

Dow Graduate Association of North America



*Dow Alumni Retreat
2007*

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April 27, 28, 29th, 2007 • DALLAS, TEXAS



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the Alumni of Dow Medical College to Dallas.



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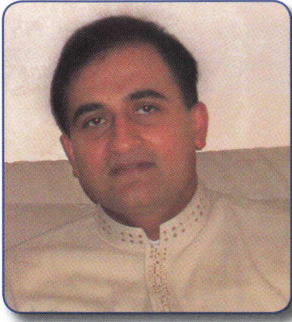
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**Dear Dowites,
Assalam O' Alaikum.**

I would like to personally welcome you and your family to Dallas for the 4th Annual Dow Alumni Retreat, 2007.

It is such a great pleasure to be hosting this Retreat in Dallas. This city is known as the "Big D", a city that offers a unique blend of Southwestern charm, cosmopolitan flair, Old West Charm and modern sophistication.

We belong to an alumni that spans the world with members in numerous countries. Our alumni is a group of distinguished individuals that carry themselves with the highest dignity, morals and ethics. We are honored to be part of a medical alumni that has produced physicians who have prospered and who are being recognized nationally for their merits.

Our graduates gave back to our country when crisis hit its northern areas. Many Dowites not only from Dallas, but from all over the US did not hesitate in making arrangements to depart for Pakistan when this tragedy struck. These gracious and humble individuals dedicated their skill, time and resources to come to the aid of the people affected by the earthquake.

Hats off to our local Host Committee members who have spent numerous hours and weekends dedicated to working on this project with the greatest camaraderie. They have worked very hard to ensure that you will enjoy your stay both academically and socially. Our talented team of Dowites have been devoted to making this meeting a productive and enjoyable success. I would also like to thank the Liaison Committee, especially Dr. Sohail Khan, for their guidance, dedication and effort in planning this meeting. I would also like to give heartfelt thanks to Dr. Aamir Hussain, my co-chair for this conference for his support and ideas. A special thanks to my wife, Amina, for her support and work behind the scenes.

Have a wonderful time and I look forward to meeting y'all.

Best Wishes,

Adnan Nadir, MD
Class of 88
Chair, Host Committee



Dear all,
Assalam O' Alaikum.

First of all I would like to welcome everyone, Dowites and guests, to the 4th Annual Dow Alumni Retreat in our great city of Dallas, and would like to declare "Dallas for Dowites" for the upcoming weekend of April 27th to April 29th, 2007.

During this retreat, we all hope to meet our old friends, kindle our good old memories of Dow and how we started there, went through the eventful years of our studentship, friendship and finally the graduation.

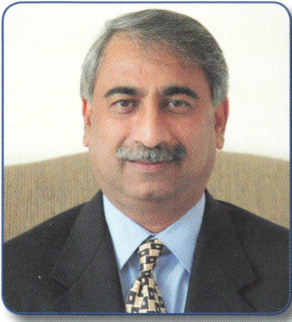
We have come a long way since the graduation but the fact that we all are gathered here shows that we still cherish memories of our alma mater, one of the best in the nation. Dow graduates are spread all over the United States and comprise the biggest number of alumni from a single foreign medical institution.

I am proud to be a Dowite, as we all are. We are all part of Dow's brilliant history and would like our mother institution to have a bright future as well. DOGANA is the result of this vision and it provides an umbrella to keep all Dowites closely linked. Along with meeting and enjoying each other's company, we can all think, plan and strive for the betterment of Dow in particular and the medical education in Pakistan, in general.

Finally, I would like to thank and appreciate everyone in the host committee and others who have helped us a lot, for their time effort and dedication, to make this event successful.

Aamir B. Hussain, MD.

Co- Chair, Host Committee,
Dow Alumni Retreat 2007,
Dallas, Texas.



**Dear Dowites,
Assalam O' Alaikum.**

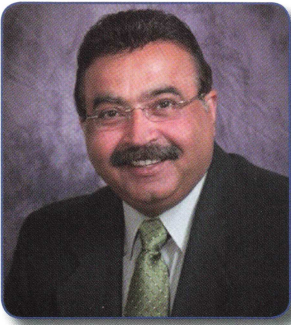
Its my pleasure to welcome you all to the DOGANA Spring Retreat in Dallas. It's our 4th retreat of DOGANA and I am sure we will have a great meeting. The enthusiasm with which our host committee has worked is commendable. They have literally worked day and night to make this retreat a memorable one. I am very sure we all will have a great time and will go back home with fond memories of Dallas.

Dear friends, we are entering in a new era of DOGANA and we are facing new challenges. We need to be more united today than ever before to make our dream of making our country and our Alma mater proud of us. We need more Dowites to come forward and show us the way to the future. We need to put hands in hands and work towards our goal to help our Alma Mater become an even more prestigious institute and we need to put our heads together to think of new projects which we can do for DMC. We can use this and future retreats to brainstorm on different ideas and bring them to the DOGANA leadership and work on them.

I would like to welcome you all to Dallas and hope that you all will have wonderful time I want to thank in advance to our Local Host Committee Chair, Adnan Nadir and his wonderful team for arranging this memorable event. Great Job Dallas Host Committee.

LONG LIVE DMC,
LONG LIVE DOGANA.

Farrukh Hashmi, MD
Executive Director, DOGANA



Fellow Dowites,

It is my pleasure to welcome you all to the fourth annual Dow Retreat in Dallas, Texas. This year is the 26th year of DOGANA and this new tradition which is only 4 years old was started during the tenure of the 23rd president of DOGANA, Dr. Zia Ahmad. The first retreat was held in St. Louis, Missouri. Subsequently a retreat in Los Angeles during Dr. Syed Samad's year, and a third retreat in St. Louis again, while Dr. Ahsan Rasheed was the President. In all of these meetings the host committees did a wonderful job to make sure these events were a great success. This year we have the pleasure of having a group of very talented and enthusiastic young Dowites who took the task of arranging the retreat in Dallas for the first time. Lead by Dr. Adnan Nadir, with the help Dr. Suhail Khan from the EC, arranged this wonderful program. It is difficult for me to name everyone who is a part of this great team, but worth mentioning is Raheela Hafeez who has put together a fascinating CME program, Dr. Rashid Rahman who has arranged a wonderful entertainment program, and Dr. Zahid Zafar for his publication. I am looking forward for this tradition to go on in the future and am positive that Dr. Nasar Qureshi will also provide us a great retreat next year. We are always welcoming recommendations and suggestions for arranging similar meetings in different parts of the USA.

I want to take this opportunity to discuss the importance of our goal and objectives as a organization, namely the betterment of Dow Medical College (now Dow University of Health Sciences) and the Civil Hospital. We owe a great deal to our medical college, least of which would be a spirit of giving back to our community of physician colleagues, patients and students. Most of us feel a passion to give back to our Alma Mater to achieve some of these goals. DOGANA has been a source of joy for us in the past by empowering the graduates in realizing some of these aspirations by sponsoring projects at Civil Hospital and DUHS, by donating resources, as well as arranging educational conferences. It's been a source of envy to other alumni organizations who have tried to energize their membership by citing DOGANA as an alumnus worth emulating.

I would like to take this moment to urge the membership to:

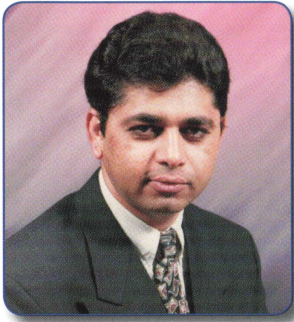
1. Rededicate ourselves to the parent organization's goals and mission
2. Develop trust and honor commitments
3. Discourage establishment of cliques/groups
4. Develop policies and procedures for interaction between each other, organization and relationship with the DUHS establishment.

In lastly I would like to reiterate that DOGANA is an alumnus organization, not a political grouping. Members can, and should have, views about the prevailing situation (be that political, human rights, social issues, etc.) in Pakistan, and here in US, since these affect all of us. However, DOGANA has a prime purpose of working for our Alma Mater. We need to reestablish the spirit of comradeship that used to be the hallmark of DOGANA.

Sincerely

Farid Qazi, MD

President



I am delighted to welcome you to our DOGANA retreat in Dallas. The local host committee has worked very hard to make it successful and fun for all participants.

This provides us with unique opportunity to come together and participate in the progress of our organization. In recent years we have grown to record numbers in our membership. This certainly is a matter of pride for all of us and at the same time an impetus for all of us to stay engaged to make it more successful. As we grow, we face the challenges to adapt to the needs of our organization. By building consensus among the executive committee and in membership, we will continue to work and place policies and procedures in place to meet present day challenges. We need to streamline our processes so the progress is steady and our organization remains united.

As DOGANA members we have created a formidable alliance of DOW physicians and through our devotion and voluntary work, we strive to make a difference for others.

I wish you all have a productive meeting.

Muslim M Jami, MD FAAP

Secretary/ Treasurer

DOGANA 2007



Dear Dowites:

The most important parameter to judge the viability of an organization is the vibrance and enthusiasm of its' members. By these parameters DOGANA has never been as viable as it is today, and it is an honor for me to have been chosen to serve this organization.

As a vibrant organization composed of a group of highly motivated and vocal members with strong opinions, it is but natural to have difference of opinions and debates, sometimes rather heated. What sets DOGANA apart from its' contemporaries is that at the end of the day this group is a family with its' roots nourished by the nurturing shade of a Banyan tree located in the centre of a beautiful structure called Dow Medical College. At the end of the day the Dow family knows how to come together as a unified force, with a single voice and a common cause, and I am proud to be part of this family and proud to be a Dowite.

I will like to congratulate the Dallas Retreat Team for their untiring effort in arranging what promises to be the best retreat yet. I invite all Dowites to ensure that at this retreat we strengthen the "Spirit of Dow" and take the torch which has been passed on to us by great leaders of DOGANA, and ensure that it burns brighter than ever.

Warm Regards,

Nasar Qureshi

President Elect



EXECUTIVE COMMITTEE'S RETREAT LIAISON REPORT



Dear Dowites,

It is a joyous occasion that we are gathering here in Dallas and be together with friends that matter the most. The idea to have a retreat in Dallas initially floated around after the California Retreat. Finally early this year, the EC decided to have the Retreat in Dallas. Time was short and the job was momentous. We were able to pull a Dallas team together with Adnan Nadir being the chair, he started getting everybody together and formulated a team with Aamir Hussain being the Co-chair, Raheela Hafeez and Mehmooda Nasir taking the responsibility for CMEs, Zahid Zafar getting involved with publication, and Rashid Rahman handling entertainment. And of course, a group of 20 or so started working diligently day in and day out not just to organize this event, but to evolve a simultaneous process so that for the future people arranging these retreats would have some work cut out for them.

Dr, Naseem Shekhani and I went to Dallas last year to see if we could arrange a retreat then appointed by Dr Ahsan Rasheed , Adnan arranged a get together of Dowites at a local restaurant attended by more than 70 and was felt that commitment was there to arrange for the retreat in Dallas. Dr Fareed Qazi as he had just started with the new cabinet was extremely helpful to help and channelize things. Dr Farrukh Hashmi, our new executive director, provided with the much needed support at the time when he was just taking charge of the office. With the help from Naseem we started with the initial paperwork, brochure, sponsorship letters, CME and publication work. It took innumerable hours to be where we are today.

Initially the Dallas team faced the challenge of organizing a function without much prior experience and of course there was the nervousness of taking such a significant financial risk. People donated one thousand dollars each and created a bank that would fund the initial expense .Our goal is not just to have a budget neutral meeting but to have it financially productive so Dogana can run projects for the betterment of our Alma Mater, DMC, etc.

For the first time, we were faced with the new guidelines for CME. Our CME team worked nonstop for 3 months, not only just to arrange this wonderful CME program, but to formulate a full package and process which can be used for the future. The Dow spirit prevails and the dedication of Dowites is commendable. Which prompts me to say unity is the key to our success. We are all tied together with a thin thread. We all have different ideas and thoughts but our goal is the same to do something good for whether it be for school, our alumuni, our Alma Mater, betterment of our patients, or society as a whole. A success of any DOWITE is a success for all of us.

THE DOW SPIRIT WILL CONTINUE TO PREVAIL

SOHAIL KHAN DMC1988

Liaison EC Dallas Retreat



LOCAL HOST COMMITTEE



Adnan Nadir, MD
Chair, Host Committee



Aamir B. Hussain, MD.
Co- Chair, Host Committee,



Aamir Hussain, Zahid Zafar, Raheela Hafeez, Mehmooda Nasir, Rashid Rahman, Adnan Nadir



LOCAL HOST COMMITTEE WITH VOLUNTEERS OF DALLAS DOW ALUMNI RETREAT



(L-R) Asad Karim, Aamir Hussain, Adnan Nadir, Bilal Khan, Imran Afridi and Rashed Rahman
(L-R) Mehmooda Nasir, Shahrukh Kureishy, Zahid Zafar, Mohd Amir, Moin Farooqi, Qamar Zaman



(L-R) Aamir Hussain, Zahid Zafar, Raheela Hafeez, Nadeem Patel, Mehmooda Nasir,
Rashid Rahman, Abdul Hafeez, Adnan Nadir, (Ahtram Khan & Akram Khan *Not in Picture*)



WELCOME FROM CME COMMITTEE



On behalf of the CME committee, I welcome you to the fourth annual DOW spring retreat at Dallas. I hope you will enjoy the warm weather, Texas scenery, Pakistani food and a huge crowd of Dowites and APPNA physicians in the beautiful Dallas/ Fort Worth metroplex. I am sure this weekend will remind you of DOW Medical College and our home town Karachi.

Organizing the retreat, especially the CME activity, was not an easy task. The CME committee was constantly challenged by the drive to fulfill the recently published APPNA guidelines, in order to maintain accreditation through ACCME. Working late hours, stressing out to meet the dead lines, designing forms and formats, tons of paperwork and hundreds of calls for reminders, follow ups and approvals. It was reliving the days of DOW, but with much more personal and professional obligations. However, the most unique aspect of organizing the Dallas retreat 2007 was the opportunity of working together as a team, with old friends and colleagues from DOW, especially from the class of 1988. I cherish each and every minute of it.

The CME team strived hard to bring you four hours of distinguished educational activity. We are proud to offer 1 hour of ethics CME, which is a mandatory requirement for maintaining licensure for Texas physicians. We are honored by the presence of very reputable, highly experienced and professional speakers. We have a great mix of speakers in academics as well as private practice. Some presenters are gracing this occasion by flying in, but most of them belong to our local physician community of Dallas/ Fort Worth. On behalf of DOGANA, the CME committee is extremely appreciative of their time, and the effort they made in presenting such interesting and informative topics, reflecting their fields of expertise.

I would like to thank each member of the CME committee, personally. Dr. Nasir Dawood and Dr. Akram Khan, whose experience and advice guided us all along. Dr. Mehmooda Nasir who was my right hand in this entire process. Without her, the success of this event was just not possible.

The CME committee appreciates all the help and advice from the DOGANA executive committee, especially Dr. Sohail Khan, Dr. Shazia Malik, Dr. Naseem Shekhani and Dr. Farrukh Hashmi. They have been there for us all the time. We want to congratulate APPNA CME committee and RESA committee who came up with such comprehensive guidelines for organizing a professional level CME. It provides all the sub-organizations a common platform to work on, and will make CME organization a very easy task in future. The Dallas CME committee is very thankful to RESA committee, especially Dr Rizwan Naeem, who helped us in understanding and following the guidelines.

The CME committee hopes to meet your expectations of an unbiased, well organized, professional educational session. We wish that you have a wonderful time at the retreat, and we thank you for making Dow Alumni Retreat 2007 at Dallas, a success.

Raheela Hafeez, M.D

CME Chair: **Raheela Hafeez, M.D.**
CME Co Chair: **Mehmooda Nasir, M.D.**
Committee members: **Nasir Dawood, M.D.**
Akram Khan, M.D.



Program

SESSION 1: FRIDAY APRIL 27, 2007

- 2:30 pm Registration
- 3:00 pm Welcome Note by Dr. Adnan Nadir
- 3:15 pm CME Lecture I
Dr. Muhammed A. Memon - "GERD: Review for Primary Care Physicians"
- 3:45 pm CME Lecture II
Dr. Saleem I. Malik - "Pharmaco-resistant Epilepsy: Intricacies of Assessment and Treatment"
- 4:15 pm Q & A Session
- 4:30 pm Dow Endowment Fund Report by Dr. Zia Moiz
- 5:00 pm Session Ends
- 7:00 pm Social Hour, Dinner, and Music/Mushairah

SESSION 2: SATURDAY APRIL 28, 2007

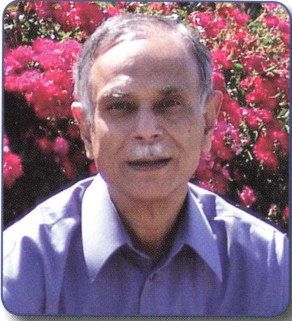
- 8:00 am Breakfast
- 8:15 am Dow Alumni Office in Dow Update by Dr. Farrukh Hashmi
- 8:45 am CME Lecture III
Dr. Syed Shujaat Ali Naqvi - "Pediatric Bipolar Disorder"
- 9:15 am CME Lecture IV
Dr. Syed Asfand Yar Sadiq - "Inflammatory Bowel Disease: New Concepts in IBD"
- 9:45 am Q & A Session
- 10:00 am Coffee Break
- 10:15 am CME Lecture V
Dr. Farooq I. Selod - "Islamic Medical Ethics"
- 11:15 am Q & A Session
- 11:30 am DOGANA Bylaws Discussion by Dr. Tanveer Imam
- 12:00 pm Highlighting Dowite's Services presentation by Dr. Naseem Shekhani
- 12:30 pm Dow Silver Jubilee Class Projects presentation by Dr. Nasar Qureshy
- 1:00 pm Adjourn
- 1:15 pm Lunch and Outing
- 6:30 pm Social Hour, Dinner, and Musical Evening

SESSION 3: SUNDAY APRIL 29, 2007

- 8:00 am Breakfast /Brunch
- 8:30 am CME Lecture VI
Dr. Akram Khan - "Primary Prevention in Cardiology"
- 9:00 am CME Lecture VII
Dr. Farrukh Hashmi - "Anxiety Disorders"
- 9:30 am Q & A Session
- 9:45 am DOGANA Business Meeting conducted by Dr. Fareed Qazi and Dr. Muslim Jami
- 11:00am Adjourn



DOGANA - A REPORT OF THE DOW GRADUATES ASSOCIATION



Conceived in 1979, the association was formally organized in 1981 at the Hyatt Regency Hotel Chicago, Illinois, where a few dedicated physicians from Dow Medical College, Karachi, met. Later on, in 1985, the name of the organization was changed to what it is today: Dow Graduates Association of North America (DOGANA).

DOGANA has played a significant role in the activities of Dow graduates in the United States and have extended their courtesy to their Alma Mater in Karachi and the civil Hospital as well.

The Dow Graduates Association of North America forms an integral part of the Association of Pakistani Physicians of North America (APPNA). At this time, there are over 700 active members with close to 400 life members. There are a total of 2700 Dowites practicing in the United States.

DOGANA now provides a documentation verification service which was spearheaded by Dr. Zeelaf. For a nominal fee, arrangements have been made for graduates of Dow Medical College, Karachi, to get their documents verified, sealed in an envelope by the school authorities, and then sent by courier to the United States. This helps speed applications for staff appointments and for joining the various HMOs.

It should also be of interest to Dow graduates that the Dow Endowment Fund was established in the year 2000. I most strongly recommend that everyone participate in it generously.

DOGANA has now established two achievement awards for its alumnus. It was an honor to be able to give lifetime achievement awards to Dr. Shahabuddin Rahimtolla of UCLA, Dr. Adeebul Hasan Rizvi of SIUT in Karachi, and Dr. Nafis Sadik of the United Nations, New York.

DOGANA has also started its visiting professorship program, and we encourage all members to actively participate.

It is indeed a great pleasure for me to participate in the activities of DOGANA and in the CME programs in April, 2007. I wish you all great success. Thank you.

Respectfully Submitted by:

Farooq I. Selod, M.D.



M. Basheer Ahmed M.D. FRCPSY (Lond)
Former Professor of Psychiatry – Southwestern Medical School, Dallas, Texas
10 Homeplace Ct. Arlington, Texas 76016

March 20, 2007

Adnan Nadir M.D. Chair-host Committee
Dow Alumni Retreat 2007 Dallas
4323 N. Josey Lane, #302,
Carrollton, Texas 75010

Dear Dr. Adnan,

I like to welcome the Dow Graduate Association of North America for their annual retreat in Dallas, Texas. This is a good opportunity for Dow graduates residing in North America to meet each other, socialize, and know more about each other's work and contribution to the community. This is also a great opportunity to share ideas about providing humanitarian services to the less privileged individuals in Pakistan. With God's grace and the hard work, Masha Allah the Pakistani physicians, specially the Dow graduates, are doing well in Dallas area and have earned respect of the community we are serving as physicians. We also need to participate enthusiastically in the religious, social, and political activities locally and provide free services to indigents deserving our help.

I commend you and the fellow physicians who are organizing such a wonderful program and hosting such an important event. I hope that the Dow alumni and the family members enjoy our hospitality.

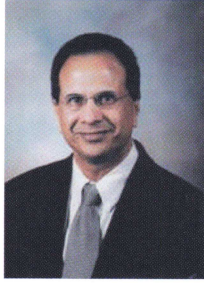
Best Wishes,

M. Basheer Ahmed M.D.
Chairman Muslim Community Center for Human Services

Manzoor A. Tariq, M.D.,

FACC, FACP, FCCP, FSCAP

Candidate for Treasurer of APPNA 2008



I have been honored to serve in my past capacities on APPNA's Executive Council. I have been fortunate enough to serve as a leader in my local chapter, my alumni association, and on the Executive Committee of APPNA. These roles have allowed me to serve and learn about APPNA on various levels. I am very proud of this organization and the role it plays in leading the greater Pakistani community. I would like to see APPNA's leadership role in the greater Pakistani community enhanced, and would like to pledge my dedication and energies to our fine organization. It is with great humility and respect for our organization, and for you, our members that I ask for your support in my candidacy for Treasurer of APPNA 2008.

Qualifications

Member of APPNA since Residency, Life Member	1990
Executive Committee of Islamic Foundation of St. Louis	1999-2002
Chairman, Fundraising Committee of Islamic Foundation of St. Louis	2000-present
Founder & First President, Quaid-I-Azam Medical College Alumni	2002
Member, APPNA Executive Council	2002-2004, 2007
Chairman, Resource and Development Committee	2005-2006
Chairman, New APPNA Membership Directory	2006
President, APPNA St. Louis, MO Chapter	2007
Co-Chairperson, APPNA Finance Committee	2007
Chairman, APPNA St. Louis, MO Spring Meeting Committee	2007

Strategic Vision for APPNA Treasurer

Strengthen and further my efforts to update the new APPNA Membership Directory.
Increase membership, with a specific focus on increasing the number of life members.
Seek out other avenues of financing which would enable grander APPNA Projects.
Uphold and serve APPNA's constitution and the role of Treasurer.
Enhance already existing programs with fiscal responsibility.
Focus on financing greater community service and human rights initiatives.
Foster greater cooperation between members of the various committees and local chapters.

www.manzoortariq.com

mtariqmd@gmail.com

It is with great respect that I would like to announce my candidacy for APPNA Treasurer of 2008. I have been a long-time member and active participant of APPNA, and would be honored to serve in the capacity of Treasurer of this great organization. Following is a very brief list of my qualifications and active APPNA participation. It is my extensive experience which I believe enables me to have a unique vision and aptitude to further our organization.



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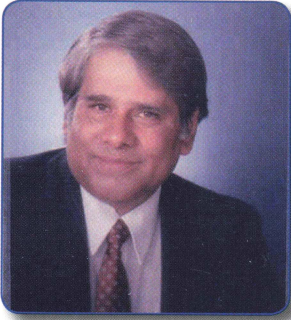
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HEALTHY MARRIAGES

A Physician's Perspective



It says that the marriages are made in heaven; however it is the responsibility of the couple to maintain it on Earth. Most often when we get married we take it for granted that everything will be okay but unfortunately, this is not true. There is a famous saying:

“All marriages are happy. It is living together afterwards that creates all the problems.”

During the past thirty years, we have seen a steady increase in the divorce rate amongst South-East Asian community. There is no statistics available but some reports are published based on the data from government marriage registration office and it indicates that 40% of the marriages are ending in divorce within 2 years. These figures are even higher among physicians.

Since a lot of people who are unhappy are getting divorced, the couples who remain married must be happy. Unfortunately this is not the case. Some recent studies show that substantial majority of married couples are not happy. They remained married due to religious, social, and family constraints, or due to children or financial reasons.

There are multiple factors for remaining unhappy in the marriage:

People are expecting more from their partners in marriage than before.

The focus of the marriage is on happiness and this diminishes the importance of marriage as an institution.

Physicians face more serious problems than general population. They are overworked, have less time to be relaxed, and have no time to be with their spouse and children. The overwork most often depends on the physician's personality and the culture of practice of medicine.

The emphasis of the marriage should be on trust, loyalty, commitment, friendship, generosity, kindness, and forgiveness and if you do not focus on these issues, it will affect the health of the marriage. A healthy relationship is an alliance of two mature individuals who are developmentally ready to form a union that will meet their individual needs and ensure their personal growth. The longevity of the relationship depends upon love,

affection, sexuality, companionship, communication, financial security, and commitment. Many physicians due to the demands and responsibilities of a career in medicine, struggle with intimate relationships.

All religions promote the concept of healthy marriage. Quran says, “And among His signs is that he created for you mates from among yourself, that you may dwell in tranquility with them and He has put love and mercy in your hearts.” 30:20 Prophet Muhammad (PBUH) says that “The one most perfect in His faith is he whose conduct is the best and the best amongst you is he who behaves best towards his wife. Treat your wives well and be kind to them for they are your partners and committed helpers.”

Many couples think that it is their disagreements and differences that cause the greatest problem in their marriage. The success of a marriage is related not so much to the nature of differences of the couples but “how they handle the differences” If you cannot handle the differences and conflict you feel unsafe and insecure in relationship.

Risk Factors which make marriage unhealthy/unhappy:

The most important factor which affects the marriage is the communication – what you want to say, what you did say, what your spouse heard, and what he/she understood. 90 percent of the problems among couples are the result of the unhealthy communication. When arguments escalate due to negative responses, this leads to hostility and anger and arguments may go out of control and sometimes the couple starts using negative comments and reckless words which damage the relationship. It is also seen that during the arguments, one partner puts down the thoughts, feelings, and character of the other partner. This is different from simply disagreeing or having different opinions. Putting down one partner is humiliating and it is one of the predictions of future problems and divorce. It is also seen that the couples who are having problem tend to interpret spouse's statement and behavior much more negatively. This makes any conflict or disagreement harder to deal with constructively. Another unhealthy pattern of communication many couples fall into occurs when one partner tends to pursue talking about issues and other frequently withdraws. Therefore they cannot effectively deal with conflicts.



Consequences of Unhealthy Marriage

The couple who experiences marital problem show increase incidence of medical and emotional problems, such as, hypertension, heart disease, stomach problems, anxiety and depression.

Children who are raised in dysfunctional families lack emotional maturity and academic achievement and later in life they experience difficulty in establishing long term relationship. Some counselors suggest that some children may do well if parents get divorce and children do not have to grow with families who constantly fight, argue and hurt each other emotionally. On the other hand divorce also has devastating effects on children. All the children of divorce parents do not have negative effects. Many other factors affect the growth and development of the children for example, involvement of grandparents, etc. However children of divorced parents are at a greater risk of developing problems. Children are best when they are raised by parents who have a stable marriage and when couples handle conflicts well. These children feel safe and secure in this environment.

Warning Signs for Troubled Marriage

Are you arguing without resolving the issues? Are arguments increased in frequency and intensity (escalation leading to frustration)?

Are you frequently withdrawing and showing passive aggressive behavior like coming home late, responding with sarcasm, and have no time to talk?

Do you find practicing medicine more fun and rewarding than spending time with spouse?

Ways to Keep Marriage Healthy

Put your marriage first and don't make work your life.

Make commitments to marriage with dedication, not constraints such as social, financial, or children.

If you and your spouse acknowledge the problem, do something about it.

Acknowledge your part in creating and maintaining the problem.

Communication is a key for healthy relationship. Spend thirty minutes a week with your spouse without interruption, not focusing on work or controversial issues but exploring the feelings.

You don't have to agree on all matters but you must attempt to resolve the differences of opinions.

Avoid negative interpretation of your spouse's behavior. Pay attention, listen carefully, and paraphrase what you heard to avoid misunderstanding.

Be aware of each other's expectations. Be reasonable

and express clearly your expectations.

Keep spouse informed of your schedule and what is happening in your life.

Admit if you made a mistake and apologize.

Become aware of struggles and stresses each spouse is experiencing and help your spouse in their projects.

Recognize what is irritable to your spouse and change the habit even if you do not see it as important.

Affectionate, non-sexual touching reaffirms the emotional bond.

If necessary, spend a long weekend attending marital enhancement programs.

Couples who continue to have marital problems shouldn't be shy from seeking professional help.

Improving the marital relationship will definitely improve the physical, emotional, and spiritual health of couples and children.

Give your marriage the same attention you give to your career. Life is too short not to enjoy with your family.

M. Basheer Ahmed M.D.

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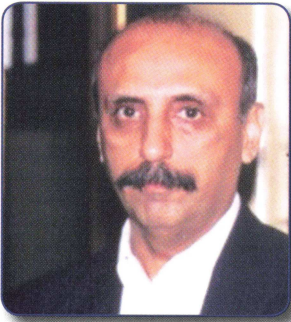
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NATIONAL HEALTH FORUM



When earth quake hit Pakistan in October of 2005; hundreds of thousands of dollars were sent to Pakistan and most of the Pakistani community realized the need of giving back to the motherland.

After this tragic incidence; many of us who use to go to Sindh and to slums of Karachi to help in healthcare and need to educate common citizens about the Quackery in Pakistan and at the same time educate the healthcare workers about the situation.

A meeting was held in Karachi, at Pakistan Medical Association Karachi branch for the need of non-for profit organization to help support the cause along with other institutions; and the goal was to help the indigent citizens of Karachi. The same group started 30 beds Koochi Goth Hospital in Landhi Karachi for Obstetrics and Gynecological care.

Dr. Shershah Syed along with few of Dowites in USA thought about starting an organization, which will help not only in patient care, but to help medical education and look into exposing quackery in Pakistan. Memon Medical Institute's Medical Director Mohammad Tufail agreed to help in a meeting held in Dubai, and so did Indus Medical Center; a 770 beds hospital build in Orangi Town, Karachi.

National Health Forum (NHF), an organization was registered with Internal Revenue Services in October 2006, and above most of the members were Dow Alumni. One of the goals is also to develop mentorship and visiting faculty program. On many instances we have to beg APPNA, or other organizations to transfer funds. Recently a handsome amount of money was given for PMA Karachi library under the leadership of Dr. S.

Hashmi. Money was sent but none of the people who donated got the tax exemption from IRS. To avoid red tape in any other organization the tax-exempt status was achieved by National Health Forum in April 2007. Tax ID number for NHF is 20-5821134.

The goals and mission is simple as follows: 1.To increase awareness about healthcare issues in developing countries in general and in Pakistan; by educating Pakistanis and the international community about the existing conditions and medical practices in Pakistan.

2. To help initiate public debate providing health care to all, irrespective of religion, ethnicity or without any discrimination.
3. To work against Quackery which exist in Pakistan?
4. To increase public awareness on prevention and understanding the disease.
5. Provide direct patient care, and promoting Medical Education.

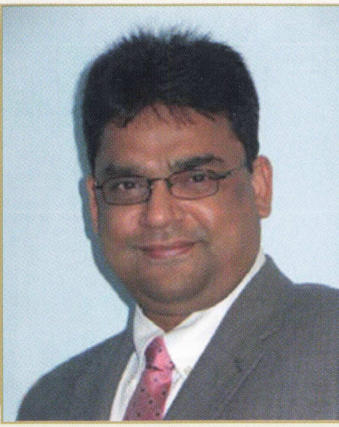
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Javed Suleman, MD, FACC

For Treasurer APPNA

Do you want a better APPNA? An APPNA with hope and vision for a brighter future. An APPNA believing in professionalism, dignity and compassion. An APPNA not blinded by regionalism or ethnicity.

Then vote for: Javed Suleman as Treasurer
ENERGY ENTHUSIASM EXCELLENCE

Services to APPNA and Pakistani American Physicians:

- Active member of APPNA since 1990s, life member since 2002.
- Organizer of APPNA project "Relief Center for 9/11 victims in NY".
- Co-Chairman, APPNA Fall Meeting 2001 in New York City.
- Co-Chairman, APPNA Winter Meeting of 2003 in Karachi, Pakistan.
- Active member of APPNA's Research, Education & Scientific Comm. (RESA) 2002 to present. Moderator-presenter Cardiology Sections in many APPNA CME's since 2002.
- Chairman, Registration Committee, APPNA Summer Meeting of 2002, New York.
- Councilor, New York Chapter of APPNA, 2002.
- Member Executive Council of APPNA in 2004.
- Regional Councilor Area #2 (NY) and member Executive Council of APPNA 2003.
- Founding member of SMC Alumni. Served as its elected Treasurer, Secretary, Vice President, and as President in 2004. Member, Board of Trustees, SMC Alumni.
- Actively organized and worked for the "Earthquake Relief Efforts of Northern Pakistan" with the APPNA New York Chapter.
- Chairman, Membership Committee of APPNA in 2006, (results: 33% increase in life membership and 17% increase of annual membership compared to 2005).
- Member, Finance Committee in 2006.
- Attended and actively participated in most of APPNA meetings since 1995.
- Founding President of the "Association of Pakistani-descent Cardiologists of North America" (APCNA), a purely professional organization, formed in March 2004, to have a platform of Pakistani American Cardiologists in US, and to contribute in cardiac related education and philanthropic work in Pakistan, realizing the fact that "cardiac diseases are the number 1 killer disease in Pakistan".
- Co-Chair Finance Committee of APPNA, 2007.

DR. C. RIZWAN NAEEM

for Secretary APPNA 2008

Diplomate American Board of Medical Genetics
Associate Professor of Pediatrics and Pathology

Baylor College of Medicine and the Texas Children's Hospital, Houston, TX

I am a graduate of Sindh Medical College Karachi (1985). I am humbled and honored to be the treasurer of 2007. I request you to please continue to elect me for the **next step of the APPNA ladder**, Secretary of 2008.

As the treasurer 2007 I developed new policies and procedures to make APPNA accounts more transparent for membership and comply with the authorities.

1/ **Co Chair of the RESA/CME committee** 2004/05. In 2005 we organized first research symposia for the young physicians for their scientific contributions and invited **noble laureate** Dr. Fared Murad.

2/ **Mentoring Young Physicians:** I am one of the core members of the team who started and conducted many mentorship seminars in the US and in Pakistan.

3/ Helped APPNA efforts for the **Katrina disaster** in US, worked with the city of Houston to uphold APPNA name as a true US based charity and organization.

4/ **Earth Quack Relief Efforts** I was one of the **core volunteer** of APPNA committee and traveled from Islamabad to Abbotabad to Mansehra to Kathai.

5/ As APPNA volunteer help started the **first public sector free of cost genetic laboratory** at the NICH Karachi to help children with Cancer in Pakistan.

I wrote a **grant** with Rotary to get matching funds for this project

6/ With Stanford University I wrote another grant to help develop a **Telemedicine Project**. This project is helping dermatology patients from Skardu, Pakistan.

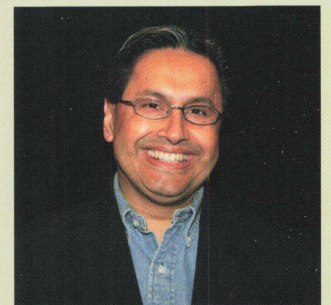
7/ Served as the **Editor of APPNA Journal and Newsletter in 2004 and 2005.**

8/ In 2006 I was the **Co-Chair of APPNA membership Committee. In addition I serve in social welfare, communication, publication and Finance committees.**

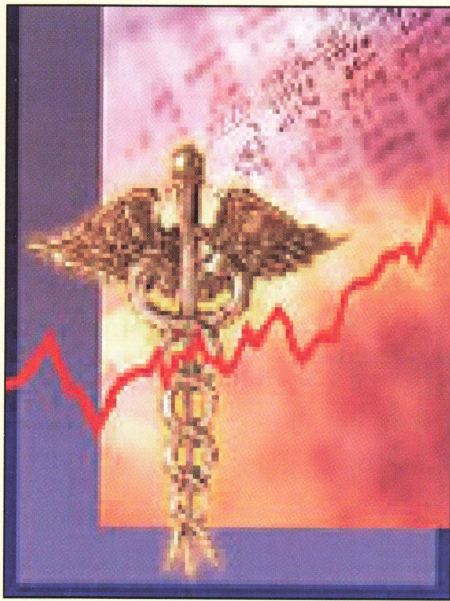
9/ This year I am **Co chairing** a phenomenal APPNA education effort called **APPNA MERIT** program.

While student first I was the elected Literary and Debating Secretary (1980-81) and the President of the Student Union (1983-84).

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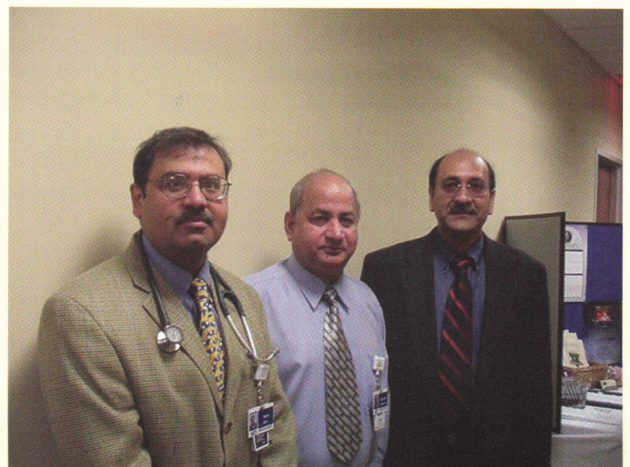
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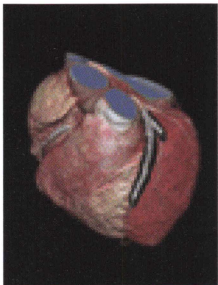


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Shahid F. Usmani, MD. M.B.A.

Candidate for President-Elect of APPNA 2008



*Dear APPNA friends: Assalam Alaikum: It is my great honor to represent you as the APPNA Secretary in 2007. I thank you for your confidence as you have elected me unopposed. As your Treasurer in 2006, I had presented a realistic budget at the special meeting in January 2006, which has been met. Auditing of the APPNA accounts has been completed for 2004 and 2005, meeting the IRS guidelines for the first time. APPNA accounting has been changed from cash basis to accrual basis, which is a more realistic representation of our financial health. The financial statements have been streamlined to include all relevant financial information and have been presented in an understandable format to the membership. I have modernized the payment systems to meet the special challenges of money transfer to Pakistan for earthquake relief and other commitments. I have been actively involved in the administration of the APPNA investments, which have performed better than most major indices. I am committed to improving and implementing office procedures for efficiency, transparency and service to the membership. I am also ready for new challenges that our association may face in the future. I declare my candidacy for **President-Elect APPNA 2008** and would humbly request your support. I respectfully submit to you that I have the right qualifications, motivation, training, and the leadership experience to lead APPNA into the future. A brief summary of my qualifications and experience is listed:*

PERSONAL

- Captain Pakistan Army Corps of Signals. BSc. Telecommunication Engineering. Resigned 1975
- **Master of Business Administration.** Pace University, Graduate School of Business, New York 1979
- **Doctor of Medicine.** Universidad Tecnologica de Santiago, Dominican Republic. 1986
- Diplomat of American Board of Pediatrics
- Fellow of the American Academy of Pediatrics

ADMINISTRATIVE

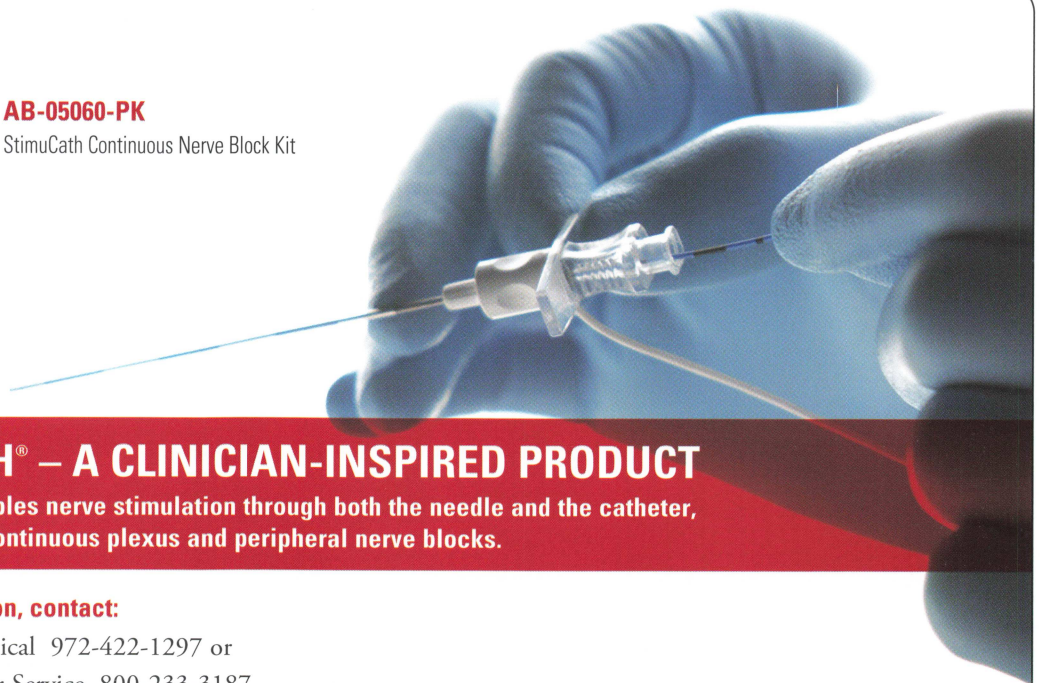
- **Chief of Staff Health Central Hospital,** a 240-bed hospital in Orlando with 488 physicians on staff representing all specialties. (2004 – 2007, two consecutive 2 year terms)
- **Chief of Medicine:** Health Central Hospital 2002 – 2003 (Two years)

SERVICE TO APPNA

- **Secretary APPNA 2007**
- **Treasurer APPNA 2006**
- **Chairman Finance Committee 2006**
- **Chairman**–Local Host Committee, 30th Annual Summer Meeting Orlando, Florida 2007
- **Chairman**–Local Host Committee, 26th Annual Summer Meeting Orlando, Florida 2003. This meeting is remembered as one of the most successful summer meetings.
- **President**–APPNA Florida Chapter 2003 and 2004
- Member Hotel Selection Committee 2003, 2004, 2005, 2006 and 2007
- Member Membership Committee 2005 and 2006
- Member Finance Committee 2007
- APPNA life member
- Florida Chapter Life Member



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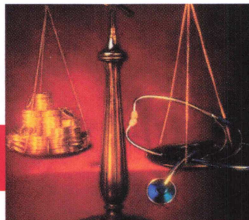
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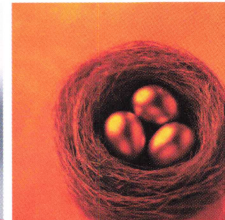
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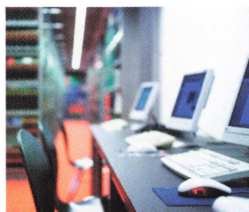
Life Insurance



Retirement Planning



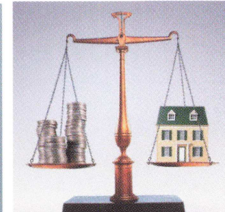
Investments



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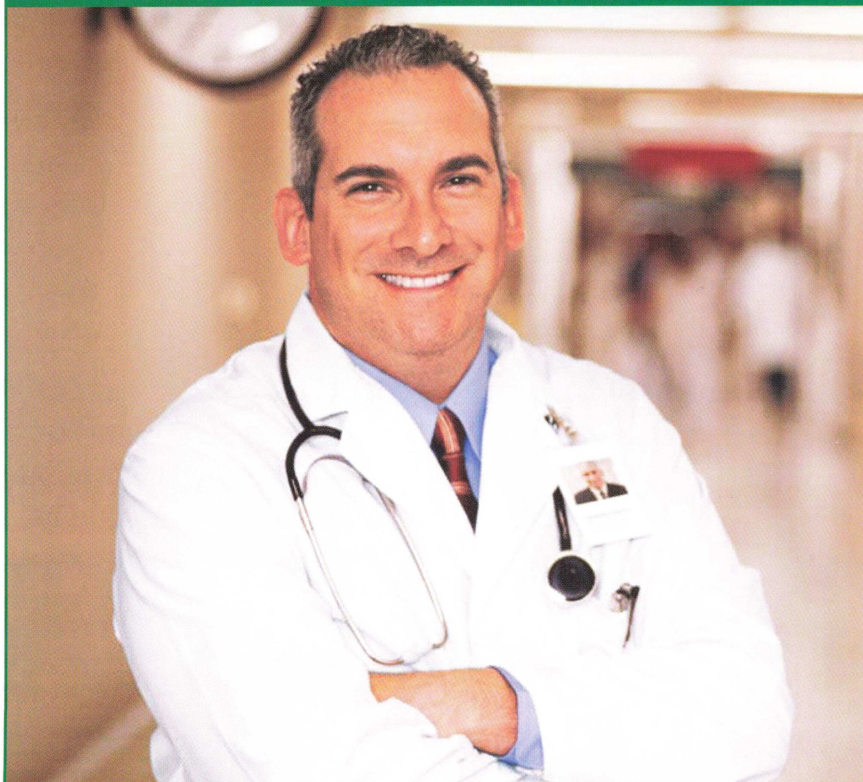
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Syed A. Samad, MD, FACP, FAGG for President-Elect APPNA 2008

Dear APPNA Member:

Assalamo-Alaikum. APPNA is well on its way to being a progressive and effective organization. Yet, challenges remain. We need hardworking, dedicated, and judicious leadership at the helm of APPNA to transform these challenges into opportunities. We ought to continue our advocacy and consensus building endeavors. We must also augment the financial stability and the organizational strength of APPNA.

I pledge my continued, sincere and untiring efforts towards achieving that goal. I request your vote and support for President-Elect APPNA 2008.

Vision/Goals:

- Establish an **APPNA Senior Physician's Committee** to address issues of retirement planning and APPNA retirement communities.
- Develop **standard protocol for the creation of new chapters**; enforce uniform bylaws and oversight by a newly formed **APPNA chapters committee**.
- Establish **APPNA House in Philadelphia** to provide temporary housing for young physicians from Pakistan taking CSA.
- Create **APPNA Office in Pakistan** to facilitate APPNA projects-events and serve as liaison for APPNA membership in Pakistan.
- **Designate time** during annual summer meeting for **APPNA chapters, social forum, and listserv get together**.
- Streamline the composition and function of all **APPNA committees** and **implement staggered term appointments**.
- **Improve governance** and functioning of APPNA by enhancement of professional management.
- **Strengthen advocacy** of issues pertaining to civil rights and young physicians.
- Ensure sustainability of **APPNA's charitable and humanitarian projects** including APPNA SEHAT.
- **Community organization** by reaching out to other ethnic, professional, and humanitarian organizations.
- **Reform** the current **electoral process**.
- Promote Pakistani Canadian physician participation in APPNA by **creating a Canadian Chapter** and by arranging spring/fall meeting in Canada.

Services to APPNA:

- **President**, APPNA Mid South Chapter 2006
- Member, APPNA Council 2006
- **Chairman**, Membership Committee 2005
- Member, Constitution and Bylaws Committee 2005
- **Chairman**, Earthquake Relief Committee of APPNA Mid South Chapter 2005
- Member, APPNA Council 2005
- **Chairman**, Resource and Development Committee 2004
- Member, Research, Educational and Scientific Affairs Committee 2004
- **Chairman** - Local Host Committee of the 4th Annual Summer Mid South meeting 2004
- **Life Member** of APPNA
- Active Member of APPNA since 1995



Services to Dow Medical College Alumni Association:

- **President**, Dow Medical College Alumni 2005
- **Historic Achievement** - First DOGANA office opens at Dow Campus, membership increases to 700. Over a million dollars raised for EnDow, social forum with international guest, visiting faculty and mentorship program streamlined
- **Chairman**, Executive Director Search Committee 2006
- **Chairman**, Election and Nomination Committee 2006
- **Member, Board of Trustees** Dow Endowment Fund 2005
- Founding Member of EnDow and World Association of Dow alumni 2004
- Mid South Councilor 2002
- Life Member of DOGANA
- **Member, DOGANA Executive Council** for 5 years

Services to Pakistani and Local American Community:

- **Co-Chairman**, Arkansas Physicians Advisory Board
- **Member, National Congressional Committee** for leadership in the area of health care reform
- **Past President**, Muslim Association of Arkansas
- **Member, Arkansas delegation** "Day on the Hill" meeting Arkansas Senators and Congressmen in Washington DC, 2003-2005
- Member, Council on American Islamic Relations (CAIR)
- **Past President**, Islamic Center of Pine Bluff
- Member, American Civil Liberties Union (ACLU)
- Member, Human Development Foundation
- Member, delegation of Muslim leaders in Arkansas to meet the Governor and Senators in the immediate aftermath of 9/11.

Personal:

- Graduate of **Dow Medical College**, 1983.
- **Clinical Professor of Medicine**, University of Arkansas for Medical Sciences.
- **Director, Division of Gastroenterology**, Jefferson Regional Medical Center, 1993-2003.
- Married to Ayesha for 24 years. We live in Little Rock, Arkansas. Allah has blessed us with three children Ahmed 22, Rabiya 16, and Ahad 14.

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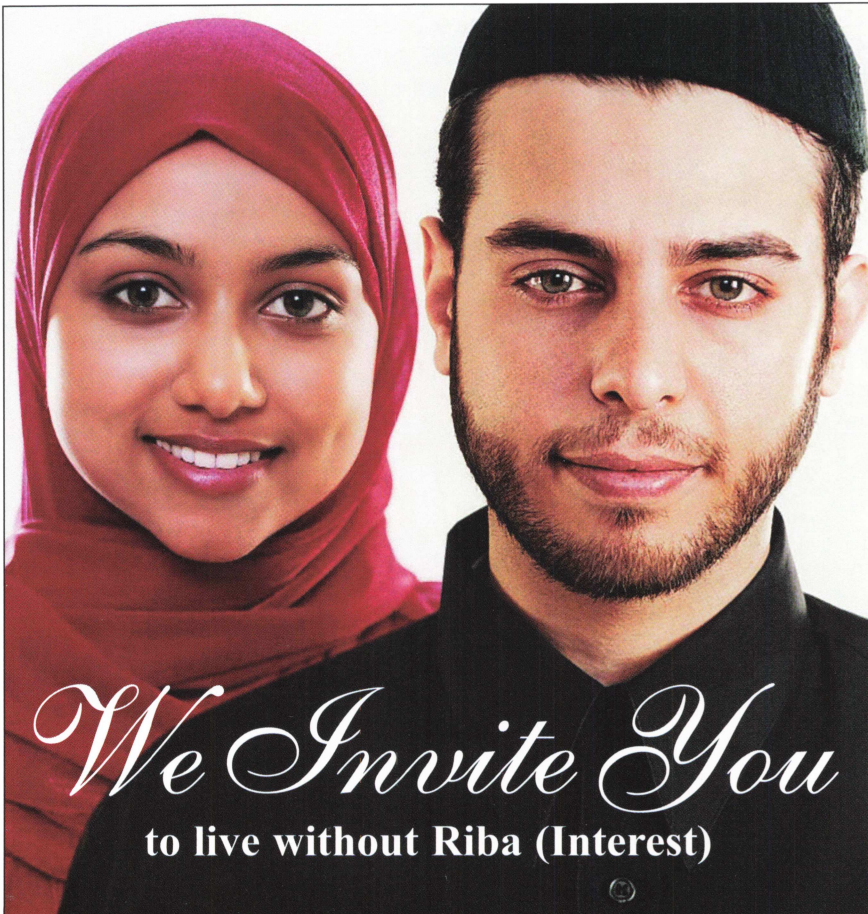
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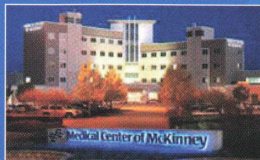
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Dedicated to providing clinicians and patients with diagnostic excellence, our staff of experienced, board-certified pathologists and cytotechnologists specialize in anatomic pathology, as well as cytopathology and a full range of ancillary services.

Utilizing state-of-the-art technology to perform molecular biology and immuno-histochemistry, QDx is an independent, CLIA certified, state-of-the-art pathology company offering a wide variety of quality services.

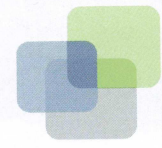
QDx PATHALLIANCE

...enhance your clinical practice with our in-house diagnostic pathology services

The incorporation of pathology services can benefit your practice, as well as your patients care. Exclusively owned and operated by experienced pathologists, QDx PathAlliance is dedicated to the successful incorporation of pathology into your practice.

We offer a highly experienced team of specialists, dedicated to help enhance your practices revenue. With our resources, determination and passion for quality, you can rely on QDx to provide the most comprehensive and innovative solutions to enhance your practice.





**Rena Tarbet Cancer Center
&
Cancer Center Associates**

Welcomes
**Dow
Medical College
Alumni**

Services Provided: MEDICAL ONCOLOGY • RADIATION ONCOLOGY • INFUSION THERAPY • PET/CT IMAGING



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