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DOW *Link*

NEWSLETTER

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SUMMER, 2002



President's Message

PASSING THE GAVEL

Dear Dow Alumni,

It has been a great honor for me to serve as the President of DOGANA. The recent increase in the interest and growth of our association stem originally from the dedication and continued interest and guidance of our seniors such as Dr. Iltifat Alavi, Dr. Mushtaq Khan, Dr. Saleem Chowdhery, Dr. S. Sultan Ahmed, Dr. Busharat Ahmed, Dr. Shahid Yusouf. With tireless efforts of Zeelaf Munir we saw tremendous increase in our membership last year. The larger membership meant more responsibilities. The current cabinet had the task of consolidating the organization, realizing potentials of political activism, creating greater Dow International network and maximum use of electronic resources.

Since last annual meeting we were faced with new challenges. First, the tragedy of September 11, redefined the role we all must play here in USA, then the issue of killing of Doctors in Pakistan particularly demanded our active involvement in the affairs of Pakistan. The awareness of **political activism** for important issues is now clearly evident (see the articles in this issue). **Consolidation** of our membership support was one of our prime objectives. Keeping track of the current and expired membership, establishment of membership statement, renewal notices, identifying newly arriving Dow graduates, creating "welcome kit - resource" for those who are starting or looking for residency, these were some of the key points established.

Taking full advantage of the electronic medium the **communication** greatly improved and the alumni experience enhanced. Our vision of creating Dow International Network for the Dow alumni spread across the globe also saw promising results. Now more organized Dow alumni activities in UK and in Pakistan are underway. This year a delegate from UK would be joining us in New York meeting.

I have great confidence in Sadeem Mahmood and his new cabinet. I have no doubt that DOGANA will continue to grow. It has been an excellent and productive year and I thank you all for your support and help.

Rizwan A. Karatela, M.D
President
DOGANA 2001-2002.

Editorial

Keep Dow's Tradition Alive

The political season is descending upon us once again and political positioning is already in top gear. This year the only up for grabs at the central AAPNA level is that of president, since the other two office bearers have already been elected unopposed. Contest at the top is fairly heated, though according to some the jockeying lacks substance. It is not surprising therefore that many have chided the AAPNA elections as a campaign for the Homeowners Association.

Over the years AAPNA has emerged as the most respectable professional organization of Pakistani anywhere in the globe. At times leadership has used and even abused its clout in Pakistan in the corridors of power. Presidency of AAPNA therefore has turned into highly desirable honor. There is nothing wrong with it. After all the elected leadership devotes its time and resources and some glitter is well deserved. At present, however there is more than glitter that is at stake. The leadership does not have to always play the role of sycophant for the ruling elite in Pakistan. We are in a position to guide, influence and speak the truth in front of the often delusional and grandiose leadership of Pakistan. The physician community would have been better served if our leadership had run a paid advertisement in a Pakistani newspaper condemning the killings of Doctors in Pakistan rather than endorsing a controversial referendum.

We hope that the rumors about some

unethical practices undertaken by the candidates are just that. We hope that our candidates will take some lessons from the recently held referendum in Pakistan and refrain from winning elections at any cost. Dignity of the organization and the general body is far more important than winning the office of the president. Let us make this election a referendum on real issues.

Coming to the publication itself, we are trying to turn it into more than a newsletter. In tradition of our Alma Matter we are trying to turn it into a forum for putting our ideas and point of view on all the topics that we all think of, even the opposing views are always welcomed. To make it more interactive forum we need an involvement of our readers. While pages of this publication may be limited, there is always room to put the views on DOGANA's website.

As this will be the last issue before the Annual meeting, I would like to thank Rizwan Karatela, Zia Moiz Ahmad, Zeelaf Munir and Sadeem Mahmood for all there help in bringing out the publications and making them a reality. ♦

Editor
Naseem A. Shekhani

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Request for Articles:

If you would like write for the Newsletter then please send your articles/essays/news to Dow Link by Email using editor@dowalumni.com

Online Information:

Please visit DOGANA official website and explore the information available, news, events, and database of more 2500 Dow alumni residing in North America.

www.dowalumni.com

We Remember Them

Rizwan A. Karatela, MD – President DOGANA

On behalf of the executive committee of Dow Graduate Association of North America I write this section again with deep sorrow and anguish over the killing of doctors in Pakistan.

Over the past several years and particularly within the past few months several of our dear friends have been brutally killed. More disturbing is the continued killing of doctors without any protection and safety of doctors currently working in Pakistan. Many have decided to return to the United States for obvious reasons. Many are still struggling, and many are hiding in terror and fear thinking they might be the next target. The list is certainly not complete but we remember each one of our friends killed.

How can we stay quiet? Many of the Dow graduates and physicians from Pakistan expressing their concerns and anger against these horrific acts. Many have organized various forums not only to protest but also to help grieving families cope with the situation. **Visit DOGANA website for more Info.**

PLEASE HELP and SUPPORT

Please help in whatever way you can to fight terror and violence against our colleagues

Dr Nishat Mallick
 Dr Amir Mauvia
 Dr Anwar-us-Salaam
 Dr Syed Rashid Mehdi
 Dr Alay Safdar Zaidi
 Dr Reza Jafri
 Dr Muzaffar Ali Samoo
 Dr Zahid Hussain
 Dr Asad Bukhari
 Dr Raza Mehdi
 Dr M. Raza Peerani
 Dr Sibtain Dossa
 Dr Karamat Hussain
 Dr Mehtab Kazmi
 Dr Nayyar Hussain Zaidi
 Dr Mansoor Hussain
 Dr Anisul Hasan Rizvi
 Dr Iqtidar Sajjid Naqvi
 Dr Syed Jaffer Abbas Jafri,
 Dr Shakir Ali
 Dr Pervaiz Akhtar Naqvi
 Dr Syed Alijah Jafri
 Dr Muhammad Hussain
 Dr Mehdi Hasan
 Dr Nadeem Hasan Amrohvi
 Dr Kausar Ali Zaidi
 Dr Syed Zulfikar Haider
 Dr Muhammad Ali
 Dr Abul Qasim Jeeva
 Dr Ishrat Hussain
 Dr Khajista

And many many more

APPNA has shown more active role in speaking against this violence. This form of violence is the worst form of terrorism we all must fight. Please join your colleagues in action we must take. I would urge every one of you to please take a moment and support and help in various things that APPNA and DOGANA and its members are trying to achieve. Only with combined effort we can make any progress on this issue.

This issue is indeed beyond sectarian killing. It has gone too far and for too long unchecked. Government of Pakistan must take definitive actions.

Killing of Doctors Must End This Violence Must Stop

Second Letter to the President of Pakistan April 22, 2002

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

Assalamo Alaikum.

With deep regret and disappointment I write this letter again to ask for your attention to this very important matter which has now turned into a crisis. We as Pakistani physicians feel great frustration to see continued violence against the most productive and vital section of the society. It is very heart breaking to know that we lost another of our colleague Dr. Amir Mauvia, another victim of vicious violence against Doctors. With his loss many lives have been shattered again. Another family will mourn and many more children will be orphaned.

With your ambitious vision to root out all the evils of our society, what could be more pressing at this time than to stop at once this violence against doctors in our homeland. With every killing of doctors, not only many young professionals are lost but many more young professionals are now so much terrorized with this continued violence that they have no other choice but to leave the country. This situation will only cause more brain drain from the country at a time when you aspire to heal the wounds of this nation, build the nation more forward thinking and modern. Today doctors in Pakistan are desperately requesting security for their lives, this security must be provided to them in order for them to continue saving lives of the others.

We again earnestly request but this time also firmly demand that you take more effective and concrete action so that killing of doctors must end and this violence must stop. Furthermore, we fully support the request of the representative and action committee of Pakistan Medical Association and Dow Medical College & Civil Hospital to meet with you and to discuss and bring this matter to your immediate attention. The whole Pakistani Physician community in Pakistan and abroad is desperately requesting for your immediate attention and help. I am sure this time you will look into this situation with more swift and positive action. This time also hope to see reply from your office.

Sincerely,
 Rizwan A. Karatela, MD, FACC
 President DOGANA

Military in Politics

Zafar Iqbal, MD – Class of 1995

Economy and political stability are essential for the progress of any country. Looking back at the short history of Pakistan we have failed on both accounts. Political stability, pivotal for economic development, has never taken root in our society. Why has our society not matured politically?

Nawaz Sharif made a fatal mistake and paved the way for Musharraf to come to power. Hopes were pinned to Musharraf. Liberal, honest and sincere he was thought to be the messiah we were waiting for, yet again ignoring that there are few if any short cuts to political stability. He was hailed as a hero and started his campaign urging to abolish the Blasphemy law but soon realized his limitations and backed off. Liberals failed to appreciate that his hands were tied as he was representing the military institution which has although helped him to come to power is keen to legitimize its own role in politics. Previously Zia had taken steps towards this by proposing the National Security Council but was given the Eighth amendment as a compromise from the parliament. It appears that this time the military will succeed in its unfinished agenda and destabilize our political environment for a long time to come.

Referendum an exercise in futility will never legitimize a military dictator. In the process the back door to power will be open for less popular leaders to collect the crumbs from the military table. The military is making a mockery of democracy. If the military was confident about its popularity the October polls would have been a better time to gauge its popularity when all the political parties would be spending their resources to bring people to the polling booths. Military might be popular in some segments of the society but the poor masses that have suffered during their (mis)rule in past and will not be taken for a ride that easily. It is perhaps a mute point because "doctrine of necessity" has been regularly preferred over the rule of law in our country. Intellectuals and liberals have many times supported the rule of man over the rule of law. How can a structure bridging constitution, parliament and court of law through checks and balances flourish in this environment of hate and fear? Hatred for politicians, lack of patience for the political process and fear that this perhaps is the most crucial time for the country had been used effectively by military to keep its cancerous hold on power. Society needs to better understand the reality based on facts rather than emotions.

Musharraf, governors and (selected) Nazims are bound to clash with popularly elected Prime minister, Chief ministers and ministers. Corruption is rampant in our politicians and has been used effectively by military in the past to make them obedient and change sides. Every dictator has

promised to deliver a corruption free "real" democracy ignoring the fact that democracy is a process which evolves over time getting rid of its weaknesses and eventually delivering the fruit to its followers. Who ever promises "real" democracy has failed to understand this process which is hampered every time it is stopped to be restarted.

Military promising plurality is a comical idea and disastrous if followed in their own institution. Iskander, Ayub, Yahya, Zia and now Musharraf are the examples of the same failed experiment whose cost is borne by the common citizens. During their regime we went to wars, lost half of our country. It took more than 25 years for Hammod-ur-Rehman report to surface and now the military adventure in Afghanistan will go under the rug for long times to come.

Pakistan (ISI) helped the Taliban regime come to power. Afghanistan was then used as a safe haven to train Jehadi groups which were serving ISI's interest by bleeding India in Kashmir. Because of official patronage these Sunni Jehadi Groups grew stronger at home and there was an exponential rise in shia killings that has continued even during Musharraf era. Credit goes to the Musharraf for abandoning first the Afghanistan policy and then turning his back on the Jehadi's groups. The monster created will eventually be vanquished, but in the process will further bleed our society.

IMF and World Bank have always poured money for obedient dictators. The countries in the end have to payback the debts with interest and are left poorer. Our Foreign exchange reserves (FER) have increased from less than one billion to in excess of \$ 5 Billion since Musharraf came to power. Lets assess this fact, July 2000 State Bank changed the methodology of assessing FER and has included the foreign exchange in Commercial banks into FER that has resulted in increase by about 2 B \$ overnight (as mentioned on their website). Three other notable factors resulted in these increased reserves: 1. Increase in remittance from outside because of the fear of the account being frozen in connection with post sept anti-terrorism campaign. 2. Grants from Japan, EU and USA. 3. A call to Washington in December 2001 gave us a breathing space as our debts were restructured and this amounted to about another \$ 1 B which would have to be paid later.

Increase in Gross Domestic Product is pivotal to decrease unemployment and hence alleviate poverty. GDP is dependent on investment in the country's economy. Private investment generally follows public investment. GDP during the two completed years of military government has been averaging 3.2 % and projection for this year is 3.5%. Compare this to the GDP average of 4.9% from 1988-99. Hence (According to the Labour Force Survey) not surprisingly the rate of unemployment which in 1998 was 6.1% increased

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Dow Alumni for Dow – Giving Back to Dow

Rizwan A. Karatela, MD - Class of 1984

The foundation stone of the new building was laid in Karachi on December 10, 1945 by **Sir Hugh Dow**, the then Governor of Sind, after whom this medical college was named. The medical college was transferred from Hyderabad to Karachi on December 31, 1945. It was temporarily housed in the N.J.V. High School building. Dow Medical College started functioning in the new building in the November of 1946. In the December of 1946, Bombay University's team of inspectors recommended to continue its affiliation for the pre-clinical years and a conditional affiliation for the clinical subjects. Since that marble stone which was plastered on the wall of Principle's office remembering the foundation of our Alma Mater, Dow has produced thousands of doctors who are now excelling in academics and prospering in their careers. That is why we proudly say "we are from Dow".

Dow has given us our future. We owe to our Dow and our teachers, we owe to our patients and their families, we owe to our hospital and its workers and we owe to our city and our country. Many of us feel special reverence to our institution and are eager to give back as much as possible.

Here is just the few of the notable things that I would like to highlight and share with the other Dowites. There are tens and thousands of Dow alumni who have given their time, effort and money to Dow. The notable initiatives undertaken by the individual classes have produced extraordinary results. The list is by no means complete but I am sure it would be viewed with the same spirit as it is presented. If someone would like to add more information I would be happy to put it on the website. Lastly, we must not forget hundreds of Dow Alumni working currently in Dow and CHK with little or no resources and still making a big difference.

Class of 1954 - Dr. Nizam Ul Hasan Child Aid Association

I wish to inform you about a charity working at the National Institute of Child Health Karachi for the last 23 years. Initially we started with helping poor patients with medical aid, and donation of life saving equipment to NICH like ventilators etc. In 1997 the association decided to set up Oncology and Bone Marrow Transplant unit at NICH. We were able to construct a floor for this purpose and furnish it along with a supporting state of art laboratory. The unit started functioning in April 1999. Our association decided to finance the staff required to run this unit. This also put responsibility on our association for supply of free medication to poor patients, that is, nearly 98% patients. We have managed to equip the lab for the purpose of Bone Marrow transplant except blood irradiator, which is essential for safe blood transfusion in BMT. I wonder if APPNA can help us in this regard. Further information about our project is available at www.caa.sdnpc.org I shall be grateful for your help in this regard.
Yours Sincerely Dr Nizam ul Hasan.

Class of 1956 - Dr. Busharat Ahmed Youth Excellence Award Program

In 1990, Dogana President Busharat Ahmed instituted the Youth Excellence Award Program. Commemorative plaques and cash awards were distributed to six meritorious high school graduates.

Class of 1963 - Dr. S. Sultan Ahmed Handbook of Cardiology

In 1989 Professor Sultan Ahmed wrote a handbook of Cardiology for the students and junior staff. DOGANA sponsored its publication and 1,000 copies were distributed at the Dow medical school. On numerous occasions Dr. Sultan Ahmed has donated to cardiac cath equipment to help operate cardiac cath lab in Civil Hospital.

Class of 1976 - Dr. Abid Nisar, ... Emergency Operating Theatre Project

The organizing committee included Dr. Fatima Siddique and Dr. Moheet and Dr. Abid Nisar of class of 1976. This project was the brainchild of the organizing committee after the Jubilee celebration of class of 1976. In planning their celebration for this year, they proposed Building and Emergency Operating Theatre for the Emergency Department of Dow Medical College and Civil Hospital Karachi. This emergency department being one of the three receptacles for all trauma cases, is a very busy place with meager resources. This emergency department does not have its own operating theatre, in spite of a large number of cases requiring emergency surgeries on a daily basis. It was recognized that there is a crying need to help improve the medical care given to these patients. Hence, this project was undertaken. This was an ambitious project requiring a tremendous amount of financial and personal resources but with the hard work, dedication, and perseverance of the graduating class of 1976 the project slowly but definitely progressed. The physical structure has been completed. The next stage involves getting the required equipment, and proper running of the emergency department operating theatre. **The graduates of class 1976 in the United States took it upon themselves to raise \$50,000.00 for equipment. Our fundraiser was arranged under the banner of Dow Medical Association of North America (DOGANA) and PPA of St. Louis on Friday the 23rd of November 2001 at Maryville Center Marriott of St. Louis., Missouri.**

Class of 1984 - Dr. Shamvil Ashraf Children Cancer Foundation

Shamvil has been working tirelessly to achieve his dream to create the foundation for the poor. Started the project just a few years ago they have made good progress with the Children Cancer Foundation. "By the grace of Almighty Allah we have been able to start new phase of Children Cancer Hospital in Karachi. I want to raise Zakat and donation this Ramazan to make budget for the next "
- Dr. Shamvil Ashraf – Children Cancer Hospital

A Project of Children Cancer Foundation.
Cancer is not for us. We are not for it! Join the noble cause, help the children fight against cancer.
Ph#: 92 21 4381995-6
Address: 66, Jinnah Cooperative Housing Society, Near Duty Free Shop, Shahra-e-Faisal, Karachi
Email: ccf@cyber.net.pk, shamvil@cyber.net.pk

Class of 1986 - Dr. Abdul Bari Khan ...

Friends of Cardiac Surgery ...

The rising incidence of ischemic and other surgically correctable heart disease affecting all strata of the Pakistani society draws our attention toward the said plight of those who can not afford high cost of such treatment nor can prevent these miseries due to lack of information and support. Though facilities for the rich exists in plenty in the cities of Pakistan. However, for the poor population the only public sector hospital the NICVD (*National Institute of Cardio Vascular Disease*) at Karachi has a long waiting list for the patients of Sindh and Baluchistan.

Thank God a Department of Cardiac Surgery has been established at the Dow Medical College and Civil Hospital Karachi through the sole efforts of our friends and Dowite Dr. Abdul Bari Khan cardiac surgeon and former PWA activist a social worker. Many of us know him personally as **PWA Wala Bari** who is honest and a goal getter. After his FCPS in cardiac surgery he joined Civil Hospital Karachi and formed the **Friends of Cardiac Surgery** a registered group of dedicated, professionals and philanthropists for the establishment of Cardiac Surgery department at Dow Medical College & Civil Hospital Karachi entirely through philanthropic efforts, since no funds were coming from the government.

Class of 1989 - Dr. Nadeem Ahsan

A little Bit of Good ...

When one is determined to help there is no limit. Here is what Nadeem Ahsan was able to show in 2000.

"Using the meager resources at our disposal, we set about sorting, sifting, refurbishing, cleaning, packing, labeling, and storing the goods. A Christian charity organization based in southern Ohio provided invaluable help in organizing volunteers who shouldered the bulk this task. Eventually, after about six months of groundwork, a shipment was dispatched to Karachi. It consisted of a 40 foot container filled to capacity with medical equipment. The supplies included, amongst many other things, the following:

- Ventilators
- Anesthesia Machines
- Monitoring Equipment – BP machines, Oximeters, EKG monitors, etc.
- Suction Machines
- Syringe Pumps
- Recovery Gurneys
- Labor and Delivery Beds
- 50 Hospital Beds
- Nightstands
- Examination tables
- Baby cribs
- Orthopedic shoes, braces
- Rehab Equipment
- Sterilizing Equipment
- Storage and Supply cabinets
- Surgical Equipment
- Baby warmers

Plus, thousands of gowns, scrub suits, syringes, needles and other disposables. In all, the shipment was probably worth well in excess of refurbishment, packing and shipping. Customs duties in Pakistan were waived due to the efforts of certain well placed well-wishers in Karachi. The entire shipment went to Jinnah Postgraduate Medical Center (JPMC) in Karachi and in fact, most of the equipment was used to furnish the new OB/GYN wing built there through the donations of the Mariam Ali Tabba Foundation. The container was delivered on the 29th of April, 2000 and everything was in place in time for the inauguration which was held on the 5th of May, 2000." - Nadeem Ahsan

Note: If you or a friend of yours has been involved in any help project for Dow then please share with us. Any alumnus or Dow Class working on any Project for Dow, please let us know. ♦

Something to Think About Giving Back to Dow

Many of us may remember that our annual Dow Medical College Fee was Rs. 244 per year! For some it was even cheaper than that...

The idea of having one class to take up a small or a big project for Dow and CHK (Civil Hospital Karachi) and then financing it, and running it under their supervision with the help of their colleagues working in Dow/CHK coordinating with their colleague from here. This would be very attractive idea. Assurance of proper use of funds and delivery of service. The project can become class project and everyone can contribute to it.

Some of the Projects one can think ...

1. Internet – Computers / College Library

Dr. Shafi Quraishy's ambitious program was never truly materialized when he was seriously injured. New computers, staff support etc needed in Dow and CHK.

2. Medical Journal Subscriptions:

Establishing by one class this project can be used effectively. Medical Journal Subscriptions will make available easy access for literature etc.

3. Out Patient Clinics:

One class may take responsibility of running the the OPD by one class.

4. Laboratory Services:

Establishing or adopting a lab in CHK would be tremendously helpful.

For Suggestions Email to US

Rizwan@karatela.com

The Wrong Tree?

Nadeem Ahsan, MD – Class of 1989

For me, the knee-jerk/reactionary arousal of political awareness in the minds of American Muslims is one of the most significant fallouts of the tragedy that 9/11 was. Suddenly every one (myself included) and their best friend is writing to their congressman -- mostly to appeal for clemency for the Palestinians, and to protest Israeli transgressions. We're drafting and signing petitions, flooding listservers with appeals for more involvement and even patronizing sympathetic newspapers in far flung lands. Which is all well and good...

...but what if we're barking up the wrong tree?

As I am sometimes given to, I will play the devil's own advocate here. Suppose tomorrow we wake up to find that all transgressions against the Muslims, by both the Israelis and their various surrogates, have suddenly ceased. Suppose tomorrow Sharon were to accidentally fall on his own bloody sword and die swiftly of complications of widespread syphilis and exsanguination. Suppose Israel pulls out of all occupied lands and the Dome of the Rock is restored to its rightful owners. Suppose the American political leadership, after recognizing the error of their ways, starts sending 10 billion dollars worth of aid to the newly created state of Palestine and Israel is suddenly left to its own devices. And suppose Kashmir is liberated and the massacred Gujratis are miraculously resurrected?

What then?

Would the hapless *ummah* then be delivered? Would the Muslimahs in America's mosques be promoted to a location where they can actually be seen and heard? Would the Iranis and the Iraqis then stop torturing their dissidents? Would the Algerians stop slashing the throats of pro-democracy activists? Would the autocratic Saudis stop exporting their brand of bigotry called Wahabiism and would their women be freed of repression? And would the Saudi and Kuwaiti royals stop plundering their country's wealth and start promoting the freedom of expression? Would the Palestinians shun corruption? Would the Pakistanis then start treating their women and their minorities as equal citizens? Would the humiliation of the women and the slaughter of the minorities suddenly stop? Would illiteracy and

overpopulation, with their attendant tragedies, suddenly vanish? Would the hypocrisy that permeates every pore of Pakistani existence suddenly disappear? Would the subjugation of the masses suddenly cease? Would Islamic lands become the centers of creativity and industry? Would they then become beacons of democracy and human advancement?

And if not, who would we then blame our wretchedness on?

But then, do we even need to be indulging in self-examination when the Zionist lobby here and the Zionists there are available for us to rage against? Because *bayghairti hai tau badshahat hai?!*

Could we then possibly be barking up the wrong tree? Could our activism be better directed? ♦

Dow Alumni in North America Top 5s

From the Database: [FYI]

State Ranking – # of Alumni Living

	State	
1	New York	344
2	Texas	220
3	Illinois	210
4	California	156
5	Michigan	154

Class Rank – # of Alumni

	Class	
1	1989	221
2	1990	190
3	1988	132
4	1984	120
5	1991	119

The Nascent Immigrant

Najeeb Shirwany, MD – Class 1986

There is a compelling movie image of a boy, perhaps 7 or 8 years old, wearing a ragged woolen cap staring at the camera with an expression that is impossible to judge. His flaxen hair whip back and forth in what is probably a strong wind. His face has evidence of at least one layer of grime and the tiny hand that emerges into view must have escaped a mother's attention as well. He cups his mouth with the hand as one would to hide embarrassment, but I suspect only a smile lingers under the caked fingers. His features suggest northern European descent and his eyes silently speak of great distances measured in hunger pangs instead of miles. As the camera shifts, a distant shadow takes shape over the child's shoulder and instantly the geographic location of the short film is recognized. It's a murky yet unmistakable shape of a flaming torch held aloft by a figure adorned with a crown of seven rays.

The journeys of our lives have unmistakable effects on our minds. In dramatic ways, they bring to reality our dreams and desires, suddenly confronting us with the physical form of our destiny. But the process of such discovery is clearly inefficient. It affects the mind of man in ways that are connected to our perceptions, attitudes, beliefs and indeed, our age. Ellis island would have had a varying impact on the millions that came to the shores of this country in centuries past. The fathers would have struggled with immigration officials speaking a language unknown to them. The mothers might have descended into the constant panic of keeping track of young children. And in this melee of chaos, those children must have seen things through eyes awash with indescribable emotions centered on fearful wonderment. Whatever the perception, each individual might have taken in the sights and sounds of their newly acquired homeland in equally individual ways. Thus the seed that was sown on a particular day of arrival would blossom into many blooms or never grow into more than stunted foliage.

But, the relentless tide of time has moved on. Ellis island is now a monument. Liberty island and its single, ever vigilant resident is almost never the first sight an immigrant might see on approach to New York. Instead, a 7 or 8-year-old boy may be witnessed entranced by the plastic airline toy that he has played with for eight hours in the comfort of an ergonomically designed seat. The world he has left behind is no longer the dusty byways of Sicily, the frigid winter of Copenhagen or the Jewish quarter of Prague. Instead, he is now more likely to be from the emerald spires of Ispahan, the rice paddies of Laos or the stifling heat of Karachi. Irrespective of his origin, his world has changed in irrevocable ways. And he has to adjust, without knowing how or why. Indeed, without even realizing that he is changing.

The change works at many levels and has a range and depth quite unlike a child's natural experiences. In

some ways it is a hugely amplified version of moving from one neighborhood to another or from one city to the next. There is the constant specter of acceptance by a new school, a new playground and new friends. Like Scout and Jem in "To Kill a Mockingbird", every new town, new street, new house has potential to harbor a "malevolent phantom". But there is more to the change than just a nameless fear. Clearly, our children are uniquely positioned and acutely sensitive in sensing our own fears and phantoms but unlike the adults are poorly equipped to deal with these flooding emotions. We, as parents must cope with the challenges of new careers and a work environment unlike anything we were previously trained for. We battle the "culture shock" in a continuous overwhelming stream. And in most cases, we bring this burden home at the end of the day. Our nervous energy is acutely felt. Our spouses can learn to compensate for our grumpy moods, our unsettled manner. But our kids, themselves lost in a sea of flux can only find outlets that are ultimately deleterious, reflected in adjustment issues and declining scholastic performance. Of course, I have stated the most dramatic and extreme dynamic. In reality, some fraction of this interaction exists in every one of our households.

Are we good parents? In the sense of uniformity and consistent affect, perhaps not. In terms of intent we ought never to have any doubt. But, we cannot have all the answers for our brood. In a native land, the instinct born of decades if not centuries of existence, provided many explanations for the young mind. The amalgam of culture, social norm and religious practice drove the child in a predictable direction. When transplanted to the west, this drive is suddenly removed. The diversity, freedom and permissiveness of this culture have no natural mechanism to be attenuated in the process of acclimatization. Thus, in much greater measure than ever before, our parenting role needs to tune out the noise and receive only the meaningful signal that our child sends our way. How can we do this when we struggle ourselves to understand, assimilate and take root in the strangeness of a newly tilled soil? The only answer can be: Educate ourselves.

Our effectiveness as parents pivots on our ability to successfully de-condition our thoughts and actions from preconceptions and prejudice. It takes succor from our willingness to learn the true nature of this society. It ultimately depends on our own capacity to become American, or British, or Canadian. But must we do this at the expense of our own values? My confident answer is a firm NO! We can be part of these nations and cultures without losing sight of the teachings of our forbears. In this conviction, I am reassured that not only can we become better parents and better citizens but also better people. If this goal is reached, then in looking back at our lives, our children will derive positive memories of enduring love and righteous direction. ♦

(continued from Page 4)

Military in Politics – Zafar Iqbal

to 7.8% in 2000. According to official statistics the investment – GDP ratio in the year 2000-01 was 13.3%. This was the lowest level of investment in the economy since 1966.

Government has reduced the Budget deficit to 5.6% of GDP as compared to 6.1 % in 1990's. 41% of this is achieved through slashing public investment. In the first two years of the military regime the public investment to GDP ratio averaged 5.9% whereas the average for the 1988-99 period was 8.8%. In the year 2000-01 the private investment-GDP ratio was at its lowest since 1975.

Our "real" masters (IMF and World Bank) are intelligent to impose a 15% GST on edible oil that is not only important for the rich but is also required by the poor to fry his onions for dinner. Slashing in public investments and inappropriate taxes would give us enough to pay them back but will make the masses poorer.

Let me conclude by saying that we should help military return respectfully back to the barracks. Military's efforts to share or divide the power with president and prime minister will not only destabilize our political arena more but will even politicize the army and our well-disciplined military will suffer gravely. Political problems have political solutions and military with its intervention has only become a part of the problem. Military can boast of a wonderful economy in Ayub's era but it never translated in social changes for the poor. The poor became poorer. Our masses will vote for the politicians no matter how much we hate them because they see little hope from the military especially after military operations in interior Sindh and Baluchistan (1973-77).

The poor will only get their rights once they assert themselves directly into politics without the brokers (read elite politicians) of power and they will inshallah do that one day. Their journey to power will be turbulent and the affluent classes should help them creatively so that it is less violent. ♦

LOOKING FOR DOW PICTURES

I am looking for old Dow pictures for my book titled "Archive of Dow in Pictures". Pictures will be returned and contributors names would be duly acknowledged.

Thanking you in anticipation.

Shakeel Kouser
416 E. Calhoun Street
Anderson, SC 29621

Nominating Committee Report

The nominating committee has proposed the following candidates for the year 2002-2003

President-Elect:

Zia Moiz Ahmed, MD – St. Louis, MO

Secretary/Treasurer:

Aamir Zain Jamal, MD – Walnut, 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.



Dow Alumni Annual Meeting In New York City

Friday July 5th 2002

Program

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

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

Telephone Contact: 561-333-9406 or 561 704-3401

Mail Registration (use the enclosed form)

Mail to: DOGANA Registration 2002

Rizwan A. Karatela
11242 Edgewater Circler
Wellington, FL 33414

President Elect's Column

Sadeem Mahmood, MD - Class of 1989

Dear DOGANA Members,
Asslam-o-alaikum.

Recent events that occurred here in US and back at home were not only troublesome and disturbing but also eye opening in many ways. Changes which all of us have seen and felt have left us pondering what's next.

September 11, '01 created a sense of alienation, whereas killings of physicians in Pakistan filled us with disgust. Despite all that's happened one thing was very obvious people all over the country and in Pakistan looked at us for guidance, support and reassurance. They expected and got a sense of maturity and compassion from our members who actively addressed these issues both at community and international levels.

Keeping all this in mind now we have to go forward in life. It has become imperative for us as an association to show the beautiful and elegant side of our culture and our people. It has become our duty to wipe out this negative image and replace it with a respectful one. This said is easy but practically a very uphill task. You my colleagues now by reason of default have been chosen as the torchbearers to perform this monumental task. This is the time those immortal words ring through our ears "Ask not what the country can do for you but ask what you can do for the country".

In previous two years the President's of DOGANA have lived up and exceeded the spirit with which our organization was created. Zeelaf against all the odds was able to rekindle the fire to make our organization a formidable force in the mainstream of APPNA, not only gaining the respect in our hearts but also winning the respect of all members of APPNA resulting in her being elected as Treasurer unopposed. Rizwan started the DOGANA web page and performed the monumental task of updating the database and placing it on the Internet. These are just of the few examples besides setting up the document verification service and increasing the DOGANA and APPNA membership by unbelievable numbers.

Come this July this baton is being passed over to me. The bar has already been raised but it will be my endeavor not only to gain the same respect which these two have achieved but try my best to surpass them. The team that has been working with them is the same I have chosen to work with. This comprises both experienced veterans and energetic young fresh visionaries. I am confident that not only we will be able to serve DOGANA in highest level but also will establish us as a formidable force in the ranks of APPNA.

Besides continuing to increase the membership of DOGANA I will see to encourage all members of our organization are also members of APPNA. I am also looking forward to formalizing and activating the "DOW endowment fund", starting a yearly journal for DOGANA, printing a directory for all DOW graduates currently in US and America. Setting up regular regional meetings and get-togethers with the help of my regional councilors for DOGANA where other regional chapter and APPNA members would be invited to partake in festivities. I will also start a regular think box on our web site where new ideas and projects can be brought and discussed.

I am looking forward to the support of our senior members and all of the DOGANA brotherhood to make it a very successful year. I urge all DOW graduates to become member of DOGANA and partake in these historic and future changing times. I urge all DOGANA members to be also members of APPNA and cast their votes in upcoming elections to their choice of candidate as in these times these few will not only represent us but our whole nation and our whole image on the world. ♦

Thank you,

Sadeem Mahmood, class of '89.
President Elect-DOGANA.

Calendar – Events

Appna Annual Summer meeting:

July 4th to July 8th 2002
Sheraton, Manhattan NY

DOGANA Annual Summer meeting:

Friday July 5th 2002
Sheraton, Manhattan NY

Dow 25th year Class re-union – class of 77

Saturday July 6th 2002
Sheraton, Manhattan NY

Dow Class re-union - Class of 84

Saturday July 6th 2002, Picnic, New York, NY

Dow Class re-union - Class of 89

Saturday July 6th 2002, New York, NY

For Details Please

Visit DOGANA Website or Forums

www.dowalumni.com

DOGANA

Membership & Banquet Registration Form

PLEASE SEND THIS FORM WITH YOUR INFORMATION & PAYMENT

Directory Information			
Name:	Scanned by Office of Amin H. Karim MD		Year Of Grad:
Address:			Tel (H):
City, State & Zip:			Tel (0):
Email:			Specialty:
APPNA Member			Yes No
Membership Dues and Banquet Tickets			
	Life Membership (L)	Reduced Rates at	\$ 350.00
	Annual Membership (A)	1/1/2002 - 12/31/2002	\$ 50.00
	Alumni In Training (T)	Proof of Training	\$ 00.00
	Banquet 2002	\$ 60 per person	\$ 60.00 x
	Entertainment Eve	After Banquet	\$ 00.00
	Payable to: "DOGANA"	Total Amount:	
General Information			
Hotel Information Please note that Hotel registration is handled by APPNA and the hotel Management.	Sheraton New York Hotel and Towers (From July 4th to July 7th 2002 } 811 Seventh Avenue New York, NY 10019 Attn: Jacquie Paccone, Convention Services Call 800-223-6550, Fax: 212-315-4265 Ask for Group Code: APG03A or ask for APPNA group rate Deadline: June 24, 2002		
Travel Information	US Air , Valid thru 6/30/2002 to 7/10/02, 877-874-7687 [8 am to 9:30 pm EST] Refer to Gold File #64162315 for APPNA American Airlines , Valid thru 7/2/02 to 7/10/02, 800-433-1790 Refer to File #6472AH for APPNA Delta , Valid 6/30/02 to 7/9/02, 800-241-6760 [8 am to 11 pm EST] Refer to File # 185756A under APPNA		
	Mail	Telephone & Fax	Online
Pre-Registration Methods (Please Make Check Payable to "DOGANA")	Mail this Form To DOGANA c/o Rizwan A. Karatela 11242 Edgewater Circle Wellington, FL 33414	561-333-9406 or 561 704-3401 Fax: 561-333.6278	ONLINE Fill out all the information and submit. GO to: www.dowalumni.com ONLINE REGISTRATION STARTS ON March 7, 2002
On-Site Registration	Last Date for Pre-Registration is extended 6/25/2002 On-Site Banquet Tickets will be \$ 70.00 per person		

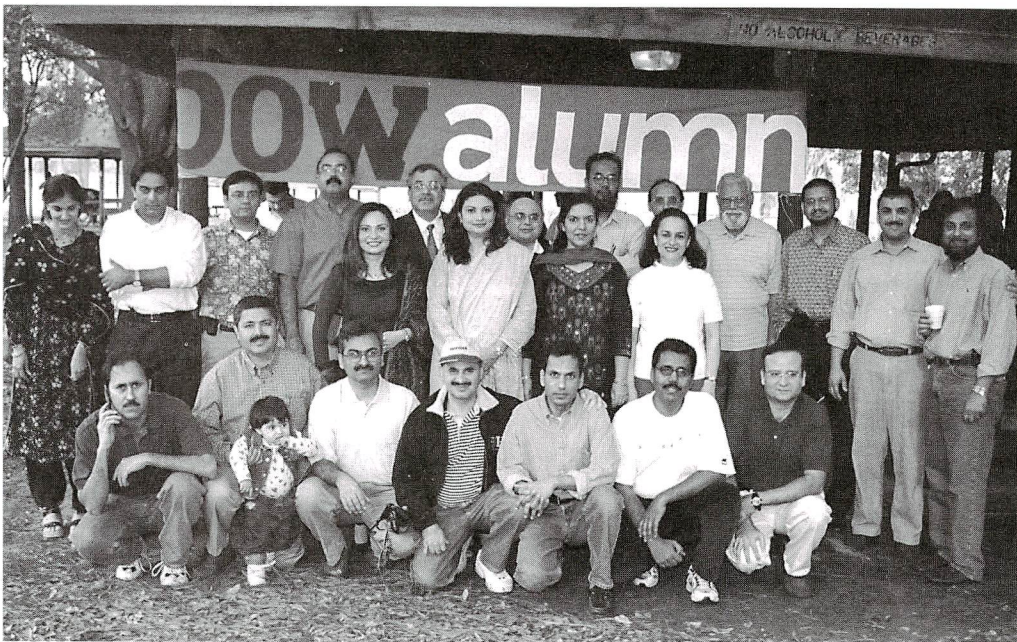
Dow Graduate Association of North America
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Angiocardiac Care of Texas, P.A.
6560 Fannin St
#1532
Houston, TX 77030-2712

Dow Alumni Get Together 2002 in Orlando

Photo as usual – courtesy of one and only M. Shahid Yousuf, MD (75)



From Left to right from bottom to up

Sitting: Amir Awan (91), Syed Imran Ali (85), Rizwan Karatela (84), Jafar Mahmood (84), Faisal (90), Riaz Rahman (89). **Standing:** Mrs Asif Muhiuddin, Asif Muhiuddin (89), Abid Rasool (90), Farid Qazi (83), Zeelaf Munir (89), Aftab Naz (72), Shabtab Karatela (88), Iltafat Alavi (59), Naima Imran (92), Syed Samy (91), Ahmad Masood (88) and father, Adnan Ahmad (87), Bilal (91), Shoaib Anwer (85)

For More Pictures and detail visit the Website www.dowalumni.com



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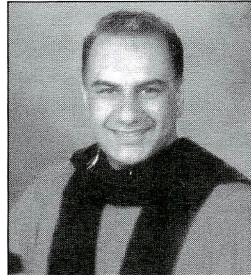
DOW *Link*

NEWSLETTER

EXECUTIVE DIRECTOR – MUSHTAQ KHAN

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E-mail: editor@dowalumni.com Web: <http://www.dowalumni.com>

JANUARY 2003



President's Message

**Dear Dow Alumni,
Assalam O Eleikum**

Membership: Our membership continues to grow. Lifetime Members are now over 300. The total active membership including lifetime, annual and physicians in training is now over 650. Of these we have 350 as active APPNA members. Our goals for this year are to further this as we have over 2700 Dow graduates currently practicing in USA in various capacities. For this purpose I am in process of organizing, with assistance of my regional counselors and cabinet members, monthly get together in various regions of the country where I am hoping to personally meet all the colleagues.

Projects: DOGANA members are launching and participating in various enduring projects. It has been taken upon each batch, which is reaching its 25th year since graduation to give back something to our almamater. Class of '96 launched the ER renovation project, whereas the class of '97 under the directions of Dr. Amin Karim and colleagues has started and aggressively pursuing the renovation of Ob/Gyn ward. Zeelaf started the Document Verification service for our alumni members for which we have received many compliments and now its in full effect. Dow Endowment fund has been created which is growing by every day. Dr. Nadir has recently started a volunteer workshop for medical practice. This allows our alumni with various specialties to share their talents with the postgraduate physicians back home. Other projects well established and in progress include Children cancer foundation, Friends of Cardiac Surgery and Child aid association at NICH.

Internet: Our web site www.Dowalumni.com has become one of the finest in APPNA family. Credits for this go to the hard work and dedication of our immediate past president Dr. Karatela. He has completed database of all Dow graduates currently in practice here; this database is actively updated. List server being run successfully by Dr. Ahsan, is great source of communication and information. Dowites at this time are successfully using tools of modern technology including searchable database, class pages, Forums and online Magazine.

Visions for future: Given what happened here in States and back home DOGANA and APPNA has become voice of our community. It is now important for our leadership to show the world the true and positive side of our members. It has also become the responsibility for our members to be emissaries of peace, harmony and yet justice. We by reason of default have been thrown into a crisis from which salvation is directly dependent on actions and words of our leadership as well as involvement of our members.

Editorial

Changing Times

We must recognize the potential of our networking. Involvement in organization is now more important than ever. The last two years indicate a noticeable change. While people traditionally attend APPNA annual meeting with usual personal objectives, get together, and matrimonial prospects, the things are clearly changing. Now many like minded people are looking beyond these objectives. In addition to enjoying the company of good old friends from respective alumni, many active minds are also participating in political activism in its true sense. Talking about issues concerning us here and at home is essential. Whether it is on a personal level, or class or alumni level, it will certainly strengthen APPNA's standing as a whole. The force driving APPNA would be the active forward-thinking minds with the power of tackling real issues fearlessly. We are confident that APPNA leadership would take notice of these changing times and incorporate it into its policy making.

Editor

Rizwan A. Karatela, MD, FACC

Continued From Front Page:

I hope that Inshallah we all will be victorious. May Allah bless us with strength and wisdom to see these times successfully through. Despite all said the future is very bright and exciting and I am looking forward for our alumni and APPNA to make important new strides in near future.

The Meetings: The Summer '02 meeting was great success. It was the largest yet gathering of Dowites, a total of 385 or so of members attended along with their families. The speeches from various members were enlightening especially Professor Rahimtoola. The new cabinet including myself took oath to office. We hope next one in Orlando would be even more successful.

The Fall meeting of '02 in Arizona was attended by many Dowites including Zeelaf, Nadir, Shahid Yousuf, Aaliya, Cyrus Irani, myself and many others. Important part of this meeting was finalizing the various changes currently being proposed for APPNA constitution.

Programs for this tenure: Priority for this year remains to increase both DOGANA and APPNA membership. The next important job would be to get the "Dow Endowment Fund" program in full swing. This program is set in such a way that provides our members a way to a channel their Zakat and other charitable funds for various welfare projects at the same time getting tax benefits as well as making sure the funds donated by them are directed for the project of their choice. Especially for these two agendas, I would be traveling to various parts of the US and meeting Dow graduates with the help of my regional counselors who would be arranging dinners to facilitate such. I would be assigning Dr. Nadir and our treasurer Dr. Jamal for organizing the lecture and clinical workshop seminars at DOW.

I am aggressively seeking ads for our journal to be published in May 2003. I am requesting your help in the form of literary contributions along with the your help to acquire ads or donate funds for this cause, any excess which is left after publishing will go in the endowment fund. Thank you.

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

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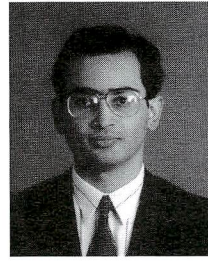
The Unbearable Lightness of Being?

Adnan A. Khan, MD Class of 1989

Our search for a better life brought us to this land. For many this was the second such migration in two successive generations. By many standards it was a remarkably successful move in that most Pakistani physicians are remarkably successful in their careers. Yet for some of us there is that sense of something missing. Our anxiously sought paradise seems strangely empty.

While this feeling is by no means novel to Pakistani doctors, being shared by many others who are financially successful, it may have special meaning to us in specific. For many, material success once achieved illuminates the necessity for meaning or value to life. People have sought to answer this question in a variety of ways. Some with religion others with philosophy. Yet others have developed philanthropy, social work, politics and many other worthy causes. The common theme appears to be action, particularly in service of humanity. It's a blessing and a curse that there is much that can be done in this regard.

For us Pakistani doctors this is particularly important. Due to the nature of our profession, we relieve ourselves of the financial constraints relatively quickly, something other immigrants take several generations to achieve. Once prosperous we face the reality of a very one dimensional life. This is particularly so since most of us are in private practice only. Precious few go for academia. While some dabble in politics virtually none do community work here in the US and any philanthropy if conducted is exclusively towards Pakistan.



While all of the above are worthy considerations and components of a healthy and vibrant community (provided of course we want to be a community, the other option being to amalgamate to the point of losing our identity – a historically difficult task), I would like to address the need for us to join academia.

There are three aspects to this argument. The first one applies to our presence here in the US. Communally, academic presence confers respectability to a group. It also provides a valuable service to the country at large by benefiting the country with something more than taxes alone. Historically it has meant that an immigrant group has “arrived” since such participation increases their visibility in a positive way and gives them political clout.

On an individual level, this primarily has to do with goals in life. Personally I made my choices based on the excitement of innovation, continued learning and the stimulation of working in a challenging environment. Others may choose differently. I am however astounded that so few Pakistanis chose this path. At the annual meeting of the Society of General Internal Medicine this year there were 4 Pakistanis among the 2800+ delegates. Bring up the topic of academics with Pakistani doctors, you usually are met with derision. I wonder if this attitude has something to do with the fact that Pakistanis are notoriously cynical in their outlook on life. **(cont: Page 4)**

The Unbearable Lightness of Being?

Adnan A. Khan, MD Class of 1989

And yet there is another reason for choosing an academic career. On the listservers there is much talk of helping Pakistan. Much of this boils down to financial help in one form or another. Historically such help has short lived benefits; with lasting benefits usually coming from developing institutions and traditions. I can envision where some of us can form a core group of physicians that can periodically spend some time in Pakistan, not just teaching but also helping to develop much needed institutions and traditions. Spending six months in Karachi after my residency helped illuminate how far few simple things go. A concerted and sustained effort would be lasting. This approach would not be novel, neither would it be unsupported. There are a number of associations that many American universities have in the Third World. The US government has programs that go abegging for the lack of qualified personnel and goal directed plans. If only there were physicians among us to take advantage of these opportunities.

In the end the discussion comes down to values and our vision of the future. Do we see ourselves growing as a community or as a collection of individuals that shared a common past but neither the present nor the future. If former is the answer then we need to diversify our presence from the materially absorbed group we generally are. For a group that still feels strongly about the nearly severed ties that bind them to their native country, we have opportunities to build some bridges to that land. Our choices will determine the values we instill in our lives individually as well as a community. They can also help those Pakistanis who could not avail the wonderful opportunities that we did. All these and more are possible, it all depends on our vision. Perhaps these are too grand goals to achieve but I am reminded of the ancient saying: "God give me strength to mend what I can, accept what I can not and wisdom to know the difference". ♦

YAAD HAY

*Rotey rotay raat din dissection karana yaad hay
Hum ko ab tak Anatomy ka woh zamana yaad hay*

*First prof ka imtehan or Physiology ka viva
Or mera Guyton pakar, rattey lagana yaad hay*

*Biochem Ki lab thee, key Mastiyon Kaa des tha
lakrion key desk par, tabla bajana yaad hay*

*College kay pichwaray main jasooson ki tarha phir
wahan naye naye couples ko dekh,seeti bajana yaad
hay*

*Sardiyan ki thand main subha sawaire thitar kar
woh front stairs par baith kar,garam chaiye pina yaad
hay*

*Clinicalgroups ka Cricket Match college kay ik maidan
main or tera woh ghom kay, chakkay lagana yaad hay*

*Barish kay mausam main kabhi tafreeh karney kay
wastey woh point ki bus pakar kay phir,picnic pay
jaana yaad hay*

*Jamiat hui ya NSF, PMO hui ya PSF
in sab ka nach nach kar na'arey lagana yaad hay*

*Dining hall ki daal fry or jali hui si rotian
woh koftay or jal-fraizi,ka khilana yaad hay*

*Woh din to sarey Guzar gaye woh dost sarey Bichar
gaye haye magar woh zindagi or woh zamana yaad
hay*

**written and presented in a local mushaira by
(me who else) Shagufta Siddiqui, Dow class of
1990**



The Class Action

CIVIL HOSPITAL KARACHI LABOR ROOM AND GYNÆ OBS EMERGENCY ROOM PROJECT Class of 1977

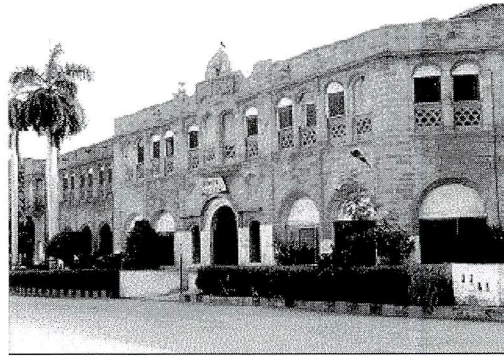
We, the Dow Medical College Class of 1977 graduates celebrating our SILVER JUBILEE in December 2002. As part of the "LifeRaft Scheme" proposed by our group earlier, we wish to repay our dues to the Alma Mater and after much deliberation and research we decided to build a new **Gynae-Obs Emergency Room** and **remodel and equip the existing Labor Room**. The total cost of this project is 15 million Pak rupees (roughly \$250,000). The project will be overseen by our classmates in Karachi and fund raising has already begun there. We expect our classfellows to contribute a fair sum but would like to open the fund for contributions from any alumnus so as to make this scheme popular for future classes and provide everyone a sense of participation.

DESCRIPTION OF THE PROJECT:

Civil Hospital Karachi (CHK) was established in 1898 as a 250-bedded district hospital catering to population of 200,000. **At present there are about 1750 beds in 32 independent units of 18 specialties catering for the 10 million population of Karachi and patients from rural Sindh and Balochistan.** To add to this, the increasing population of refugees from the neighboring countries and the law and order situation of the city has become a colossal challenge to the resources and capacity of the hospital. A huge number of patients have benefited from this facility and a huge number continue to avail the professional expertise and medical assistance, irrespective of their social, cultural and geographical status. Though the population of Karachi has increased many folds the bed strength, medical technology and professional capacity have not increased proportionately and this is one of the main causes of compromised health care.

Civil Hospital being a teaching hospital attached to Dow Medical College since its inception in 1945, has imparted knowledge and training to the medical elite of the city. The Dowites who have achieved professional acclaim, social status and financial gains had their basic training and education at CHK and owe at least a part of what they are today to this waiting-for-attention institution. The Hospital is over crowded and there is a wide gap between health needs and available services.

The Dowites, though involved with their own career and practice, generally speaking, have responded to this situation time and again.



Prof. Adeb-ul-hassan Rizvi with his SIUT, Prof Tipu Sultan with his SICU and Assistant Prof. Abdul Bari Khan with his Cardiac Surgery Unit have responded to this challenge. Last year a sensitized group from the Dow graduates of 1976 responded to this challenge and established a State-of-Art Emergency Operation Theater at CHK, for the deserving patients coming to their parent institution

Realizing that the resources are meager and there is a wide gap between health needs and available services, a group of Dowites of 1977 formed a committee to identify a project to bridge this gap. After a lot of deliberations and study of various considerations, the committee in collaboration with Prof I. B. Soomro (Principal DMC), Prof. Naushad Shaikh (M.S Civil Hospital Karachi) and Prof. Nargis Soomro (OBGYN) has decided to remodel and equip the existing Labor Room and establish an independent and fully equipped Emergency Room for Gynecology and obstetrics patients. The nature of the project demanded supervisory participation of a team of experts from the OBGYN department to plan, supervise and once established, to manage it efficiently. To ensure this MS Civil Hospital through an administrative notification has formed a committee with Prof. Nargis Soomro as its Chairperson, Dr. Mabel Zaki, Sr. Registrar Gynae Unit I, as coordinator and Dr. Yasmeen Kharal as the Administrative Medical Officer. The MS, through his good offices has provided an area of 1200 sq. ft. in the present Blood bank premises for establishing Gynae Obs Emergency Room. This location is ideally situated on the ground floor of the Labor Room and Gynae Emergency Operation Theatre section, and is in close proximity of Casualty Department and the EOT.

The need to develop and equip the existing Labor Room facility will become evident to any body visiting this facility even casually. Any verbal deliberation in this respect is bound to fall short of reality, however the following statistics strongly support the fact that the resources are grossly inadequate to meet the obstetrical demands today.

Total Annual Gynae Obs. OPD attendance = 42650

Total Obstetrical admissions in the year 2001 =	4015
Booked =	1445 (36%), Non-booked 2570 (64%).
Referred from other hospita(Public and Private) =	1566
Total Deliveries	= 3889
Live births	= 3702
Still Births	= 187
Neonatal Deaths	= 180Babies
referred to pediatrics Department	= 540

Continued on Page 6

During the last two month the committee and the Group of Dowites 77, have met several times to work out the details of required civil work and refurbishing of the premises and to identify areas lacking technological support. The CHK committee has prepared the list of equipment needed and has also gathered price quotations from different suppliers.

During these meetings all the members noted that a huge number of patients attending the OPD and the Casualty Department of Civil Hospital are Women and though a lot of talk is going on about Safe Motherhood and Women Health, there are situations, which needed immediate attention. One of these situations is of the Mother-to-be visiting the crowded CHK Casualty Department in emergency, when time is critical for the Mother and the Child, yet to be born. Presently in such a situation the women is sent to the Gynae Unit on call on the first floor, for which the poor patient in her precarious state has to labor through the staircase or is carried by the male members of the family to the Labor Room for want of a stretcher, which is frequent than often. **During all this a lot of valuable time is lost and at times the Chador clad Mother of the next generation delivers on the stairs or even loses the labor of nine months in form of a still born baby; all of this because of insensitive system and no fault of hers.**

Realizing this the committee proposed to establish a separate, well equipped and professionally attended Emergency Room (ER) of OBGYN. The MS, Civil Hospital Prof. Naushad Shaikh agreed to this with out any hesitation and provided the space for the Emergency Room in close proximity of the existing Labor Room and OBGYN Emergency Operation Theatre. Gynae Obs ER, once established will go a long way in ensuring safe Motherhood and providing quick and efficient health care with no loss of privacy and dignity. Would-be-mothers or women in need of emergency medical attention would come directly to this ER, where doctors from the Gynae Unit on call would be available and relevant equipment to examine and assess would be at hand. **This would not only reduce the time lapse markedly but would also make it possible for the doctors to shift the patient directly to the Labor Room or Operation Theatre via the proposed Lift or Ramp; Giving a fair chance to the mother to enjoy the Motherhood and the child to live a life.**

ADDRESS FOR SENDING CONTRIBUTIONS:

Amin H. Karim MD
RightPath Foundation
6560 Fannin Street,
Suite 1532
Houston, Texas 77030.

Please make cheques payable to RightPath Foundation. RightPath Foundation is non-profit, tax exempt organization and your donations are tax deductible to the extent allowed by law.

DOGANA Lifetime Achievement Award 2002



For her lifelong national and international work in UN Dr. Nafis Sadiq of Dow class 1952 has made all of us proud. In the recognition of her work the DOGANA lifetime Achievement Award was presented to her by equally distinguished Dow alumni from class 1954, Professor Rahimtoola who graced last summer meeting.

From L-R. Zeelaf Munir '89, Sadeem Mahmood '89, Dr. Nafis Sadiq '52, Rizwan Karatela '84, Prof Rahimtoola '54, Dr. Sultan Ahmed '63, Azhar Siddiq '84, Dr. Iltifat Alavi '59 and DOGANA executive Director Dr. Mushataq Khan '65

Continued from left:

If you wish to send contribution from your funds in Pakistan, please send to the following:

Labor Room and Gynae Obs Emergency Room Project Civil Hospital Karachi.

Account no. 2090-3
United Bank Limited.
Civil Hospital Karachi Branch,
Baba-e-Urdu Road
Karachi, Pakistan.

Regards and Jazak'Allah

Amin H. Karim MD (Dow77 USA)
Munir A. Shikari MD (Dow77 USA)
Aziza Shad MD (Dow77 USA)
Dr. Qaisar Siraj (Dow77 UK)
Dr. Shahid Kamal (Dow77 Pakistan)
Dr. Hamid Zaki (Dow77 Pakistan)
Dr. Shaukat Malik (Dow77 Pakistan)
Dr. Rahat Najam (Dow77 Pakistan)
Dr. Najam Qureshi (Dow77 Pakistan)
Dr. Saleem Asghar (Dow77 Pakistan)
Dr. Ishrat Saleem (Dow77 Pakistan)
Dr. Anjum Zehra Abidi (Dow77 Saudi Arabia) ♦

A GIFT OF POSSIBILITY, AN INVITATION TO CONTRIBUTE

Shamshad Haroon, MD – Dow Graduate

When my friends ask me why don't I go to APPNA meetings, I still dream of having these meetings some day fulfilling our intellectual hunger rather than just our --- hunger. I don't want to sound too cynical as I imagine the pain and the tiring efforts of the organizers and volunteers of the event but reading one teen's opinion about the summer event, I wasn't surprised (this is not incidental that I happen to be a teen shrink). But recently, I got to meet a lot of fresh souls who are working hard to help this organization evolve to another level and hearing such good words about APPNA from the media attaché at Pakistani Embassy during my recent trip to Washington when I got to meet Mr Hayaddin along with our new Ambassador to US who has been in Diplomatic world for quite sometime. He was kind enough to meet me for an hour without personally knowing me and it was a pleasure to meet a person who along with diplomatic experience was not only kind and humble but also had the vision.

I was there to share my project on creating a mentorship programme with outstanding Pakistanis around the world in all the fields starting with my own field. The question is why we need a Pakistani mentorship programme when we already have so many outstanding people around the world in different fields who can be your email mentors. Having worked with kids and teens for Pakistan TV as well as little experience with my Child and teen Psychiatry, I see an enormous strength and power in our societies from South Asia but I feel that this energy is not being channalised. I don't want to describe the problems our younger generation is going through but I must say that we invest in lot of things for our kids except our time.

I think if we and our young crowd want to commit to take our lives to the next level both personally and professionally, in an age with so many distractions we have to demonstrate a powerful resolve to create what most people never achieve: an extra ordinary quality of life, which does not come with education, money or good career only. Throughout our own lives, we search for mentors, coaches, teachers to assist finding those small distinctions or strategies that can save years of time, energy

or frustration and we use these mentors as leverage tools to have someone who would hold us accountable to our commitments. We had these mentors back home and now we try to find these role models in US. As we all are aware of how ROLEMODELLING shapes our personality, let me remind you that it is a two phase process, in Psychological terms we describe it as IMITATION which happens on conscious level as we in our teens start dressing up or start talking and try to have a style of the people we want to be like, while the second phase is INTERNALIZATION which happens unconsciously and that's why we all end up being like our parents (whether we like it or not).

As we, Pakistani physicians are best in our fields, I want to propose starting with my DOWITES, if each one could mentor one teen or a medical student so they could be available in their field of specialty, and also help me in filming the documentary series in which I am doing episodes on outstanding Pakistani's around the globe and how did they do it. I have recorded ten outstanding people already so if you or someone you know are outstanding in their field and would be an exemplary person, Pakistanis can be proud of.

Please email me at zenybrainy@aol.com or worldshams@yahoo.com , drdforbrainstorm@hotmail.com. I am in Dallas and in a process of moving so contact me by email or my cell phone 214-288-4952. We will be launching the mentorship programme after new year, God Bless and Eid mubarak, keep up the good work,

SEASONS GREETINGS FROM DOGANA

**Please extend our Eid Mubarak, Happy
New Year, Happy Hanukah and Merry
Christmas greetings to you, your
family and your colleagues at works**

The Question Is Not What APPNA Has Done For Us, But What We Can Do For APPNA.

Zeelaf Munir MD '89

Over the past two years, as I chaired the membership committee of APPNA, I had the invaluable opportunity of interacting personally with innumerable members and potential members of APPNA. By far, the most frequently asked question was "What has APPNA done for us?". I have often wondered if this is the right question.

We are physicians, at various stages in our careers, who were able to come to this land of opportunity by virtue of the education we received back home, at minimal financial cost to us. Most of us do feel a sense of responsibility to payback the debt we owe to our country of origin. We would like to support organizations whose charter includes improving medical education and healthcare in Pakistan.

Further, and more urgently, as the unfortunate global events are unfolding, our vulnerabilities as individuals and as our community in the US, are becoming evident. This is a very critical time for our community. **We desperately need organizations that are well-established and viable.** APPNA is probably the most organized Pakistani diaspora, deriving its inherent strength from a democratic tradition and the financial stability of its membership base. As paradigms are changing, APPNA has no choice but to assume the leadership role in the community or risks becoming irrelevant.

APPNA can be the platform to raise consciousness in our community about civil rights, legislative advocacy and strategic networking.



It can be a strong voice against human rights abuses. It can be an effective resource and advocate for our community in general and physicians in particular.

However, APPNA can only realize its full potential by its strength in numbers and by positive contribution from its members. The future direction of APPNA and its leadership can be strongly influenced by the active involvement of the membership.

Currently, Dowites represent nearly one-third of all Pakistani physicians in the US. Their active participation and identification with APPNA is vital for the growth of APPNA.

Hence, I urge you to reconsider the question. **What should be foremost and is far-reaching, is not what APPNA has done for us but what can we do for APPNA?**

Become a Member of APPNA!

DOGANA Annual Summer Meeting 2003

Please Mark Your Calendar

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.

The New York Meeting July 2002 In Pictures

The NY annual Dow alumni meeting was again one of the biggest gathering of DOW alumni. The photographs are taken by Shibli.



Farrukh Aijaz '82 and Maimona '86



Iqbal Khan '85 with wife



Shadab '80 (Ex Clin Sec DMCSU) with Rashida Abbas '80



Dr. & Mrs Salim Chowdhery



Shahzad '82 (ex Soc Sec DMCSU) with wife



Sadeem '89 (President DOGANA) and Aalya '89



Mazhar Rishi '84 with wife

The New York Meeting July 2002 In Pictures



1984: Iqbal Jangda, Qadir, Aslam and Hanif Haji (ex CR)



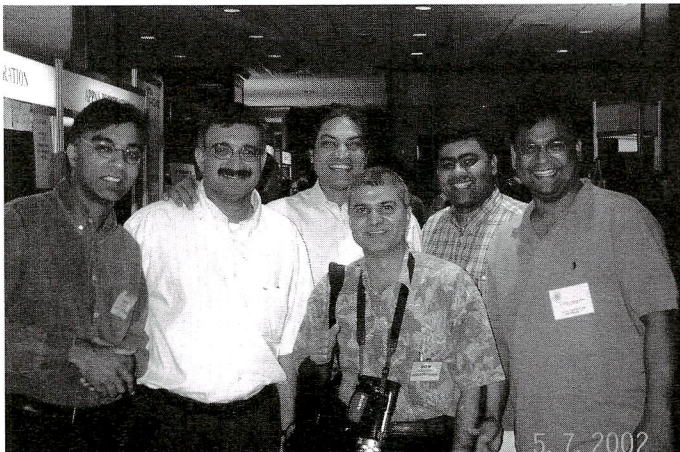
Distinguished Dow Alumni L-R: Prof Rahimtoola '54, Dr Iltafat Alavi '59, Dr. Nafis Sadiq '52, and Dr. Sultan Ahmed '63



L-R: Arif Hussain '85, Shamim '86, Tasneem Zehra '84, Amjid Ali '85, Fakhr Rakla '84, Khalid Mahmood '82, Shibli '84 (ex Lit Deb Secy DMCSU), Mujeeb '82 (ex GS DMCSU), Rizwan Jabir '86, Shekhani '82 (ex Pres DMCSU), Muhammed Asif '84 and Riaz Adil '86. Sitting: Hasan Ali '80 (ex Gymkhana DMCSU) and Rizwan Karatela '84



L-R: Dr. and Mrs Ahsan Rasheed '82, Zia Moiz '82 (President-Elect DOGANA) and Kamran Tareen '83



With Delegate from UK L-R:

Izhar UI Haq '85(UK), Amjad Ali '86, Umer Daraz '86 (UK), Shibli '84 (UK), Riaz Adil '86 and Javed Sulaiman (SMC). Greater participation of Dow alumni in progress.



L-R: Shakeel Kauser and Rizwan Ali of 1988. Looking for more of class of 1988?

All pictures courtesy of Shibli '1984



DOW *Link*

NEWSLETTER

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SUMMER 2003

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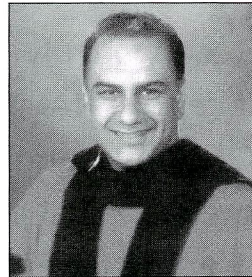
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President's Message

**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.

(Continued on Page 3)

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

(Continued from Page 1)

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

(continued from Page 4)

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"

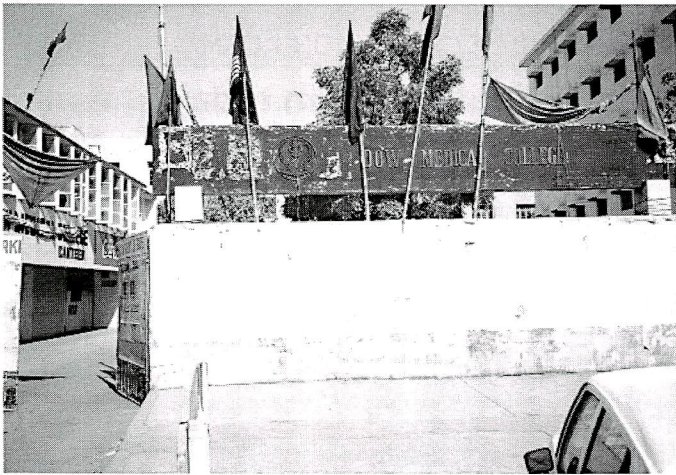
Mail to:

DOGANA c/o Rizwan Karatela
11242 Edgewater Circle
Wellington, FL 33414
(561) 333-9406, Cell 561-714 8656

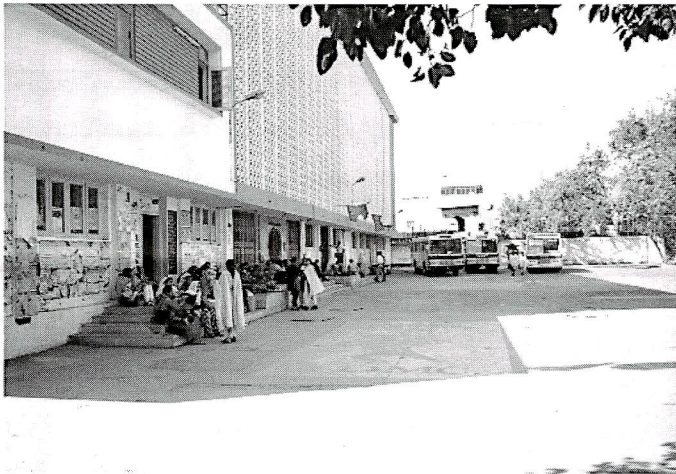
Interested in Writing?

Please send your articles, poems, academic pearls, quotes, news items, announcements etc for the Dow Newsletter. Just email to
rizwan@karatela.com

Dow Pictures



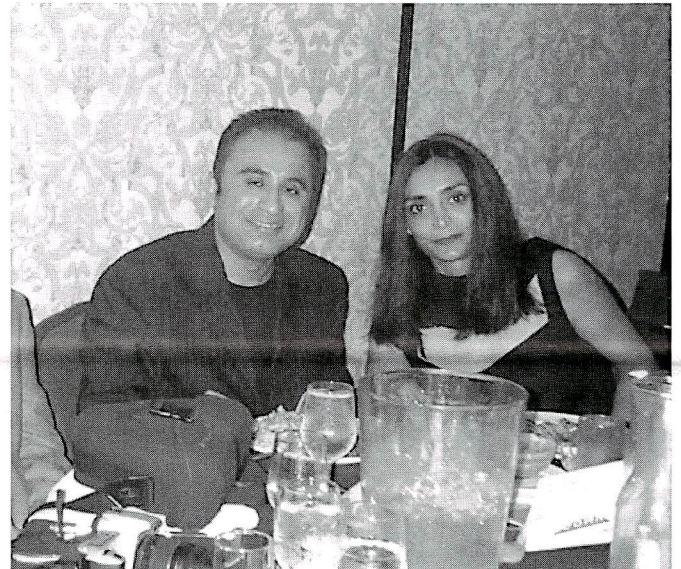
Main Entrance 2003



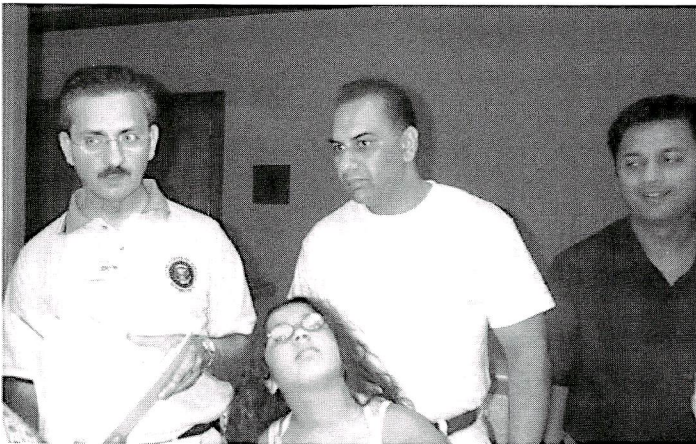
Moin Auditorium Building 2003



Professor Rahimtoola '54 at the NY meeting



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

<p style="text-align: center;">Hotel Information</p> <p style="font-size: small;">Please note that Hotel registration is handled by APPNA and the hotel Management.</p>	<p>Gaylord Palms Resort and Convention Center (From July 2th to July 6th 2003 } 6000 W. Osceola Parkway Kissimmee, FL 34746</p> <p>Call 407 686 0000 Ask for APPNA group rate</p>
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<p style="text-align: center;">DOW Information</p>	<p>Please Dow Alumni Website for more details</p>
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	Mail	Telephone & Fax	Online
<p>Pre-Registration Methods (Please Make Check Payable to "DOGANA")</p>	<p>Mail this Form To DOGANA c/o Sadeem Mahmood, MD 1609 West 40th Ave, Suite 312 Pine Bluff, Arkansas</p>	<p>870- 534 2900 561-333-9406 or 561-714-8656</p>	<p>ONLINE Fill out all the information and submit. GO to: www.dowalumni.com</p>

<p style="text-align: center;">On-Site Registration</p>	<p>Last Date for Pre-Registration is extended 6/20/2003 On-Site Banquet Tickets will be \$ 75.00 per person</p>
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Dow Graduate Association of North America
11242 Edgewater Circle
Wellington, FL 33414

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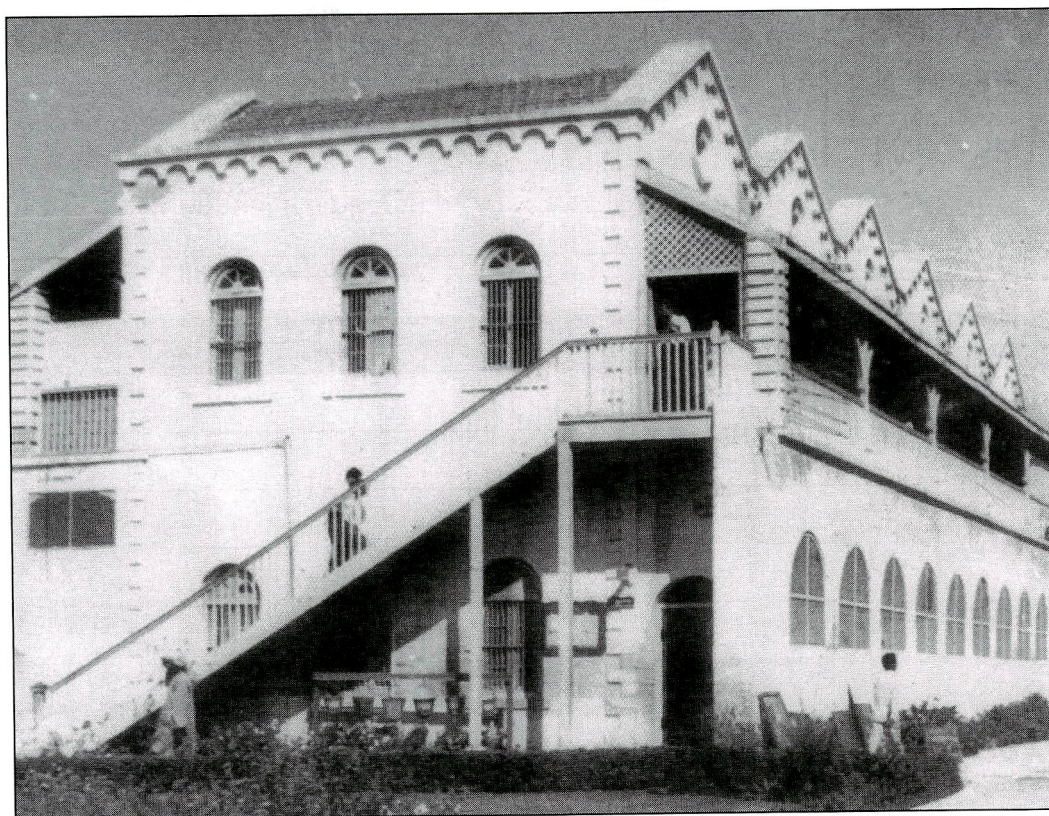
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For more pictures and details, visit our website – www.dowalumni.com