



January 2012

APCNA

Association of Pakistani-Descent Cardiologists of North America

Special Report on Peshawar Conference

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APCNA

Annual Winter Meeting

Peshawar, Pakistan
December 2011

The Conference and the Meetings

APCNA Cardiology Lectures at the DOGANA - DUHS conference

Meeting at Indus Hospital - Dr. Thomas Crawford

APCNA Cardiology Lecture at PMA house, Karachi

APCNA - BLS Course at the PMA House

APCNA Winter Meeting with PCS and ACC - Peshawar

Inauguration of Pacemaker Bank in Peshawar

APCNA Meeting with Rotary Club

APCNA meeting with Heartfile - Dr. Sania Nishtar

APCNA Korangi Heart Study Project

APCNA meeting with Ahsas Informatics - Dr. Amin Baig

APCNA members Donations for the Patients

The Peshawar Tour

The Inner City Tour

Masjid Muhabbat Khan

Chowk Yaadgar

Kissa Khwani Bazaar

Trip to Amankot

The Kabul River

Islamia College Peshawar

Historical Source When Needed: Wikipedia but all the pictures are original taken by APCNA members, Dr. Naeem Khan, Dr. Arshad Rehan and Dr. Wajid Baig.



Editorial

20th Biennial International Cardiology Conference

During the recent visit to Pakistan what many APCNA members saw in Peshawar was a perfect execution of the months and months of meticulous planning of the excellent International Cardiology conference. Most of the APCNA members who attended the conference witnessed the three days of perfection.

This was all possible due to the able leadership of Prof. Hafizullah. He is not only a true visionary but a very hard working detail oriented person. We were already impressed in 2007, but in 2011 he excelled on a much bigger scale. It is very encouraging to see him putting together the team of very dedicated, hard working people to undertake such a big responsibility. The genuinely able leadership permeates through the culture of the institution at all levels in a very positive way.

The conference was also a testimonial of how a well run institution makes a big difference. The faculty members were seen to be very enthusiastic and eager to work. The case and study presentations by the post graduate fellows and junior faculty was excellent and reflected their good supervision and guidance. APCNA members had the privilege to preside over some of these sessions and were very impressed with the amount and the quality of the data presented.

The conference provided great opportunity to interact with cardiologists coming from all over the country. Uniquely, this conference brought many national and international organizations together. Keeping with the theme of the conference "*Prevention - an enticing challenge*" we saw many speeches, ideas and promises to prevent ever increasing threat of rampant cardiovascular diseases in Pakistan. What remains to be seen is, this competence of genuine leadership must now permeates to more institutions of the country and eventually into the national organizations to play their effective and important part...



Nadeem Afridi, MD
President APCNA

Dear Colleagues,

It gives me immense pleasure to present to you APCNA eNewsletter covering our recently concluded trip to Pakistan. This year's trip to Pakistan again was very productive and within a very short span of only few days we were able to accomplish a great deal. I hope you will find this eNewsletter informative and encouraging and we hope that next time you will join us in our visit to Pakistan. This year the team of APCNA members visiting Pakistan included, Dr. Naeem Khan, Dr. Arshad Rehan, Dr. Javed Suleman, Dr. Wamique Yusuf, Dr. Javed Suleman, Dr. Rizwan Karatela, Dr. Wajid Baig, Dr. Salman Arian, Dr. Mushabbar Syed, Dr. Asim Rehman, Dr. Asad Qamar, Dr. Hasan Ali Kasaamali, Dr. Gohar Jamil & Dr. Abbas Agha.

The 20th Biennial International Cardiology conference in Peshawar on December 23-25th, 2011 was the main highlight of the visit this year. Prof Mohammad Hafizullah was the convenor of the conference and Barrister Syed Masood Kausar was the chief guest and the Minister health Syed Zahir Ali Shah was the guest of honour on the inaugural ceremony. APCNA appreciated the opportunity to work jointly with Pakistan Cardiac Society for this conference. Several APCNA members delivered lectures and chaired various sections. An important landmark of the conference was the first joint session in Pakistan of the American College of Cardiology (ACC) and Pakistan Cardiac Society (PCS) held on December 24th 2011. Dr. Mushabbar Syed represented ACC from USA. APCNA also inaugurated its second pacemaker Bank in Peshawar. Korangi heart study data was presented and several collaborations were agreed to help develop NICVD heart disease prevention program. A lot of interest was generated in standardizing care and quality of care topic.

The stay in Peshawar was further enhanced by the superb hospitality of Dr. Hafizullah, Dr. Adnan Gul, Dr. Arshad Rehan and Dr. Naeem Khan. The trip to the inner city of Peshawar, the trip to Amankot, Kabul River, Islamia College Peshawar are only few of the many things that APCNA members will remember for a long time. More details are noted in the reports of this eNewsletter. APCNA members also delivered lectures at Cardiology Conference at Dow, delivered BLS training course at the PMA house Karachi, performed interventions in Karachi and Peshawar. Many more activities you will see in this report. Overall it was indeed a very successful and productive visit for APCNA. We are looking forward to seeing you at the ACC this year in Chicago.



APCNA at the Dow Medical College

The Cardiology Lectures

The APCNA members were invited to DOGANA Winter Meeting and Conference. The Cardiology Lectures on Day 3 of the conference were delivered by the APCNA members.

DOGANA Winter Meeting and Three-Day Conference was organized by Dow Alumni Association headed by Dr. Sohail Khan, President of DOGANA in association with DUHS faculty.

The Cardiology section of the conference was organized by Cardiology Department at CHK headed by Dr. Khalida Soomro in association with APCNA.

The conference was very well-attended by the Dow Students, House staff and the faculty. It was wonderful to see the Arag Auditorium packed to capacity.



Panel at the Dow Lectures

Dr. Masroor, Dr. Sharif Chaudry and Dr. Hamid Shafqat at the DOGANA Cardiology Conference

The DOGANA cardiology conference was held in the Arag Auditorium at the Dow. APCNA members delivered cardiology lectures along with the local faculty with a packed audience at the Arag auditorium.

The expert panel presided the session and it included the respected professors; Dr. Sharif Chaudry, Dr. Hamid Shafqat, Dr. Khalida Soomro.

ECG Interpretations - Interactive

By Dr. Wajid Baig

Wide variety of ECGs were presented and the participation from the Medical Students and the Housestaff was very impressive. Common ECG findings to more board exam examples were equally well handled by the students.

The Stress Testing - An Overview:

By Dr. Rizwan Karatela

The lecture on the basic ECG stress testing covered the basic coronary anatomy, pathophysiology of CAD, the basics of ECG stress testing and variety of stress testing modalities.

Peripheral Vascular Disease Interventions

By Dr. Asad Qamar

A very lively and interactive lecture on the peripheral vascular interventions with interesting cases presented by Dr. Qamar was very informative and generated a well deserved interests equally among the students and the house staff.

Peripheral Vascular Disease Interventions

By Dr. Bashir Hanif

A very informative lecture on the subject with interesting cases presented by Dr. Bashir, a very comprehensive lecture and generated a lot of interest in the subject.

Ventricular Tachycardia

By Dr. Zahid Jamal

A very comprehensive and well researched presentation by Dr. Zahid Jamal on the subject and very useful review for the students and the house staff.

The APCNA lectures at the Dow Medical College attracted the students and housestaff equally with the Arag Auditorium packed to its capacity



CAD Interventions

By Dr. Asad Pathan

The overview of the Cardiac interventional cardiology was presented by Dr. Pathan. Some of the very important points were illustrated as seen in common practice in Pakistan.



BLS TRAINING

APCNA at the PMA House

The APCNA activity at the PMA house started with a lecture on Acute Coronary Syndrome delivered by Dr. Javed Suleman. It was followed by a panel discussion on the topic. The second half consisted of BLS training at the PMA house for the health care workers headed by Dr. Wajid Baig.

The expert panel discussion comprised of Dr. Hasnat Sharif, Dr. Zahid Jamal, Dr. Wamique Yusuf, Dr. Rizwan Karatela and Dr. Javed Suleman.

APCNA members trained six doctors as Master trainers of BLS course who in-turn would carry on the subsequent courses at the PMA on a regular basis. In addition to this total of 46 health care professionals were trained that day. While APCNA has committed to provide the BLS course equipment and supplies the officials at the PMA house have done excellent work in maintaining these mannequins and the BLS training equipments.

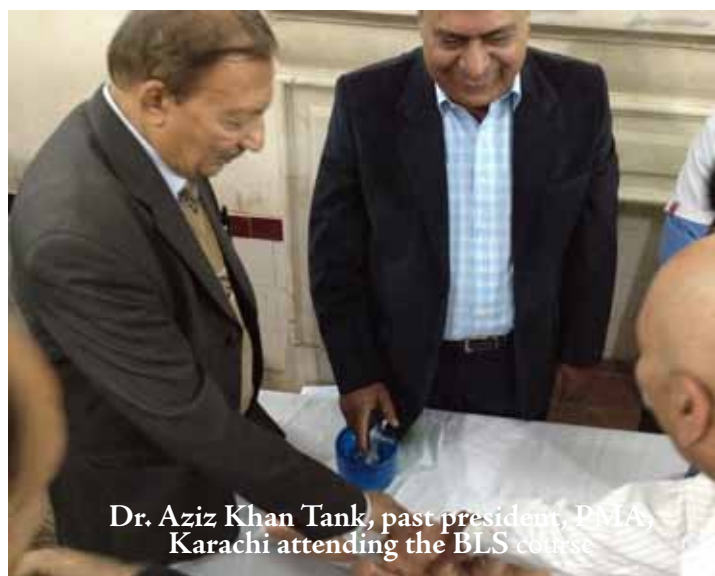


Dr. Javed Suleman's lecture at the PMA, Karachi.

APCNA felt that there was a great need of training health care professionals in the Basic Life Support. With this in mind it established the BLS course center in 2008 the PMA house. It provided the required supplies to run the BLS course.

Dr. Samrina Hashmi and her team had been instrumental not only in establishing the training center but also maintaining the standards and proper running of the courses on a regular basis. So far hundreds of health care professionals have been trained here at the PMA house. This year APCNA again trained six doctors as Master Trainers who will continue to train more people in Karachi and in rural areas as well. APCNA is committed to support this program in future.

The APCNA and PMA established the BLS training center at the PMA house in 2008 and since then has trained hundreds of Healthcare Professional in BLS courses.



Dr. Aziz Khan Tank, past president, PMA Karachi attending the BLS course



INDUS HOSPITAL

Report by Dr. Syed Wamique Yusuf

APCNA at the Indus Hospital

The APCNA was delighted to have Dr. Thomas Crawford (Assistant Professor, University of Michigan, Ann Arbor) and a leader of the University of Michigan research group Project *My Heart Your Heart* visiting Indus Hospital, Karachi for this project.

The Project:

We are also helping University of Michigan, Ann Arbor with a research project on the use of re-used pacemakers. Dr. Thomas Crawford (Assistant Professor, University of Michigan, Ann Arbor) and a leader of the University of Michigan research group Project My Heart Your Heart visited Indus Hospital, Karachi for this project.

We are very grateful to him for making this trip and are delighted that Indus hospital may be a part of this research project. This will pave

the way for the use of re-used pacemakers in third world countries, alleviating the burden of conduction system disease in poor countries, where frequently younger patients (who are the sole bread winner for the family) are afflicted with this condition.

The whole idea of Pakistan being a center for this research and philanthropic work started with a discussion between APCNA members and Dr. Kim Eagle (a co-founder of Project My Heart Your Heart) and his team and they were kind enough to offer us with the prospect of using re-used

pacemakers in Pakistan. The meeting at the Indus Hospital was a part of study requirement of site visit where quality assurance can be ascertained and subsequent development of protocol and eventual use of donated pacemakers to be used for deserving patients.

Dr. Crawford was very pleased to see the high standards of care and very advanced IT and research department at the Indus Hospital. Dr. Crawford also visited the wards and met with the patients. APCNA members had a dinner for Dr. Crawford at the famous Bar B-Q tonite in Karachi.



Dinner at Bar B Q Tonite, Karachi

PCI procedures at Indus

During his stay in Pakistan, Dr. Javed Suleman performed more than 40 PCI procedures for the non-affording patients at the Indus Hospital.

We are hopeful that the use of re-used pacemakers in third world countries, alleviating the burden of conduction system disease in poor countries, where frequently younger patients (who are the sole bread winner for the family) are afflicted with this condition.



Report by Dr. Wajid Baig

December 28, 2011

Dil say Dil..Pakistan

The purpose of this meeting was to discuss options of establishing a Pacemaker Bank in Karachi; independent of the APCNA-Rotary-Heartbeat International (HBI) Pacemaker Bank.

A meeting was held with the Leadership of Karsaz Rotary Club in Karachi.

- The purpose of this meeting was to discuss options of establishing a Pacemaker Bank in Karachi; independent of the APCNA-Rotary-HBI Pacemaker Bank.
- The new project will be a partnership between Karsaz Rotary Club and APCNA. The supply of Pacemakers from HBI is never going to be sufficient or guaranteed. Therefore we need to look at other options to continue the Pacemaker project in Karachi.
- A new project is being considered which will be funded by members of APCNA and Rotary will participate in fund raising in Pakistan and also by Rotary International.
- The logistics of this Bank will be the same as the HBI-Pakistan. However; all matters relating to this project WILL BE KEPT SEPARATELY AND MANAGED INDEPENDENTLY.
- Arrangements will be made to purchase the devices locally. The different manufacturers will be asked to bid for the supply.
- APCNA will partner with a local Rotary Club in the US. We will raise funds from our members; the local Rotary Club will raise funds as well and then apply for matching grants from Rotary International.
- A website will be developed for this project by the Rotarians
- There already exists a not-for-profit status within Karsaz Rotary Club and this project will be a part of it. No new permissions will be needed.
- The donation process will be similar to the one employed by several institutions in the US where a donor is provided information about the patient who received the life saving pacemaker. A process will be set up with appropriate permission from patients; where the donor will be able to get details about the recipient, if they wish.
- It is estimated that a Single Chamber Permanent Pacemaker and leads will cost about \$1000 when purchased in bulk in Pakistan.
- APCNA will request their members to pledge at least one pacemaker a year for this project. We will also request donations from other physicians of Pakistani origin.

Present: Drs. Javed Suleman; Rizwan Karatela and Wajid Baig Rotarian's: Ovais Kohari, Faiz Kidwai and Wahab Lakhani

APCNA Collaboration

The APCNA members had the opportunity to meet with Dr. Sania Nishtar of Heartfile. Heartfile is an NGO based in Islamabad and is involved in multiple projects related to NCD's and healthcare policy in Pakistan.

- Drs. Nadeem Afridi; Wamique Yusuf and Wajid Baig met with Dr. Nishtar, the founder of Heartfile (<http://www.heartfile.org/>).
- The meeting was held on December 27th 2011 at Pearl continental Hotel Peshawar at the Biannual meeting of Pakistan Cardiac Society.
- Heartfile is an NGO based in Islamabad and is involved in multiple projects related to NCD's and healthcare policy in Pakistan.
- Matters of mutual interests were discussed extensively. There are several projects where we can work together. APCNA has been at the forefront of emphasizing the importance of managing Non -Communicable Diseases (NCD's) in Pakistan. Heartfile has published extensive data from research done in Pakistan.
- Heartfile also has a functioning internet based system where donor's can directly contribute financially for different medical needs of deserving patients.
- Heartfile has established a fund to provide financial help for the deserving patients all over Pakistan. She is inviting individuals and associations such as APCNA to become part of this fund. Contributions can be financial aid as well as expertise and volunteer services.
- Dr. Nishtar and Dr. Afridi will look at joint projects that can be established in the coming months. APCNA has invited Dr. Nishtar to attend our Annual Meeting in Chicago and our Semi-annual meeting in Washington DC.

APCNA Donations

Every year for the past 6 years, we were able to donate cardiac supplies to various institutions to be used in deserving, non-affording patients.

APCNA Meeting with Ahsas Informatics

The purpose of this meeting was to discuss the efforts of APCNA in the arena of Patient awareness of Heart Disease in Pakistan. As part of APCNA's effort in helping patient is the education in preventing heart disease in an easy to understand publication in Urdu.

APCNA recognizes Ahsas Informatics for its leading role in publishing patient awareness literature in Urdu for common people who can read and get the benefits of this vital education in public health.

Dr. Amin Baig has been the pioneer in this field and has authored, published and distributed the books across the country. Dr. Baig has produced many such books in collaboration with experts in various subjects as Diabetes, Hypertension, Depression, Women's Health and more.

APCNA sponsored the book on "Heart Diseases". There were practically no books in Urdu. The book provided the basic information and understanding of heart diseases, preventive measures and guide to the patients who already have the condition and how to take care of themselves. It was published in Urdu with the aim to target reaching out to common people who can not read English books.

APCNA met with Dr. Amin Baig and discuss various ways in which these kinds of books can

be effectively distributed to wider population to promote patient awareness across the country where majority of people have meager means to acquire accurate information in Urdu.

APCNA was pleased to learn that its sponsored book was well received by the public when it was distributed. While initially it was on a small level where APCNA sponsored one thousand books, but with potential of reaching out to more people APCNA will be looking at sponsoring many more in near future and foresee a long-term partnership with Ahsas Informatics and its efforts in producing such valuable books on patients awareness.

In the following page we have reproduced the cover of the Urdu book on "Heart Disease" APCNA sponsored.

Present: Drs. Javed Suleman; Rizwan Karatela and Wajid Baig and Dr. Amin Baig from Ahsas Informatics.


2011

APCNA Sponsored Book in Urdu

دل کے امراض


(HEART DISEASES)

دل کے امراض کے متعلق آگاہی اور شعور بیدار کرنے کے لیے رہنما کتاب



ذاکتر امین بیگ

احسان انفورمیٹکس
AHSAS
INFORMATICS



APCNA is an organization formed in USA consisting of Cardiologists of Pakistani Origin residing in North America. Over the past 7 years organization has been consistently working on its core mission. One of the core mission of this organization is to help health care professional who are involved in cardiovascular disease management in Pakistan through transfer of expertise and technology and provide supplies and resources to help non-affording patients in Pakistan.

APCNA has regularly organized cardiology conferences, lecture series for the medical students, and cardiology workshops for the house staff and faculty of various medical colleges throughout Pakistan. One of the most important contribution APCNA has made is to provide free pacemaker for the patients who could not afford this expensive life-saving treatment. APCNA has accomplished this through local and international collaboration through its Pacemaker Bank established in Pakistan in 2007. To learn more about it please visit the website at WWW.APCNA.NET

In its continued effort to educate health care professional, as well as public, APCNA is committed to support this invaluable contribution in public awareness publications. We strongly believe that a well-informed patient is vital in fighting one of the fastest growing health problem in Pakistan, that is cardiovascular disease. We hope that this publication will fill the vacuum of simple information in Urdu in understanding cardiovascular diseases and how one can prevent it.

Sincerely,

APCNA
Board of Advisory
Dr. Imdad Sadiq (M.D.)
Dr. M. Wajid Balq (M.D.)

احسان انفورمیٹکس
A-407، بلاک ڈی، نجرہ ٹائم پارک، 74700 کراچی، پاکستان۔
فون: 0334-3034939 ای میل: ahsasinfo@yahoo.com

APCNA sponsored book on Heart Diseases in Urdu for patient awareness was distributed free to the general public in 2011. It was well received by the public. The topics covered in this book included; *Heart Attack, Congestive Heart Failure, Hypercholestrolemia, CAD risk factors, Preventive measures, Diet and Exercise in Heart Disease etc.*

APCNA Korangi Heart Study



Background:

It has been two years since we embarked on surveying life style (eating habits, tobacco use, and physical activity) and vascular risk factors that lead to CAD in a low to middle income population that represented most Pakistanis. We found this population in a small town in Karachi called Korangi. The funding of this project came from APCNA members who gave small donations of \$500 to \$1000 dollars to start the project (\$20,000).

The Study:

A sample of 4 thousand households was randomly selected, using Google global positioning systems and RFID identifiers. A sample size was 1000 adults and 500 children (15 and under) with 50% women (adults between ages 16 and 65). It was done with the help of a team from Indus Hospital and IRD Research. The data presented at the Peshawar Conference recently and summarized here.

Where to go from here: (Translational Research)

1. Developing a profile of the community, Schools, parks, businesses, mosques, playgrounds, clinics, hospitals, others
2. Profile of people leaders (community, political, imams, etc)
3. Availability of fruits and vegetables and costs
4. Developing interventions models for prevention of diseases
 - a. Schools, mosques, work places, community gatherings
 - b. TV /phone based models of education for women at homes
 - c. Awareness of exercise and dietary changes

Korangi Heart Study Data

A: Demographics

1. Most people earn b/w 60,000 to 80,000 rupees annual.
2. Family size ranges from 5 to 9
3. Both reading and writing Literacy was 50%
4. 30% could not do simple arrhythmic
5. Men are less literate than women

B: Vascular Risk factors

1. Hypercholesterolemia 9% men and 13% women
2. Diabetes (HbA1C >6.5) 9% both men and women
3. 70% of DM were either untreated or inadequately treated
4. Hypertension 20 % (female more than men)
5. 80% of hypertensives were untreated (30% had BP >140/90)
6. Inflammatory Burden (30% Hep B positive, 10% Hep C positive)

C: Life Styles and Habits

1. Recall of previous day
 - a. Fruit consumption none 62%, once 36%
 - b. Vegetable consumption none 51%, once 33%
 - c. Desert 67% none, 29% once
 - d. Adding salt to cooked food 27% (more women than men)
2. Cooking oil: Ghee 12%, Oil 75%, both 13%
3. BMI <18 (23%) under weight, 18-25 (47%) normal weight, 25-30 (overweight), >30 (9%) Obese.
4. BMI: Women in general were either over weight or obese more than men
5. Physical Activity: 98% of women compared to men 82% did not participate in any exercise or sports
6. Commonest reason was lack of adequate and safe areas for exercise
7. Tobacco smokers 13%
8. Smokeless tobacco use 45% of these 57% men and 38% women
9. Cell phone 87%
10. TV channel Geo and PTV 83%

D: Ability to pay for catastrophic illness

- No 14% and go into debt
Pay for acute short term illness medications 70-80%
Pay for chronic illness (DM, HTN, Chol 3-4%)

Disease Surveillance and effects of education on disease prevalence

For this we need another 100 -500 dollars donation to take the study to the next level. Please donate to APCNA at its web site and do not forget to write on your checks NCD prevention.

APCNA Members Donations Performing Procedures in Pakistan

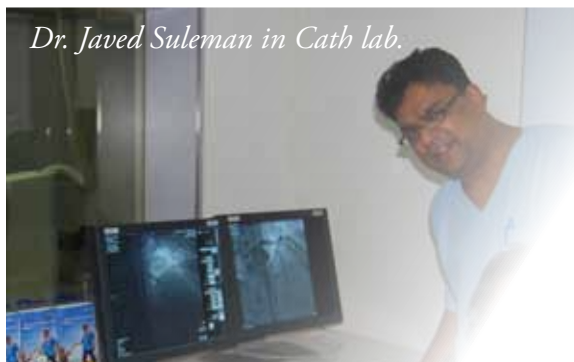
APCNA members every year perform many interventional procedures with the local faculty. In this process not only the patients gets benefit of the procedure but it brings together the local faculty and visiting APCNA members. There is transfer of techniques and expertise but also realization of the ground realities, and local faculty's adaptability and commitment to help these patients with very limited resources at hand.



Dr. Hafizullah & Dr. Naeem Khan.

Dr. Naeem Khan

“Most grateful for the most generous donations. Credit goes to everyone but especially to Naeem Lala who ran a very successful campaign of first collecting and then bringing them over. Many thanks to all the generous donors from the broken hearts of Peshawar, KPK and Afghanistan! Only Allah Subhanu Taala can reward you for these extraordinary gestures of benevolence and love for the underprivileged brethren!” - *Prof Hafizullah*



Dr. Javed Suleman in Cath lab.

Dr. Javed Suleman

Dr. Javed Suleman has been performing PCI at the various institutions in Pakistan. This year he was able to successfully perform 46 such intervention at the cardiac catheterization lab at the Indus Hospital, Karachi. He worked with the local faculty to perform these cases for the benefit of non-affording patients.



Dr. Arshad Rehan

Dr. Arshad Rehan was first to perform IVUS in Peshawar in 2007. He has performed many interventional procedure over the years in Peshawar with the local faculty. This year he performed interventions at the Lady Reading Hospital in Peshawar. Seen on left with the LRH team, including Prof Hafizullah and Dr. Adnan Gul.

APCNA-ROTARY-HBI Pacemaker Bank

The purpose of this meeting was to discuss the updates and functioning of the APCNA-Rotary-Heartbeat International (HBI) Pacemaker Bank.

The supply of devices from HBI has been much better in 2011 as Biotronics had a number of devices available to be shipped from Europe.

- There are about 15-20 devices available for implant. Not all of them have leads etc. Attempts are being made to get these leads from HBI and or try to buy them locally.

- After discussion it was decided that we will continue our relationship with HBI-Tampa for the coming year. APCNA will try to pay the fee in installments.

- HBI-Pakistan has assured APCNA that they will work diligently in getting the paperwork done as soon as possible to comply with the new regulations of HBI-Tampa. The establishment of a Not for Profit association shall be completed in the next 30 days. A plan for fund raising etc. shall be put together as well.

- There is a shortage of implanting physicians at NICVD. Other physicians will be vetted for this process.

- Indus Hospital is being considered as another site where implants can be done. Mr. Lakhani will be discussing this with the Board of Indus Hospital. Dr. J. Suleman will discuss with Dr. Bari about the technical issues.

- As the implant of these pacemakers

is at times difficult for the physicians in private practice; a suggestion was made to consider a token professional payment to the physician. This is being explored further.

- To continue the efficient work of the bank; we may have to employ some clerical help. APCNA will share in the cost of this employee. This was offered in the past as well.

The meeting ended with the acknowledgement that the Rotarian's are doing a wonderful job in making this Pacemaker Bank a model for success amongst all such banks in the world. We also are indebted to the management Tabba Heart Institute for the generosity in helping make this bank a success.

Wajid Baig MD FACC

Project Chair. Pacemaker Bank

Present: Drs. Javed Suleman; Rizwan Karatela and Wajid Baig Rotarian's: Ovais Kohari, Faiz Kidwai and Wahab Lakhani



INAUGURATING PACEMAKER BANK IN PESHAWAR

Dr. Nawab Khan - APCNA - Rotary *Pacemaker Bank*

The APCNA members were delighted to inaugurate its second pacemaker bank in Pakistan to help deserving patient get this life-saving treatment...

The Pacemaker Bank was inaugurated on December 27th, 2011 in Peshawar. The New Pacemaker Bank will be run by the Cardiology team at Lady Reading Hospital and the Rotary Club of Peshawar. It will serve the patients of greater Peshawar area as well as all of Khyber Pakhtunkhwa.

Prof. Hafizullah, Rotarian Arif Rohilla, Dr. Naeem Khan, Dr. Nadeem Afridi (President-APCNA), Wajid Baig (Project-Chair) all spoke on the occasion.

This Project has been in the planning stages for a couple of years. It came to fruition with a generous donation by Dr. Naeem Khan (Trustee, APCNA).

The Bank will function on the same platform as the one in Karachi. The Rotarians in Karachi have generously agreed to help their colleagues in Peshawar in setting up the Bank. It will be run in accordance to the same strict guidelines as established in Karachi.

Several APCNA members have already donated money for the purchase of Pacemakers locally in Pakistan. Tax deductible donations can be sent to APCNA and funds will be transferred when appropriate Bank Accounts have been set up.



20TH BIENNIAL CARDIOLOGY CONFERENCE



Report by Prof Muhammed Hafizullah

The 20th Biennial Cardiology Conference December 23rd, 24th, 25th, 2011

“Cardiology conferences in Peshawar have been a trend setter – the fourth was even better - intellectually stimulating, academically satisfying and socially pleasing. This conference will serve as a landmark and a standard for others to compare with. In the current scenario, the need to stand together and support each other is ever more in demand. We have to prove, by actions, that we uphold the tenets of equality, freedom of speech and respect of human being besides our deep rooted faith in excellence of academics and research,”

- Prof Mohammad Hafizullah

The theme of the conference was
“Prevention – an enticing challenge”.

20TH BIENNIAL CARDIOLOGY CONFERENCE

The 20th Biennial Cardiology Conference was held in Peshawar from December 23 - 25, 2011. Prof Mohammad Hafizullah was the convenor of the conference and Barrister Syed Masood Kausar was the chief guest and the Minister health Syed Zahir Ali Shah was the guest of honour on the inaugural ceremony. President of Pakistan Cardiac Society welcomed the guests and explained the vision of the society. The Secretary of the society highlighted the role of Pakistan Cardiac Society. Dr. Arshad Rehan of APCNA appreciated the joint efforts of APCNA and Pakistan Cardiac Society.

Pakistan Cardiac Society, founded in 1961, is the oldest premier organization of leading cardiologists of the country. It organizes regular meetings and conferences in different cities of Pakistan, attended by local faculty and foreign delegates. The society endeavors to promote awareness about heart ailments, encourage preventive measures and inculcate culture of research in the field of cardiology. The ultimate object is to prevent cardiac ailments and render treatment of cardiac diseases more effective, accessible and affordable.

The aim of the conference was to disseminate new knowledge, encourage research and more importantly open new avenues of imagination and creativity for the trainees and faculty. The conference offered a unique national platform to share the experiences of clinical and basic research by the leading departments and institutions. The Khyber Pakhtunkhwa chapter had the privilege to host the 20th Biennial

The aim of the conference was to disseminate new knowledge, encourage research and more importantly open new avenues of imagination and creativity for the trainees and faculty.

Cardiology Conference in the historical city of Peshawar. More than five hundred delegates –doctors, nurses, paramedics and medical students from all over Pakistan participated in the deliberations of the conference. Association of Pakistan descendent Cardiologists of North America (APCNA) was the co host. More than fifteen scholars from USA, three from UK, two from Iran and three from Mid East honoured the conference with their presence.



The conference had three parallel sessions: offering online transmission of interventional procedures performed by internationally renowned cardiologists in Lady Reading Hospital Cardiac Catheterization Laboratories. Coronary interventional cases performed by the leading cardiologists of NICVD, PIC, PIMS and AFIC performed challenging procedures.

For the first time use of ICE and noncontact mapping was demonstrated online in Pakistan. Challenging paediatric cases were performed on Friday and Saturday by international and national experts. Pakistan television made special arrangement for high quality live telecast which was appreciated by all. Trainees and young faculty members were encouraged to present original research and the senior faculty presented state of art lectures for dissemination of the latest research by international leaders in their fields. In total 157 presentations and thirty three poster presentations were made. For the first time ever there was a joint session of American College of Cardiology and Pakistan Cardiac Society on the emerging field of Cardiac Imaging. APCNA fellows of American College Of Cardiology represented the College and made state of the art presentations.

Our earnest effort had been to encourage local research and provide Cardiologists with an opportunity to present their indigenous research at a national forum. Besides offering an occasion to interact and learn from each other this conference provides a unique occasion to formulate research agenda for Pakistan. Proactive efforts are required to inculcate the culture of research at all levels. A review of abstracts will reveal that where as we come a long way since inception of the Pakistan Cardiac



Dr. Arshad Rehan, President-Elect APCNA at the inauguration ceremony of the conference.

Dr. Mushabbar Syed and Dr. Salman Arian at the inauguration. Dr. Mushabbar represented ACC at the Conference



For the first time ever there was a joint session of American College of Cardiology and Pakistan Cardiac Society

20TH BIENNIAL CARDIOLOGY CONFERENCE

Society, we still have a long journey ahead of us.

The theme of the conference was “Prevention – an enticing challenge”. Preventive cardiology remains a neglected field in Pakistan and this conference devoted a whole session and three workshops to it in which the participants had in depth exposure to preventive aspects of Cardiology. The aim was to highlight the importance of developing properly structured and functional departments of Preventive Cardiology in every institute and major departments. International authorities have been invited in the field to help us achieve the desirable aims.

As super-specialties continue to grow we tried to develop scientific program along with their collaboration and encouraged their role under the umbrella of Pakistan Cardiac Society. For the first time there was emphasis on hands-on training and for the record twenty seven special interactive workshops were planned to enhance knowledge and improve skills of young cardiologists. Peshawar chapter was proud to introduce two parallel workshops and for the first time we had workshops of ninety minutes hosted by internationally recognized experts.

We offered many innovations in this international meeting: 23rd December hosted eleven practical - hands on workshops in Echocardiography –adult and paediatrics, Nuclear cardiology, Electrophysiology –updates on devices and interventions and interventional Cardiology adult and paediatrics. Especially



Dr. Salman Arian

APCNA was the co host of the conference. More than fifteen scholars from USA, three from UK, two from Iran and three from Mid East honoured the conference with their presence.



Dr. Nadeem Afridi, on Endocarditis

20TH BIENNIAL CARDIOLOGY CONFERENCE 2011

designed 'How to do' workshops hosted by international experts offered ample opportunities for our budding cardiologists to interact and learn practical tips.

Three parallel sessions – state of art lectures, research presentations and live telecast from Catheterization laboratories will offer the latest in the world of Cardiology to quench the thirst of all - the novice and the expert.

A special treat awaited all as on Friday evening – a theme dinner was arranged with a cultural show local band played instrument which everyone enjoyed. New band "Raga boys" entertained the crowd to their hearts content with their expertise in classical and newer songs. An extravagant gala dinner on Saturday along with most entertaining performance of a special artist Fakhir rendered the evening memorable. This, indeed, was a unique experience for all the participants. The families enjoyed the nice weather, Pathan hospitality and Bara's bargains!

This conference enjoyed full support from APCNA and we had more than a dozen experts from USA as speakers and moderators. Second Pacemaker bank is being launched by APCNA in this conference to help the under privileged patients.

'Our members were on panels of invasive, noninvasive and preventive sessions and were among the main speakers; many performed live coronary and peripheral cases. The meeting was at par with meetings in USA and the young trainees were very keen to learn. We also installed



Naeem Khan & Wamique Yusuf, awarding fellow on presenting paper from LRH



Enthusiastic participation from the medical students and the house staff of LRH and Khyber Medical College



Dr. Arshad Rehan, Dr. Wamique Yusuf and Dr. Rizwan Karatela presided over the fellows session.

20TH BIENNIAL CARDIOLOGY CONFERENCE 2011



Keeping with the great hospitality of Frontier, the APCNA members were honored with traditional robe at the evening program.

L-R: Wajid Baig, Naeem Khan, Wamique Yusuf, Mushabbar Syed, Nadeem Afridi, Rizwan Karatela, & Arshad Rehan.



Above: APCNA members given the traditional Robes.

Left: Arshad Rehan and Naeem Khan great hosts for the visiting APCNA members

20TH BIENNIAL CARDIOLOGY CONFERENCE 2011

our 2nd pacemaker bank for the non affording patient which was reported in major papers. We were able to deliver 6 full boxes of stents /pacers/wires and materials for needy patients. Without Prof Hafizullah and his great team we would not have been welcomed as we were - we were literally treated as royalty. Socially our APCNA friends besides the formal function enjoyed tikka kabab and rabab, swati nashta, a trip to inner city masjid Mohabat Khan, a trip to village Hujra Pathan style tikka, kabab and sugar canes (gannas) along with fresh gurr near Pabbi. All cardiologists went on double dose statins!!!” reported Dr. Naeem Khan, active member of APCNA from Chicago

Prof Mohammad Hafizullah,
*Khyber Medical University,
Peshawar*

Dinner and Breakfast Hosted by Dr. Naeem Khan and Dr. Arshad



The Live Music at the Dinner



Dr. Wajid Baig with Senator Kamran Khan (Father-in-Law of Dr. Naeem Khan) at the Dinner at the SC Judge Nasirul Mulk's house.



The delicious breakfast at Dr. Naeem Khans house with special Swati Paratha

20TH BIENNIAL CARDIOLOGY CONFERENCE 2011



Dr. Arshad Rehan and Dr. Naeem Khan interviewed by the local TV



Dr. Arshad Rehan in full swing at the musical evening.



Dr. Nadeem Afridi, President APCNA speaking at the evening function



Dr. Adnan Gul, Prof Hafizullah, Dr. Naeem Khan and Dr. Wajid Baig



APCNA Team at the breakfast at Pearl Intercontinental, Peshawar



APCNA Team with Prof Hafizullah



The First ACC-PCS joint session on Cardiac Imaging in Peshawar

- Report by Dr. Mushabbar A. Syed

The 20th biennial international cardiology conference was held at Pearl Continental Hotel Peshawar on 23rd-25th December 2011. An important landmark of the conference was the first joint session in Pakistan of the American College of Cardiology (ACC) and Pakistan Cardiac Society (PCS) held on December 24th 2011.

After negotiating for over a year and meeting with the leadership of the ACC, APCNA and PCS, the ACC Board of Trustees issued the Charter of the ACC Pakistan Chapter in 2010. This Chapter reached several milestones in 2011, including the first Joint Session of ACC-PCS in New Orleans at the ACC Scientific Session. This historical development was made possible by tireless team effort of Professor Azhar Masood Faruqi, MBBS, FACC (Chapter President) and APCNA leadership spearheaded by Wajid Baig, MD, FACC.

The topic of first joint session in Pakistan was Cardiac Imaging. The session was chaired by Prof. Azhar Masood Faruqi, MBBS, FACC (PCS) and Dr. Mushabbar A. Syed, MD, FACC (APCNA). Dr. Arshad Rehan, MD, FACC (APCNA) served as the convener of the session. The session was presented by speakers from PCS and APCNA covering a broad range of topics in cardiovascular imaging.

1. Cardiac MRI - *Dr. Mushabbar A. Syed (USA)*
2. Optical Coherence Tomography - *Dr. Salman Arain (USA)*
3. Nuclear imaging - *Dr. Wajid Baig (USA)*
4. CT Angiogram - *Dr. Gohar Jameel (UAE)*
5. Viability imaging - *Dr. M. Ayub (Pak)*
6. Intracardiac Echocardiography - *Dr. Nadeem Afridi (USA)*

Prof. Hafizullah, the convener of 20th biennial international cardiology conference deserves a special note of thanks for a very successful conference and for his unsurpassed hospitality.

THANK YOU PESHAWAR



Thank You Peshawar

On behalf of APCNA we would like to thank you Peshawar for such an outstanding time we had. Congratulations to Professor Hafizullah and his entire team for exceptionally well-organized, well-run and spotless conference.

Photo Album

Next few pages we would like to share memorable pictures from the Peshawar Tour and the great hospitality of our Hosts, Professor Hafizullah, Dr. Adnan Gul, Dr. Naeem Khan and Dr. Arshad Rehan.

Photo Album

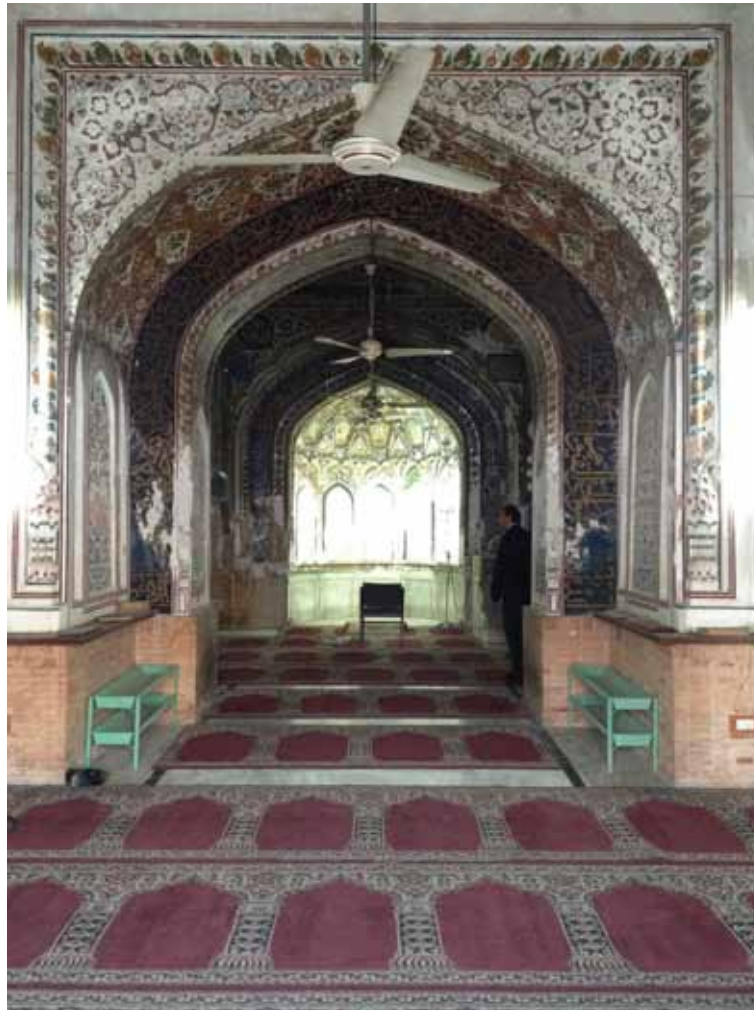
PESHAWAR

INNER CITY TOUR

FOR FULL REPORT SEE *The Memoir of Peshawar*

We thank Dr. Hafizullah and Dr. Adnan Gul who arranged an excellent guided tour to the inner city of Peshawar where our guide Mr. Raheel was very kind to take us through the busy streets of Peshawar passing through the Kissa Khwani Bazaar, Sarrafa Bazar, Chowk Yaadgar, Koocha Sethian, Masjid Muhabbat Khan and more ... (For full report on Peshawar Memoir see part 2)





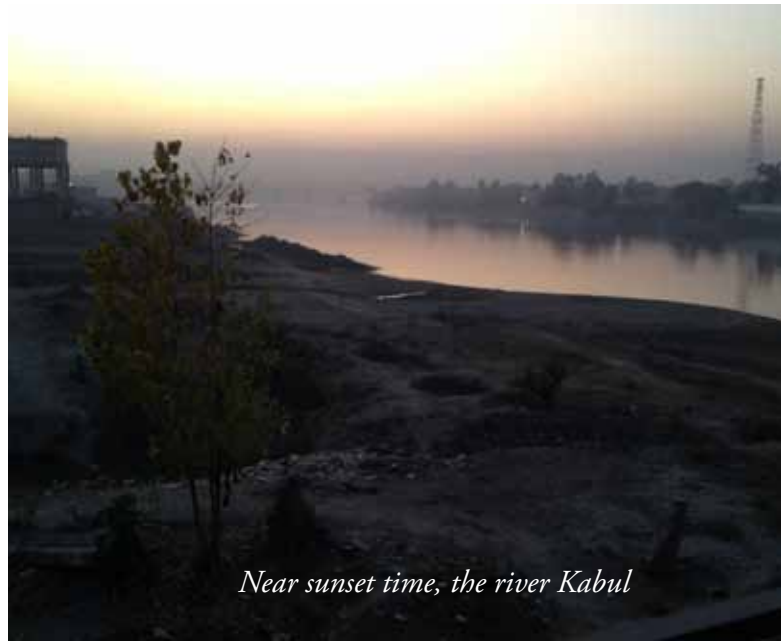
The masjid was built in 17th Century around the time Harvard College was founded in USA. The inner architecture and the calligraphic were is amazing and how it is somewhat kept in a fairly raw form, although very well maintained, and still in use for service ...

KABUL RIVER

PESHAWAR



On the bridge met the welcoming faces



Near sunset time, the river Kabul



The Guard House



The Bridge on the River Kabul

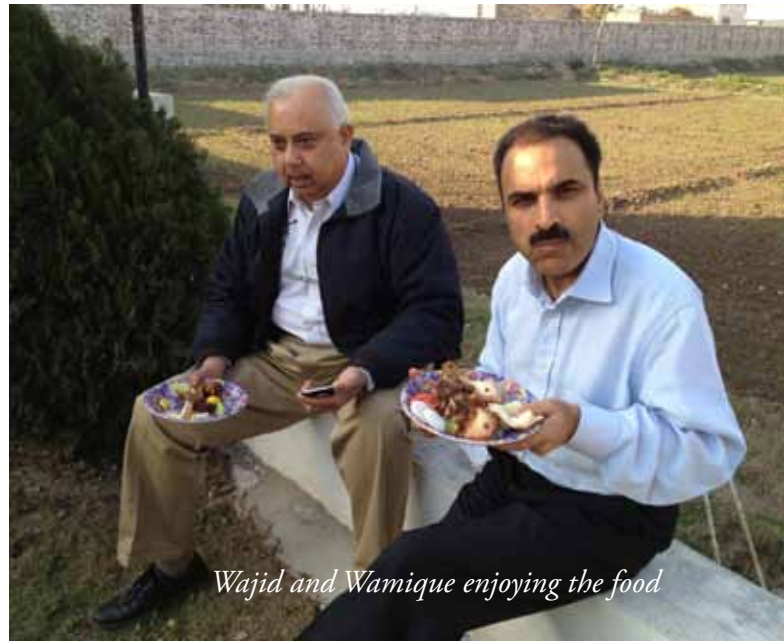
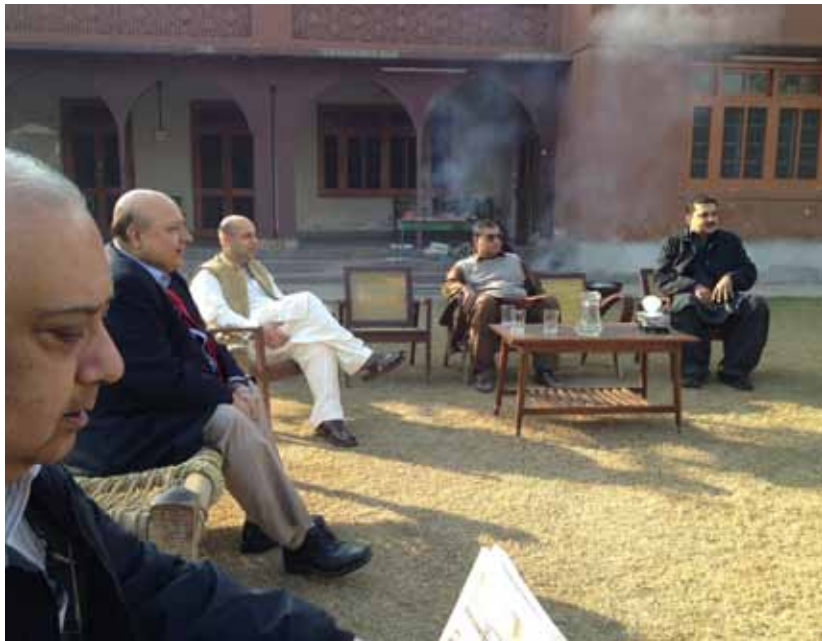


Arshad Rehan busy taking pictures and Wamique enjoying the stroll over the bridge

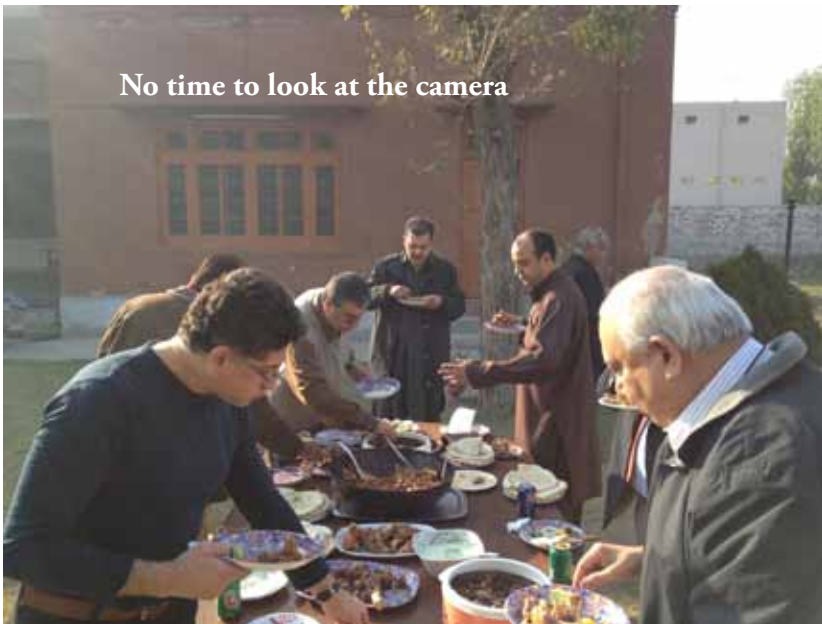
AMANKOT

*The Hujra of Late Umar Khan Kaka, with our hosts
Jamal, Asim, Rashid, Waqar & Jameel*

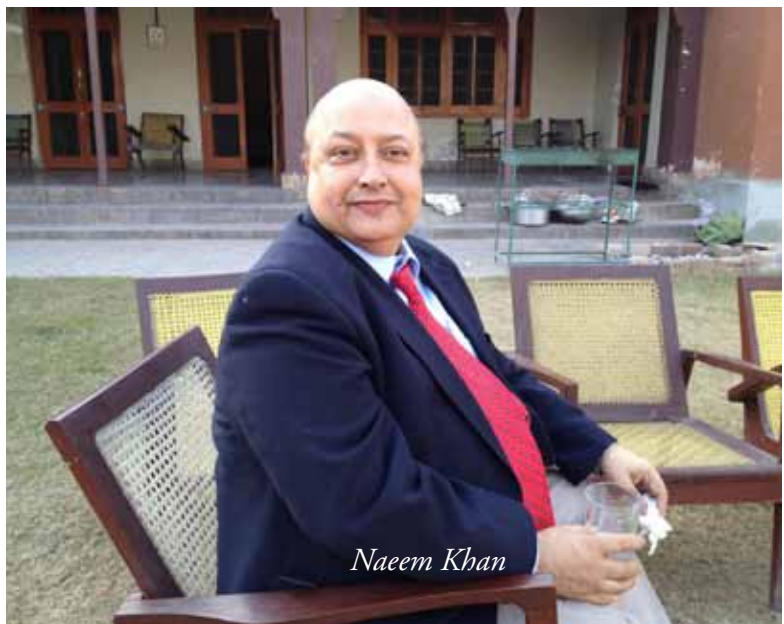
PESHAWAR



Wajid and Wamique enjoying the food



No time to look at the camera



Naeem Khan



Arshad Rehman and his friends who were our hosts



Sugarcane Farm, Gurr, Workers ..



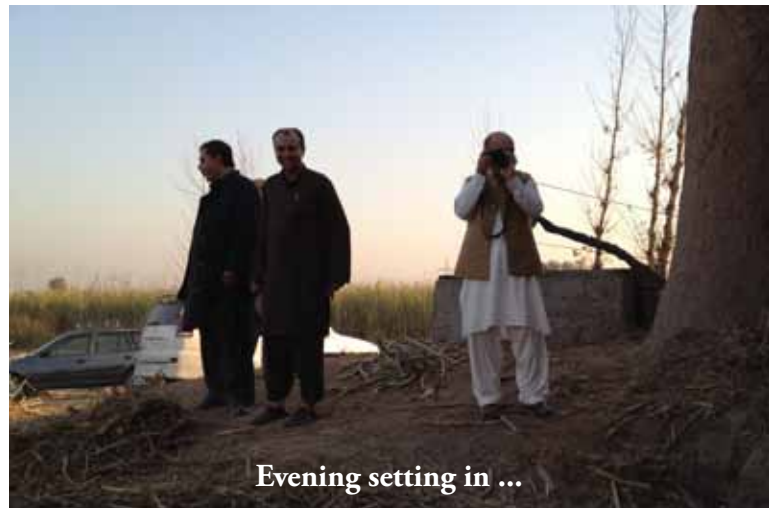
The Kid working on the fire in furnace



The raw but sweet moment



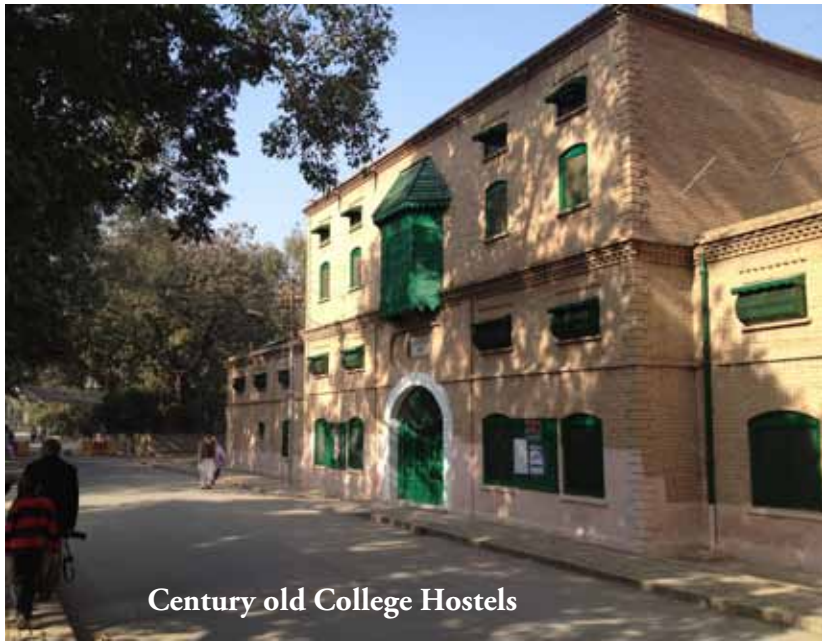
Enjoying every moment till the last drop...



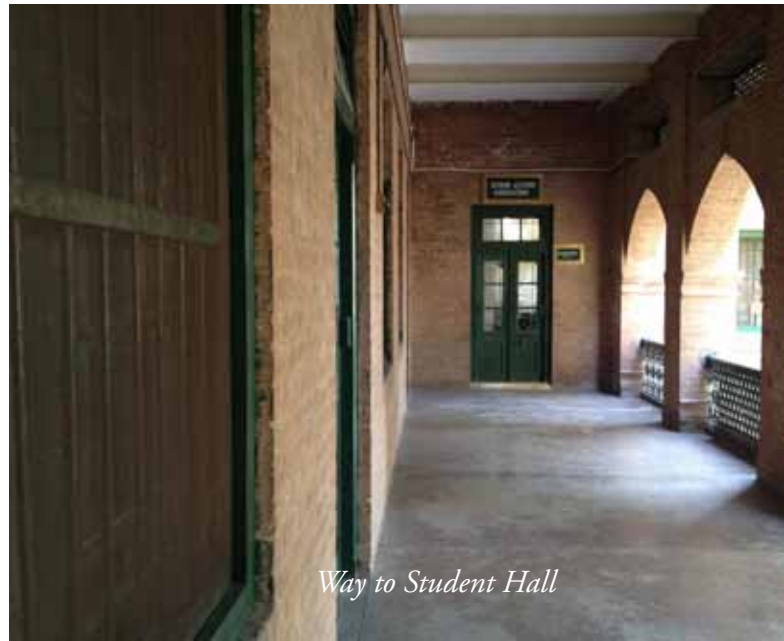
Evening setting in ...

ISLAMIA COLLEGE

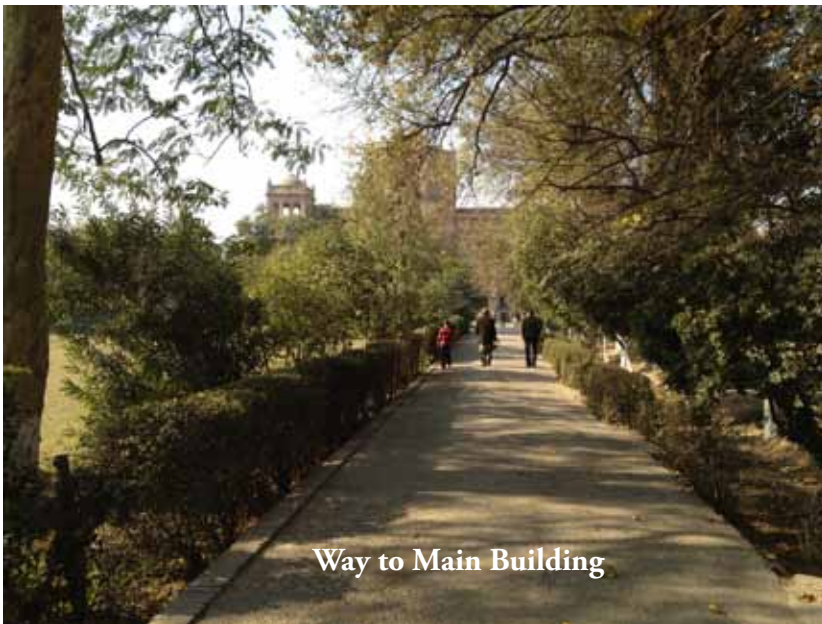
PESHAWAR



Century old College Hostels



Way to Student Hall



Way to Main Building



Chuakidar outside the main building



Dr. Arshad Rehan's son Umar,
Our little host



APCNA

Association of Pakistani-Descent Cardiologists of North America

eNewsletter Jan 2012

For
Memoirs of Peshawar Visit
Please download

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