003 in England

1985

Ishaq Bawa Passed away on July 25 with an acute MI in Karachi. He would be missed by many of his friends. Read Najeeb's Eulogy in this issue

Class fellows gathered at Shoaib Anwar's '85 house in Orlando in July. They discussed the plan for the projects for Dow. Among the folks at the gathering were Nadeem Zafar, Farrukh Hashm, Amjad Ali, Kazi Salaudini

Current Affairs

One heart
fixed...millions
ignited.

The two-year-old Pakistani girl, Noor Fatima, desperately needed the operation to fix her congenital heart defect. Narayana Hryudalaya Hospital (NHH) of Banglore had the medical expertise and saved Noor's life with a timely operation. Noor's story has captured the imagination of citizens of India and Pakistan. Many have come to realize that the future of Pakistan and India lies in cooperation and not confrontation. Only a 'people to people' diplomacy can pressure power brokers in the two hostile neighbors to take right steps in order to bring a meaningful change.

APSA (Action-grp of Physicians of South Asia), recently formed action- group under the umbrella of DiP (Develop in Peace, a non-profit with 501C3 status, working for peace and development in South Asia) has decided to take this diplomacy to next level.

APSA officially launched 'APSA-Dosti Fund' at 'Meet the Press' lunch hosted by DOGANA (Dow Medical College Graduates of North America) and DiP in New York on August 2, 2003. Lunch was attended by physicians of Pakistani and Indian descent. Some participants joined on teleconference.

APSA Dosti fund will help equal number of poor children of India and Pakistan. Funds will be sent to Narayana Hryudalaya, Banglore Hospital on August 14-15th as a gift from Physicians of South Asia on the occasion of their Independence Day.

APSA will also take up the task to influence policy makers on both the sides to ease the visa process for such humanitarian cause and open more channels of communication between India and Pakistan. Similar meeting for the Dosti fund has been arranged in Boston, Atlanta, Houston and California.

Please email ziqbal@mailcity.com or developinpeace@yahoo.com to be a part of this effort by APSA to promote peace in Sub-continent.

Contact:

Zafar Iqbal, MD, 607-742-6390; ziqbal@lycos.com
Amit Shah, MD Home: 704-540-8799 Cell: 803-287-7570;

GRAND DOW MEETING 2003

This winter Dow alumni from USA, UK and Ireland visiting Karachi. DOGANA with Dow UK and Dow Alumni in Karachi is organizing. the first GRAND Dow alumni meeting in the tradition of Annual Function at DMC on December 26, 2003 DMC main building, Annual Function Site. The details will be posted soon.

Class of 1978 presented its plans - A Gift to Dow

Dr. Shafeeq presented at the Orlando meeting the plans that his class of 1978 undertaking on their 25 year from graduation keeping the tradition of previous classes of 1976 and 1977. The response was very generous and we hope that the tradition will continue..
SEE details at www.dowalumni.com

DOW Alumni Meeting In Houston October 3 - 5, 2003

You are invited to the Dow Alumni meeting at the APPNA Fall meeting to be held on October 3, 4, and 5, 2003 at the Hyatt Regency Downtown, Houston, TX. There are many Dowites living in greater Houston area. Many are expected to attend this Fall meeting.

For Registration/HotelCall:

Hyatt Regency Houston:
(713) 654-1234

APPNA Phone: (630) 968-8585

Professor Hoodbhoy's Lecture

at the DOGANA Executive Council Meeting in Orlando July 2003

Nuclear Weapons and the Future of South Asia



Guest Speaker

Pervez Amirali Hoodbhoy

Dr. Hoodbhoy received his bachelor's degrees in electrical engineering and mathematics, master's in solid state physics, and PhD in nuclear physics, all from the Massachusetts Institute of Technology. He has been a faculty member at the Department of Physics, Quaid-e-Azam University, Islamabad since 1973

We would like to thank everyone for making the DOGANA Executive Committee meeting on Saturday with Dr. Hoodbhoy from Pakistan and Dr. Amit Shah and Mr. Gotham from India a big success. It was indeed very encouraging to see an active participation from many APPNA members. The good-spirited response to the program is greatly appreciated by all the DOGANA members who tirelessly worked hard to organize the event. We truly believe that the meetings and the show of co-operation like this would be the key theme of APPNA meetings in the future.

We sincerely thank all the APPNA officers, the Alumni presidents and all the active participants who graced this meeting. **The feedback and comments after the meeting have been very positive and the team is certainly very encouraged to organize such meetings in future to bring forward the issues and topics that are relevant and worth fighting for.**

Thanks again everyone.

Personal Perspective

A TEACHING EXPERIENCE IN CHK

Abdul Nadir '89
Pheonix, AZ

I was somewhat apprehensive about conducting a Liver Workshop in the Civil Hospital Karachi (CHK) fearing that senior physicians may feel intimidated. To the contrary, I was welcomed, have been requested to return and wouldn't hesitate making more trips to learn and teach in Pakistan.

Although the CHK is not well equipped, the students and faculty remain motivated and appear eager to enhance their knowledge and experience. The 15 F.C.P.S students who participated in the liver course were made aware of the schedule only a couple of days before my arrival, but they showed up and looked eager to get whatever they could from the exercise.

Instead of giving monotonous lectures, I had brought original cases and X-rays along with me to impart practical learning to the course participants. Five patients suffering from liver diseases were brought to the Medical Ward II so their case histories and medical work up are discussed. We decided that the course should last no more than three half days comprising of daily lectures and ward rounds. Two students were assigned to present Journal club articles that were mailed out by me a couple of weeks in advance. The liver biopsies done on patients during the workshop were reviewed with Dr. Siraj-ud-daula in the Sind Medical College. My thunder for the participants was a simple prescription of a 2-gram sodium diet instruction to every patient with ascites based on a Pakistani diet. I tried to shy away from esoteric topics that were not relevant to the needs of the group of students or their patients.

The evaluation forms filled out by students turned up a mean score of 4 on a scale of 0-5. I personally felt that students were involved, participating actively without hesitating to ask relevant questions. Dr. Rana Masood, the Assistant Professor of

Medical Ward IV not only attended the entire course but enhanced my awareness of medical issues in Pakistan during patient rounds and even volunteered to provide help with future workshops in the CHK.

In the future, these workshops can be used to identify areas where the DOGANA members can help out their alma mater

I felt that the CHK needs a GI laboratory and a PCR set up to improve the care for patients and medical education. An attitude of learn and teach will be readily acceptable, although a few students may be the know-it-all type, but one can tackle them with logical reasoning. More workshops in different specialties are in the pipeline and if we remain consistent a positive difference in the CHK can occur.

Indian, Pak. physicians Jointly celebrated I-Day

Recently, a group of Indian and Pakistani physicians have decided to jointly celebrate Independence Days of the two countries as part of a broader effort to promote peace and development in South Asia.

Amit Shah, a physician of Indian origin, and Zafar Iqbal, of Pakistani origin, coordinated the efforts and sought support of other groups from both communities for their cause.

Shah and Iqbal said their aims include promoting peace initiatives and tolerance to the diversity of South Asia, preventing rise of religious extremism and encouraging sustainable and participative development and social justice in South Asia. The joint celebrations were held in California, Houston, Boston and Atlanta on August 14 and 15.

The group also plans to organise open forums in cooperation with intellectuals, peace activists and journalists in future.

ISHAQ BAWA remembered

Farewell, Dr Bawa.
Thank you for the memories
by
Najeeb Shirwany '86

In recent months, everytime I visit these forums I do so with a feeling of dread. The wrenching feeling in your gut that precedes devastating news. This morning was no different. One of my colleagues and I were sitting in the department musing over where we would have lunch. I was browsing the net as he spoke in his accented drone (he is from Lebanon). And then those dreadful words struck me like lightning:

Ishaq Bawa dead!!

How is that possible? How can a tall, endearing man with a quirky sense of humor be dead? He was supposed to live on amidst our laughter. That instant feeling of belonging he gave to his friends and mates. That feeling was surely immortal

In my mind his personality was linked with staccato sounds. The put-putting of his motorbike, the high pitched notes of his voice, the tenor of his jokes, the many sounds of his warm, sparkling personality...

It is unbelievable that those sounds now exist only in my head...

In the sorrow of his passing, I extend my sincerest condolences to his family...

In the sorrow of losing him I wish I were deaf forever...

Farewell, Dr. Bawa. Thank you for the memories...

*"Now cracks a noble heart. Good night, sweet prince,
And flights of angels sing thee to thy rest"*

Hamlet

Writers Corner

THE BEEHIVE ARCHWAY



Naheeb Shirwany, '86
Oklahoma

That morning my aunt and I had taken an early morning walk down Kasturba Gandhi Marg (the post-republic name for Curzon road) and up Raj Path (turning right at India Gate) toward the Parliament complex. These 5 AM strolls were routine for her but no less than agonizing for me. New Delhi was obviously fast asleep at that hour, barring the odd shadowy figure emerging from the early morning winter fog, on a bicycle. The yellow glow of sodium vapor street lights marched up and down the vacant streets like pearls-on-a-string around a Nubian beauty's neck. I couldn't say that it was very cold. The predominant feeling was one of chilly dampness. Somewhere ahead of us, Greg, my aunt's golden Labrador retriever, ran and moved around in random stops and starts. He would sniff excitedly at a bush, run purposefully after an imagined hare, dart quickly into a hedge row, and then gallop happily back toward us. In my slowly awakening mind, like Greg, thoughts jumped around in bizarre chaos as I chased after imaginary ideas in the bushes of my mind. We were all on holiday, and like the dog, we had few cares in the world. That reverie was broken when my aunt suddenly said:

"Let's go to Agra today"

"Today?" was my most intelligent response.

"Why not?"

"Today?" I repeated, this time under my breath, but with no less incredulity.

But everyone was asleep back home. We had no transport. Agra was three hours away (at least), and we knew no one there. I had had no breakfast. Which direction was Agra? Vague objections floated around in my head. But of course there was no good reason not to go. The Taj beckoned, Fatehpur Sikri called, Hazrat Saleem Chishti was pointing a finger in my direction and the banner said:

"I WANT YOU TO WALK
THROUGH THE *BULAND
DARWAZA*"

And thus we hurried back home and began to wake up people many of whom were unable to discern the difference between dying and sleeping. There was Rushi bhai (cousin and martial artist), Sulaiman (or Maan, cousin and self-styled prophet), Nuriya (cousin and full of wisdom) and my aunt (many things to many people but to me always Achchi Khala; the "good" aunt).

The first order of business was renting a car. The one that arrived (along with a sardar as the chauffeur) was a Hindustan Ambassador sedan (indigenous copy of the Morris Oxford and long extinct elsewhere in the motoring world). The second thing on the agenda was to get over my skepticism that the car would actually get us to Agra safely.

By 10 o'clock we were on our way. The car bucked like a bronco and made distressing noises but Harmesh Singh drove expertly through weekday Delhi traffic. Soon the city's buzz and bustle were left behind and the UP countryside began to sing a mid-day lullaby. I might have dozed off before being woken up for lunch at a wayside café. The establishment looked terrible but the meal was delicious and some of us even found dubious ways to attend to calls of nature (no flushing toilets, no sinks, no mirrors, in short a city slicker's nightmare).

The outskirts of Agra were deceptively bland and I caught myself craning my neck to look past the distant treetops and catch an early glimpse of the Taj Mahal but we were negotiating wildly past lorries, motorcycles, motor rickshaws and the thousands of bicycles that seemed to flit in and out of traffic like moths around a flame carrying stooped old men, wiry young boys and funnily enough, dainty little school girls replete with pigtails and school frocks. Then suddenly the moths disappeared, and I saw the flame, painted white against a blue sky. The Taj shimmered and its light painted my face, its cold marble burnt an indelible image on my soul.

As we entered the complex through some characterless lawns (probably the creation of 20th century administrators), the mahal seemed to be a 2-dimensional painting against a perfectly cloudless azure sky. Its perfect dimensions created an illusion of flatness. So flat as to make Kansas look like the Karakorams. So beautiful as to embody Faiz's verse:

bazm-e-khayaal men tere husn ki
shama jal gae
dard ka chand bujh gaya, hijr ki raat
dhal gae

And yet, the Taj is far from flat. It's an exquisite square raised about 22 feet with 137 foot tall minarets at the corners. And in the exact center of that square stands the mahal reaching nearly 200 feet skyward. A dreamy palace covered with floral motifs planted by expert hands wafting in a breeze rising from the Jumna, all bent in the same direction and carved into thousands of panels of white marble. And as we learnt that the emperor's original vision was to build a second shrine for himself in black marble across the river and then connect the two with a silver bridge, I allowed myself the fanciful thought of the nebulous spirits of Shah Jahan and Arjuman Ara meeting under a full moon on that bridge.....and another of Faiz's verses softly murmured in my mind:

yun saja chand ki jhalka tere andaz ka rang
yun faza mahki ki badla mere hamraz ka
rang

Reluctantly we left the Taj behind after lunch and headed out to Fatehpur Sikri. Harmesh Singh had settled into a routine of silence, shifting gears, glancing at the rear view mirror and twirling his moustache, all of this visualized by me through my own view of the mirror.

A half-hour ride brought us to this most famous ghost town. Legend says that Akbar the Great had a dream. He saw a man sitting cross legged under a tree atop a hill in Sikri, a tiny village some distance from Agra. The man looked up to meet the gaze of the emperor and said:

“O’ Great King of the realm, you will have a son”, he pronounced without hesitation.

And the emperor, who had pined for an heir for years, was overcome with the prophecy and went to Sikri and found, as his dream had shown, a saintly man sitting under a tree. The man was Salim Chishti.

Well the rest is legend. The emperor’s wife Joda Bai, bore him a son. Officially, the little prince was named Jehangir but for his father he would always be Salim to honor the saint’s prophecy. When kings express their pleasure, monuments are created. Thus a town was built near the hill where Hazrat Salim Chishti would sit. The town was named Fatehpur Sikri to reflect the glorious victories of moghul armies at the borders of the realm. And the sands of time trickled through the cosmic hourglass. The splendour of Panch Mahal, the glory of Diwan-e-Khaas and Tansen’s melodies as he sat near Anup Talao have become a part of mystic history.

400 years later I was to discover a metaphor for moderation at Fatehpur. We had walked through the ochre structures of the complex and then made our way up the steps to Bulund Darwaza to enter Salim Chisti’s mazar and the Jama Masjid. A young boy, perhaps 11 or 12 years old had attached himself to us as an unofficial guide. He was full of stories of the emperor and his daily routine. He led us to a smaller arched doorway (now barred with

a rusting iron gate), pointed at it and whispered with dramatic solemnity:

“Akbari darwaza!”

The lack of a reaction on my part indicated to him that I needed to be educated further:

“Jumay kay jumay, badshah salamat yehan say aatay thay”

I peered through the iron gate (strikingly ugly amidst such awe inspiring architectural magnificence) and saw Fatehpur Sikri’s ghostly ruins at the foot of the hill. The emperor would walk up the hill in bare feet (about a 1/5th of a mile), and enter the masjid/mazar complex, made his way across the courtyard and said prayers with the commoners. When all this had sunk in, our tour guide excitedly rushed us across the courtyard, hurriedly following in the now lost imperial footsteps to the mail hall of the mosque. Having sensed that I was the most in need of tutelage, he ushered me to one corner of the mosque’s walls and pointed at two panels that seemed to be darker in hue than the rest.

“Yehan pur sang-e-lughzan hai”

He followed-up with an excellent lesson in moghul architectural engineering. Apparently the designers thought of a way for courtiers to announce the emperor’s arrival (through the Akbari gate, as described above). They incorporated a strip of a type of stone (sang-e-laghzan; reverberating stone) into the walls of the complex. When the darker panels were struck with fists, the sound of drums echoed through the courtyard. I was invited to try. I closed my eyes, made fists and with no particular rhythm, struck the panels:

“boom, boom, boom”, the complex echoed in time with my fists.

I could imagine the nervous excitement in the air and perhaps the basso-profundo of those words:

“Ba adab, ba mulahiza, hoshyar.....”

But, our young guide was off again and thoughts of an imagined imperial arrival were left behind. He led us back to the 130-foot *buland darwaza*, the main entrance. He made me stand directly underneath the archway and said:

“Hawa lagi?”

I didn’t quite understand what he meant till he made me move a few inches back and forth and it began to dawn on my slow wit that there was a sweet spot directly beneath the archway, perhaps a foot-and-half across where one could feel a cool draft of air. The boy stood there triumphantly and smiled. I begged for an explanation and he stuck his finger upward, pointing to the top of the archway. I stood staring in the direction he had pointed for a couple of minutes before the source of that deliciously cool current of air became apparent. Beehives! Hundreds of beehives hung from the top of the archway. Millions of bees buzzed and fanned the hot wax as it was secreted to cool it down and solidify it, with tiny wings furiously working at 190 Hertz, and I felt like a calming curtain of bee-fanned comfort was cascading down on my head.....

Just a foot or so across was that imaginary island where a meditative peace descended on you, when tiny machines of nature, for a brief moment, could all appear to cooperate in bringing you a harmonious amity and just as easily disintegrate were you to step a tiny bit either way.

That’s how delicate is the symbiotic balance between us and nature. That’s how fragile the world is around us, needing nuanced adjustments in nanometers, not crude murder yielding millions of liters of blood and an uncountable burden of grief and despair.

So go stand under an archway and think of the bees.....

Practice Corner

Manage Your Time Like the Experts

By Syed A. Samad, (President-Elect DOGANA) Class 1983



Syed A. Samad M.D., "83
President Elect DOGANA 2004.
Pine Bluff, Arkansas

As physicians we think we should be able to do it all. We try to squeeze additional responsibilities into a day that is already too full. This can lead to burnout, resentment, cynicism, and taking our eye off the ball – resulting in adverse outcomes that could have been avoided. Managing time in a more efficient way takes more than a New Year's resolution. It involves setting priorities and planning ahead.

The first thing we need to remember in time management is saying no. In seminars dealing with this subject, emphasis is always placed on the importance of saying "no". Participants are given a four-step method for doing so: step 1 – open your mouth; step 2 – say No; step 3 – close your mouth; step 4 – keep it closed. In addition to saying no, people must keep in mind what they want to accomplish. The people who most efficiently control their time have the best idea of what they want to accomplish. They *dedicate* time to making time for the *important* things.

Practice making the most of your time by:

Knowing what to put first and what to put off

Office tasks can always be categorized into three categories, 1) must be handled today, 2) can wait a few days, 3) can wait longer. The trick to categorizing tasks is

recognizing which is which and dealing with each task accordingly. For example, top-priority things such as abnormal lab results should be put in a specific place on your desk – a red box that screams, 'Before you leave today you must look at these,' may assist you. Things that are less urgent, normal lab results, replies to workers' compensation carriers, can wait for as long as a week and a blue box would be helpful in holding such tasks. A third box should hold items that are not time-sensitive, such as journals. This box is for your unexpected break times or when you are on weekend call.

Another timesaving strategy is grouping related tasks, such as returning phone calls. It is helpful to have your office staff take messages and give the patients a specific time to expect your return call, say between 10 and 10:15. This does involve training the staff in how to recognize the true emergencies, and how to handle non-emergency patients who insist they need to speak to only the doctor immediately. The clearer you are about what you expect from your employees, the fewer questions you have to take time to work through each day. This means that giving your staff the tools and authority to act independently and create new office systems will help you to accomplish your goals more quickly.

A few more tips on prioritizing are, devise personalized checklists and forms to facilitate routine tasks, this saves much time in the long run. Authorize office staff to do small things such as making same-day appointments for patients who have urgent problems to cut down on questions that are brought directly to you. Dictate or handwrite progress notes while the patient is preparing to leave the office or shortly after, procrastination can steal time by forcing you to pause and backtrack to be sure you remember everything. Utilizing even a few of these tips can save valuable time for other tasks.

You can't be all things to all patients

It is important for us to realize that the scope of patient visits must be limited also. At the start of each visit, ask the patient what brings him/her in today. If there is a list of problems, say something like 'Mrs. Jones, I see you have several concerns. Why don't you pick the item that is most important to you, and I'll pick one that is of most concern to me and we can make another appointment to deal with the other issues.' This saves time for not only patients with more serious problems but for your other responsibilities as well.

Some other patient-related timesavers

Delegate patient education

Once you make a diagnosis, give the patient some basic information. Then have a nurse come in and go through the diet changes and medication schedule. Inform the patient that you are doing so, and let them know the nurse will answer any questions he/she has. This will save you time, and help the patient to understand better, since doctors are under time pressure and tend to lapse into jargon.

Reduce your workload

Dismiss noncompliant patients

You cannot abandon a patient, but it is acceptable to terminate someone who refuses to follow your instructions, insults your employees, or disrupts your waiting room. Every medical society has sample termination letters and can instruct you on how to go about cutting a patient loose.

Making time for family, friends, and yourself

Most doctors' lives are overextended, and this is the point where saying no comes in. You should learn to turn down the good stuff, too. It takes a tough person to say, "This isn't a good time for me to take up golf, although I'd love to." Another way to make

Physician Killing

A cause of Grave Concern

The menace of targeted physician killing continues. After so many doctors killing and many families destroyed and many physician fleeing from the country this barbaric act claimed more lives recently. A senior Dow graduate practicing in Malir **Dr. Ibn Hasan Naqvi** was shot dead in Karachi. **Dr. Shoab Shafi** at LNH was also a victim of this vicious act. It is indeed more disturbing that authorities have not been able to make any substantive progress in capturing those responsible for these horrible crimes.

(For Details please visit DOGANA website)

Manage Your Time Like Expert

continued from page 7

time with the ones you love is to keep an A-B-C list. A items are what you need to do today; B items are those that don't need to be done immediately, but have a due date. Everything else goes on the C list. Having an organized list helps you get things done, and it gives you the confidence that you're not forgetting anything important. Identifying goals, putting first things first, and taking care of yourself are not easy tasks, but after you get through doing them, your life will be easier.

In conclusion, remember that time management won't make your day perfect, but you can bet it will make your day and life a lot easier. These last suggestions may just be the key to your time managing success.

- If you anticipate a difficult patient encounter, mentally rehearse what you want to say in a way that it will lead to the best result.
- Don't jam your day full of activities. Leave time for emergencies, special opportunities, and relaxation.
- Schedule your biggest projects for the time of day when you have the most energy.
- Avoid the temptation to check your e-mail more than twice a day.
- To discourage interruptions arrange your office so that you are not facing traffic when at your desk.
- Take a moment alone between patients to refocus.

First Annual Cricket Match Between DMC and SMC in USA Orlando 2003

Farrukh Hashmi '85

This is the first time ever that I know of a cricket match between DMC and SMC played outside Pakistan. So this match made a history **if not runs**. The conditions were perfect at the oval ground. The site selection was excellent. All hats off to Salahuddin and Shoab Anwar and his team for organizing such a memorable event. Toss was won by SMC so was the match.



*Farrukh Hashmi '85 with
Tanveer Imam '87*

SMC bated first and bated well scoring a grand total of 42 in 6 overs. DMC scored a **very hefty response** and were all out at 13 in 6 overs. While we would not talk about the margin of defeat, it was indeed a nail biting finish.



Shoaib Anwar DMC '85 at the Bat

The large full capacity crowd had a delightful treat of real Pakistani snacks and food arranged by the Folks in Orlando who hosted the event.. Checken Tikka, Bun Kabab, Samosa and Music ...

The next match is in Washington DC, in next APPNA annual summer meeting 2004. *This time Dow Alumni team will attend a vigorous three months (24/7) training camp under Javed Miandad's supervision pending DOGANA EC approval* 😊

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DOGANA MEETING 2003

Orlando



*Dr. Iitifat Alavi '59, Dr. Mushtaq Kahn '65
and Dr. Raana Akbar (KE)
President APPNA 2003*



*Key Note Speaker at Justice Zahid
presenting on the state of women
in Pakistan.*



*Zia Moiz Ahmad '82
President DOGANA 2003-2004*



*Sadeem Mahmood '89 (Pres DOGANA 02),
Dr. Busharat Ahmad '56 and
Nadeem Ahsan '89*



Zafar Iqbal '95

Played a key role in arranging the meeting of Pakistanin-Indian Physician. We are truly proud of him. We wish we had five Zafar Iqbals.



Nadeem Zafar '85, Javed Suleman '86 (SMC), Shahid Latif (NMC) and Shahid Shaikh at the APPNA Orlando Meeting.



Dr. Rahman Mamsa '78, one of the organizers of meeting.

FOR more pictures visit
DOGANA website;
www.dowalumni.com.

HDFNA: An Organization that Needs to Be Supported



*Naseem Shekhani, '82
St. Louis, Missouri*

I was invited by the Human Development Foundation of North America (HDFNA) to attend their Board meeting as an observer.

HDFNA was created by a group of expatriate Pakistanis in the US in 1997, the year Pakistan celebrated its 50th Independence Day.

Its mandate is to serve impoverished communities in Pakistan. This objective is achieved by fostering a network between Pakistanis in the US and the citizens of Pakistan.

The purpose of my visit to Chicago was to have first-hand information of the way the HDFNA functions. This was necessary because of several misperceptions about the organization and its objectives. For instance, it was rumored that HDFNA is really a propaganda setup for the Government of Pakistan and the present government. It has also been suggested that nepotism was rampant in the organization.

HDFNA has directed its resources to promote education in Pakistan, deal with health-related issues (reducing morbidity and mortality), and assist in the economic development of Pakistan.

The organization has established a micro-credit and entrepreneurship program to assist the masses to act on their own and shape their destiny.

In 2002, HDFNA served a population of 33 million in various parts of Pakistan, including Islamabad, Lahore, Rahimyar Khan, Shamsabad, Zhob, Mardan, D.I. Khan, and Karachi.

The Board meeting provided an opportunity to the participants to engage in a lively and open discussion on issues which formed the agenda of the meeting. The proceedings were conducted under parliamentary norms. The dedication of the Board Members to the HDFNA's cause was apparent. As with many organizations these days, HDFNA is struggling to meet its fund-raising goals and achieve its financial targets. Currently, HDFNA is \$60,000 in the red and spends approximately 38 cent of every dollar collected in conducting its business. This is in contrast to 25-27 cents as a sector norm.

Among the concerns raised at the meeting was the bureaucratic interference in Pakistan in HDFNA affairs. HDFNA is the third largest non-governmental organization (NGO) in the country. Another concern of the board members was how to deal with the sheer number of schools supported by HDFNA. These schools serve approximately 5000 students. In addition HDFNA operates 93 Adult Literacy Schools with over 1000 students. It was suggested that HDFNA consider consolidating these operations to reduce expenses. HDFNA also operates a micro-economic venture which gives grants and loans, a program that has helped a great number of independent-minded Pakistanis. For the future its is proposed that HDFNA establish family-practice-based health clinics in Pakistan.

It is suggested that we all support the laudable and well-meaning efforts of the Human Development Foundation of North America (HDFNA).

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The DMC and SMC Teams at the First Annual Cricket Match USA in Orlando July 2003



For names, please visit www.dowalumni.com



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