



DOW *Link*

NEWSLETTER

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SUMMER 2003

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President's Message

**Dear Dow Alumni,
Assalam O Eleikum**

Membership: Despite the growth in membership there has been a recent slow trend for Dowites to be active members of APPNA. Although the recent increases in membership are heartwarming but compared to the actual number of Dow graduates practicing in USA the number of members both in DOGANA and APPNA are small. It is now prime responsibility of our regional counselors, executive council and membership at large to encourage their friends and colleagues to actively participate. The upcoming Summer '03 meeting in Orlando, FL is a great chance to do so. If we can convince our friends to attend it then that would provide them with a first hand flavor of our proceedings and help them realize that there is a far larger family of which they are part off, which not only needs them but thrives and flourishes with them.

Projects: Two projects being proposed have taken full swing. **Life Raft Project** headed by Houston Regional Counselor Dr. Amin Karim has now given the baton to class of '78. It is a great idea that every class that comes to its 25th anniversary of graduation starts a project in Civil Hospital Karachi. We have already seen the fruits of labor of class of '77 in the form of Ob/Gyn ward. Second is **Dow Endowment fund** which I would urge you to make the charity of your choice. These funds would be used for projects both here in US for our members and also back in DMC. I am also grateful to quite a few of our members who have already started sending donations to this fund.

Internet: Our web site www.Dowalumni.com continues to be a source of information and communication. Document verification service remains functioning in an exemplary way. Recently Dr. Rizwan Naeem (President of SMC alumnus) and I were considering a possibility of having a joint permanent office in Karachi for Dow and Sindh medical colleges so this would benefit all the graduates of both colleges. We have also posted the Summer Meeting '03 forms for Registration of Alumnus Dinner and Entertainment on July 4th at Gaylord Palm Springs resort in Orlando, FL at the site, although we have mailed the forms also but I would urge you to please visit the site and download the form and please mail it back to us as soon as possible.

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Editorial

Active Participation in DOGANA and APPNA, Why?

The range of interest an alumni association activity offers is rather vast. For some, participation in Alumni activity may be limited, for others it opens venues of political activism. With the gradual transition from student status to graduate and to old alumni of an alma matar one goes through a great transformation. With more wisdom of experience and control of resources at hand one can be more effective in working for whatever one believes in.

In this transition, many active minds, strong activists and thinkers are lost for various reasons; personal, financial and professional commitments are a few of those reasons. While some of the reasons might be beyond the control of an individual, it is important to note that active movement within an organization would not occur by standing on the sidelines. One must participate within the workings of an alumni association to bring about change one wishes to see.

It has been a very encouraging trend to note that Dow alumni are taking active interest in Dow alumni and

APPNA activities. With the active members of other alumni in APPNA, the networking for common goals and important issues on which one sincerely believes in, is a very promising sign.

Recent involvement of Dow alumni in local APPNA chapters, one in California and other in St. Louis (see the news) shows many Dow alumni are now strengthening DOGANA and APPNA.

Times ahead will demand strong leadership, broader vision and active participation from the membership. We hope that organizational skills like Zeelaf Munir will infuse life into ever growing organization of Pakistani Physicians.

Future leadership must not hesitate in speaking out on issues that are vital for our community here and in Pakistan.

Editor

Rizwan A. Karatela, MD, FACC

DOGANA does not hold itself responsible for statements made by any contributor. Statements or opinions expressed in **Dow Link** reflect the view of the author(s) and do not represent official policy of Dow Graduate Association of North America unless so stated.

President's Message

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Announcements: 1. Dr. Rizwan Karatela is graciously accepted the position of Acting Executive Director of DOGANA, till our beloved colleague Dr. Mushtaq Khan is recovering (May Allah bless him with good health and long life). This was done with unanimous decision of executive council.

2. The new executive council has been nominated with Dr. Abdul Samad (Pine Bluff, AR) and Dr. Ahsan Rashid (Irvine, CA) as President elect and Secretary/Treasure, respectively. Regional counselor elections as usual would be done at the summer meeting and so will Dr. Zia Ahmed will take over the charge of DOGANA as president. I personally have complete faith and confidence in this dynamic team. I have personally worked with all of them and found each one of them with superior leadership qualities.

3. The new executive council elected on July 4th will be holding its first meeting on July 5th, between 8 am-10 am. The exact venue will be announced later.

The Meetings: The Summer '02 meeting was great success but '03 meeting in Orlando, FL will be even more successful. To make sure that DOGANA members get the best of every thing I personally met with each and every member of host committee and attended their work meeting in Orlando. I inspected the hall, the booth and various other facilities such as security, rooms, recreation programs for members and Dinner, meeting and entertainment arranges and was completely satisfied. The mishaps of last meetings were addressed and measures have been taken that such problems will not arise in future. For this I am remaining in constant touch with the host committee by phone and e-mail and who graciously keep me updated with the proceedings. Dr. Zia Ahmed, Dr. Samad, Dr. Zeelaf Munir, Dr. Shahid Yusuf, Dr. Busharat, myself and many others at Phoenix and Detroit, attended fall and spring meetings respectively. Workings, shortcomings, new projects and ideas of improvement were discussed at great lengths. Regular telephone conferences between regional counselors have been started which happens on last Thursday of each month, hopefully this tradition will continue with the new cabinet also. Various Dow meetings took place all over the country that was attended by various members of executive council. Dr. Zia Ahmed and Dr. Shekhani organized St. Lois meetings.

Dr. Ahsan Rashid, Dr. Amir Jamal and Dr. Aaliya Mahmood arranged the Southern California meeting, which was attended by Dr. Samad, Dr. Zeelaf Munir and myself. This was a very successful meeting where other members of APPNA also attended and this opportunity was availed by local members to revive the defunct Southern California chapter. Electing Dr. Ahsan Rashid as the President.

Programs for the Summer Meeting: The details for Summer '03 meetings will be announced later and will be posted at our site www.Dowalumni.com

They will also will be available at our booth at Gaylord Palms resort on July 3rd and 4th between 9am to 4 pm. I would encourage each and every one of you to come and participate in an occasion and meeting which makes you feel to be in a home away from home.

Appeal: The current elections of APPNA are coming up. If you are a current member of APPNA then you should receive ballots by 1st week of June. I would like you to remind you that each vote counts and to make your voice heard you need to vote. I of course am supporting **Dr. Zeelaf Munir**, who I not only know as a dear friend and classmate for many years but as an aspiring leader who had a major role in reviving DOGANA as a president and headed many a committees of APPNA with great success. She is currently holding the office of Treasurer of APPNA and contesting for Secretary of APPNA.

I hope to see you all at Summer Meeting on July 4th, 2003 in Orlando, FL.

Regards,

*Sadeem Mahmood, MD, FACC
President, DOGANA 2002-2003*

Cricket Match DMC vs SMC

An old tradition of Cricket Match DOW vs SMC would be revived at the upcoming Orlando Summer meeting. A cricket match and a Bar B Q (Chicken Tikka) arranged. Please visit Dow and SMC websites soon.

A Prescription for Pakistani-Americans

Mahjabeen Islam, M.D. – Dow Class of 1982

The heinous attack on 9/11 ripped through the World Trade Center and with the same alacrity Muslim civil rights as well.

Ours is currently an unenviable lot. The general public tends to forget or discounts the intensity of our grief, for by some convoluted logic Muslims must not feel the horrible pain of that day for our co-religionists were the perpetrators. So we are denied the basic privilege of grieving.

The Bush junta goes into the super-vigilant mode stat, and without debate the Patriot Act is passed and thereafter implemented with equivalent, sinister speed. Manhandling of Muslims is a daily occurrence across the land, both figuratively and literally. Thousands of non-resident aliens are required to register with the government and the process of being mug-shotted and finger-printed was not in the cards as far as entrants to this land of the free and the brave knew. But now it is a reality, humiliating to most, routine bureaucracy to others.

Worse off are Muslims that have been imprisoned without charge or legal representation. And those like you and me that have been saved these humiliations, are now up for harassment at the work place, school, airports, shopping malls and numerous other places. Oh and never to forget that dreaded knock on the door and the fear of being hauled off in the middle of the night, no charges, no lawyer.

The collective Muslim psyche is undergoing an unmitigated form of post-traumatic stress disorder. And to top it all the insults and the tribulations seem to be increasing, making it all the more difficult to deal with our original grief.

Organize, organize, organize

The Imam at the Juma khutba in the APPNA spring meeting in Detroit based his sermon on this same premise: the assault on Muslim civil liberties and what we should do about it. His analogy has stayed with me. It was that of a single twig breaking easily and a bunch of twigs being essentially unbreakable. And from this is born what should be the axiom for Muslims in the 21st century: organize, organize, organize.

Processes and institutions

Additionally Muslims need to replace the culture of individualism that their motherlands fostered with that of processes and institutions. If we are to get anywhere in the foreseeable future we must shed the ever-present Muslim inclination toward self-glorification and self-promotion, and create processes and institutions that will outlive the individual and benefit posterity in a predictable fashion.

Muslims must cast off the "*dairh eent ki masjid*" (the one and a half brick mosque) syndrome and learn from the successful. We must drop the "me" and substitute with a "we". We are traditionally long on talk and terribly short on constructive action.

Organized giving

We must make an effort to not just form alliances and organizations but also to contribute toward them. There is tremendous *barkat* in making the first bill payment of the month toward charity. Giving to individuals is fine but the gain from giving to a charitable organization has a compounding effect, something like "*qatra qatra darya ban jaata hai*" (drops coalesce to form a river). Receiving even a small amount but from multiple sources allows the charitable organization to achieve a great deal more than the aid that an individual would get from receiving from an individual.

There are many to choose from: the Imran Khan Cancer Appeal has the Shaukat Khanum Memorial Hospital <www.shaukatkhanum.org.pk> standing testimony to success in state of the art medical help for cancer victims. The Human Development Foundation www.yespakistan.com is another organization with a lengthy list of achievements. And if your heart bleeds at the victimization of women in Pakistan, log on to www.inrfvvp.org, which is the International Network for the Rights of Female Victims of Violence in Pakistan.

Organizing at the social level

Pakistan associations offer the opportunity for cultural enrichment, celebration of Pakistan

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A Prescription for Pakistani-Americans

Day and activities that quench homesickness in us, teach our culture to our children and educate the non-Pakistani community.

Religious organization

We must become dues paying members of our local mosques and remember to contribute to and attend the Islamic Society of North America convention www.isna.net if you want to know or relive what a little *Umra* feels like. The sense of fraternity when you are in the midst of 50,000 strong is indescribable.

Professional organization

APPNA, www.appna.org is the largest democratically run organization outside Pakistan. Its democratic tradition, its membership and the collective financial clout that that membership generates, has enabled it to carve itself a place in the American landscape. Another organization that has huge potential is the Islamic Medical Association of North America www.imana.org for it has an endless reservoir of talent and energy in Muslim physicians in North America. IMANA has the capability to fill the void of Muslim charity hospitals being non-existent in North America, unlike the vast network of Catholic and a large number of Jewish Hospitals in the land. The task of teaching Islam particularly the religious requirements of Muslim patients and the many ethical issues that arise in medicine, falls in the purview of IMANA. After 9/11 the need to respond to these issues has become even more urgent.

Political organization

This is perhaps the most vital for Pakistanis and Muslims in this century. Organizing at a level that we can impact public policy and the rules that govern us, and have the potential to make us very happy or very miserable, is an area that we must affect. The American Muslim Alliance www.amaweb.org has a grassroots focus; the American Muslim Council www.amconline.org has more of a lobbying focus.

PAKPAC or the Pakistan-American Public Affairs Council is a political action committee that was set up several years ago and previously focused on lobbying at the congressional level. Recent dynamic efforts are underway to wrest it from that focus and advance it speedily to the Internet age and combine its focus on the grassroots as well as lobbying modes. The effort is to create PAKPAC chapters in different states in the United States, so that grassroots support and organization is created and groomed.

Achilles' heel of Muslims

Democracy, activism and working together can be a noisy process and there can develop a clash of personalities and style. This is traditionally the death or deconstruction of a Pakistani or Muslim organization, for the higher interest of the organization is lost in the pettiness of infighting. It is tied to the egotism and self-glorification that is endemic amongst Muslims, and seems at times almost genetic.

Struggling with its etiology has found me asking my co-religionists and fellow Pakistanis for what they thought might be the reason. Linda Mansour Esq., a Palestinian-American, at a 2 a.m. conversation suddenly brought me square against the light. The colonization of the Muslim world for centuries has led to the birth and strengthening of a modus operandi that subverts authority and domination in order to gain a sense of control over its own destiny. It is well known in Medicine that a sense of a lack of control or a paucity of options leads to depression. And survival of the fittest being ingrained in us, there is a fight to topple the oppressor. Generations upon generations have learned to deal with this sense of oppression by reflexively defying authority.

Extrapolation of this defiance at an individual level is seen in the infighting that occurs in Muslim organizations now. The general membership criticizes and defies; the officers of the organization in a sense of haplessness react, govern poorly, Muslim egos are gigantic anyway and thereon the conglomeration snowballs to oblivion.

Muslims and especially Pakistanis are at a watershed moment in time. We can respond intelligently or we shall become irrelevant. Realize too that life is not a spectator sport but a participatory one. Come and play. It really is just what the doctor ordered! ♦

DOGANA Annual Summer Meeting 2003

Please Mark Your Calender

This year's APPNA and DOGANA Annual meeting is in Florida

on July 2 to July 6, 2003

Please register as soon as possible using mail, telephone or online options.

DOW Alumni in Meetings

APPNA – St. Louis/Missouri Chapter

APPNA- St. Louis/Missouri Chapter held its spring meeting on May 9th 2003 in St. Louis. About 120 physicians and spouses attended the meeting. It was indeed a well attended meeting. Dow Graduates now taking active part in these meetings.

The CME lecture was delivered by Dr. Azfar Malik, a Dow graduate (Dow '78). Dr. Zia Moiz Ahmad (Dow '82), Chapter President and President Elect of DOGANA addressed the audience. He emphasized the importance of Pakistani physicians to be more involved in the main stream U.S. politics and to develop cooperation with physicians and non-physicians Pakistani organizations. Dr. Zafar Quader (DOW) introduced candidates for upcoming APPNA elections; candidates who attended the meeting were Dr. Hussain Malik, Dr. Afzal Arain and Dr. Zeelaf Munir

As everyone knows, Zeelaf Munir is a Dow Graduate and running for the post of secretary in upcoming APPNA central elections. Dr. Zeelaf Munir stated that she will represent all the membership of APPNA and create an atmosphere of cooperation and harmony. Finally Dr. Sajid Zafar (DOW) who is a treasurer of APPNA St. Louis chapter gave an update on the financial affairs of APPNA St. Louis chapter.

The program ended with a memorable evening with Munni Begum who graced the evening with her delightful musical program. It was a very popular event and the evening ended with an atmosphere as one of the best functions of APPNA –St. Louis. All credit goes to the leadership of Dr. Zia Moiz Ahmad.

APPNA – Spring Meeting

APPNA- Spring meeting was held in May 2003 in Detroit. Many Dow graduates attended the meeting. It is encouraging to note that now Dow Graduates are taking active part in these meetings. The details and the pictures please visit APPNA website at www.APPNA.org

APPNA – Southern California Chapter

APPNA members revived Southern California Chapter in a spring meeting in May. Dr. Ahsan Rashid (Dow 82), Dr. Amir Jamal (Dow 89) and Dr. Aaliya Mahmood (Dow 89) arranged the Southern California meeting.

It was very well attended meeting in California after a long time. Many Dow graduates took an active role in reviving this chapter. Dr. Samad (Dow 83), Dr. Kamran Qureshi (Dow 84), Dr. Imdad Noman (Dow 84), Dr. Zeelaf Munir (Dow 89) and President DOGANA, Sadeem Mahmood (Dow 89) among the many Dow graduates who attended the meeting.

This was a very successful meeting where other members of APPNA also attended. This opportunity was availed by local members to revive the Southern California chapter and electing Dr. Ahsan Rashid (Dow 82) as the President of APPNA chapter.

Nominating Committee Report

The DOGANA nominating committee has proposed the following candidates for the year 2003-2004

President-Elect:

Syed A. Samad, MD – Pine Bluff, AR

Secretary/Treasurer:

Ahsan Rashid, MD – CA

According to the constitution other nominations for the office of President-Elect, Secretary/ Treasurer shall be accepted from the general body members provided:

1. The nomination is received duly proposed and seconded from eligible members at least one week prior to annual meeting.
2. The proposed office accepts the nomination
3. The nominee and member proposing, seconding the nominee shall be present at the annual meeting.

A How to Handle Complaints to the State Medical Board

Syed A. Samad, M.D. – Class Of 1983

Some doctors worry that they are one lawsuit away from financial disaster. They have a point. The traditional bulwark of malpractice insurance is crumbling before their eyes. Some insurers have folded or stopped writing new policies, while others have increased rates to unaffordable levels. In Florida, the land of \$100,000-plus premiums for several high-risk specialties, doctors ponder going bare or reducing coverage.

Few doctors realize that a patient's complaint to the state medical board could pose an even greater threat to their careers and livelihoods. In 2001, state boards took 4,662 disciplinary actions against physicians, including license revocation, suspension, probation, and other restrictions. Every board must report those actions to the National Practitioner Data Bank.

In some states, you may be required to report such actions to your hospitals or HMOs. Even if you don't, at renewal time hospitals, HMOs, and insurance carriers will routinely ask: "Have you ever been disciplined by or had your privileges restricted by a professional organization, health care facility, or licensing board for any matter concerning your professional practice?"

Unlike malpractice claims, medical board complaints do not require evidence of an injury. In fact, many complaints don't involve clinical care at all. Any allegation of rudeness, incorrect billing, or inappropriate conduct may prompt an investigation. But even if the complaint seems frivolous, it is worth taking seriously. If you do not, it could grow into a major disaster. Even if the board takes no action at all, the complainant can still file a malpractice claim. If that happens, some of the evidence the board gathered during its investigation may be subject to discovery by a plaintiff's lawyer.

Differing from malpractice cases, which can drag on for years, most complaints made to state medical boards are resolved swiftly. Once you receive a copy of the complaint, you'll have about 30 days to respond. Failure to do so in a "timely fashion" can create a separate violation and lead to other sanctions.

If your state medical board notifies you of a complaint, follow these steps:

- First consult with an attorney who is experienced at representing doctors before your state medical board.
- Review the complaint carefully with your attorney, referring to the patient's chart to refresh your memory.
- With your attorney's guidance, respond to the complaint carefully, focusing on the specific issues raised.
- Refute each allegation in detail, without being argumentative.
- Include relevant portions (copies, not originals) of the patient's chart, but have the patient sign a waiver authorizing its release to the board.
- To establish the standard of care, supply your attorney with supporting documentation, such as articles from medical journals with the relevant passages highlighted.
- If the complaint alleges that you were rude or conducted yourself inappropriately, you may offer your interpretation of the incident. Include any evidence from previous incidents that shows a pattern of such behavior by the complainant.
- If the complaint alleges medical negligence, notify your malpractice insurance carrier in case the patient later files a suit.

The good news is that more than 80 percent of the complaints filed against doctors with stated medical boards are dismissed after an initial investigation, with no disciplinary action.

This article initiates the series of articles on various topics related to practice issues Dr Samad plans to write in future issues of Dow Newsletter.

Zeelaf Munir, M.D. Candidate For Secretary – 2004



My Dear Dowites,

Assalam u Alaikum! This is a request for your support of my **candidacy for Secretary of APPNA-2004.**

You helped me revitalize the Dow Alumnus when I was president of DOGANA. Today, I need your help in my efforts to make APPNA a more effective, purposeful and representative organization of Pakistani-American physicians and our community.

I have a track record of service to DOGANA and APPNA. I have worked hard and delivered on every responsibility I have undertaken.

My contributions have helped with the historic **increase in APPNA membership.** I have been a **proponent of fresh ideas and positive change.** I believe, my work and my inclusion, in the APPNA leadership, as a representative from the second wave of physicians, has been an impetus for APPNA to be more inclusive and progressive.

I am currently serving as Treasurer of APPNA and wish to continue to serve to achieve our common goals. We are a diverse community yet have **unity of purpose.** With your support, we can move forward and set the future direction of APPNA.

I request you for your vote!

For more information about my biodata, services and goals for APPNA please visit my website www.zeelaf.com



L-R: Zeelaf Munir, Sadeem Mahmood, Dr. Nafis Sadiq, Rizwan Karatela, Prof Rahimtoola, Dr. Sultan Ahmad, Azhar Siddiq, Dr. Iltifat Alavi and Dr. Mushtaq Khan at the DOGANA annual meeting 2002 in NY.

Invitation to Become DOGANA member

Dear Dow alumnus,

On behalf of the executive committee of Dow Graduate Association of North America we invite you to join the association and take active part in the greater Dow alumni community.

Why you should join DOGANA?

1. Having graduated from Dow we must show reverence to our Alma matar. As an alumni we can play greater role in improving the conditions at Dow. Various needs for improvements have been identified, Dow alumni can be a very vital resource.

2. Social Activities: Active participation in various alumni activities arranged locally and annually, meeting classmates, friends on a regular basis.

3. Networking: With growing use of internet and electronic medium being part of global Dow network is possible. Find your friends in the large Dow alumni database and help the project grow.

4. Dowites for Dow: Alumni classes helping fund various improvement projects for Dow. Also help newly arriving Dow graduates in their search for residency training.

5. Mentorship: Become a mentor for Dow students in Dow, helping them learn research skills and cultivate interest in establishing research activities in Dow.

6. Share academic achievements with other alumni. Extend your expert skills

MEMBERSHIP REGISTRATION FORM

Please fill out the form today and mail back to us.

Name: _____

Graduation Year: _____

Addr: _____

City: _____

State: _____

Zip: _____

Home Phone: () _____

Office Phone: () _____

Practice Profile: _____

Email: _____

REGISTRATION FEE

Please Select one:

1. Annual Dues : \$ 50.00

2. Life membership: \$ 500.00

3. In-training: \$ 00.00

Make Checks Payable to "DOGANA"

Mail to:

DOGANA c/o Rizwan Karatela

11242 Edgewater Circle

Wellington, FL 33414

(561) 333-9406, Cell 561-714 8656

Interested in Writing?

Please send your articles, poems, academic pearls, quotes, news items, announcements etc for the Dow

Newsletter. Just email to

rizwan@karatela.com

Dow Pictures



Main Enterence 2003



Professor Rahimtoola '54 at the NY meeting



Moin Auditorium Building 2003



Suhail Punjwani '84 with wife at NY 2002 meeting.



L-R:

Azhar Siddiq '84, Sadeem Mahmood '89 and Aamir Jamal '89 at the Dow Booth in New York at 2002.



L-R: Naseem Shekhani '82, Azfar Malik 78, Maheen '83 and Zia Moiz '82 (President-Elect DOGANA) in NY 2002 meeting.

DOGANA

Membership & Banquet Registration Form 2003

PLEASE SEND THIS FORM WITH YOUR INFORMATION & PAYMENT

Directory Information	
Name:	Year Of Grad:
Address:	Tel (H):
City, State & Zip:	Tel (O):
Email:	Specialty:
APPNA Member	Yes No

Membership Dues and Banquet Tickets		
Life Membership (L)		\$ 500.00
Annual Membership (A)	1/1/2003 - 12/31/2003	\$ 50.00
Alumni In Training (T)	Proof of Training	\$ 00.00
Banquet 2003	\$ 65 per person	\$ 65.00 x
Entertainment Eve	After Banquet	With Dinner Ticket
Payable to: "DOGANA"	Total Amount:	

General Information	
Hotel Information Please note that Hotel registration is handled by APPNA and the hotel Management.	Gaylord Palms Resort and Convention Center (From July 2th to July 6th 2003 } 6000 W. Osceola Parkway Kissimmee, FL 34746 Call 407 686 0000 Ask for APPNA group rate

DOW Information	Please Dow Alumni Website for more details
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	Mail	Telephone & Fax	Online
Pre-Registration Methods (Please Make Check Payable to "DOGANA")	Mail this Form To DOGANA c/o Sadeem Mahmood, MD 1609 West 40 th Ave, Suite 312 Pine Bluff, Arkansas	870- 534 2900 561-333-9406 or 561-714-8656	ONLINE Fill out all the information and submit. GO to: www.dowalumni.com

On-Site Registration	Last Date for Pre-Registration is extended 6/20/2003 On-Site Banquet Tickets will be \$ 75.00 per person
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Dow Graduate Association of North America
11242 Edgewater Circle
Wellington, FL 33414

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

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

Dow Medical College 1950s



For more pictures and details, visit our website – www.dowalumni.com