

APCNA

ASSOCIATION OF PAKISTANI DESCENT CARDIOLOGISTS OF NORTH AMERICA



A Journey Through the Years

A SPECIAL TENTH ANNIVERSARY EDITION

2004 - 2014



ADVANCED VASCULAR RESOURCES *Vascular Centers of America*

Advanced Vascular Resources is the premier provider of vascular services that works in partnership with leading cardiologist, vascular surgeons, podiatrist and interventional radiologists throughout the Country to develop and manage outpatient cath labs dedicated to improving the delivery of vascular care in the U.S. Our proven approach to success in providing turn key management, operations, marketing and compliance allows Physicians to focus on patient care while AVR builds the practice.

Experts in Outpatient Cath Labs (P.A.D Centers of Excellence)

DEVELOPMENT - AVR would serve in the capacity of project integrator for all aspects of development

- Feasibility study review and revision
- Demographic and economic validation
- Site selection
- Physical design and configuration
- Medical services to be offered and procedures
- Equipment and systems specification

OPERATIONS - AVR streamlines all operations allowing the centers to provide the highest quality standards of care.

- Medical personnel and staffing
- Policies and Procedures
- Staff training and certification
- Electronic medical records
- Patient tracking systems
- Vendor Management



Barbara O'Dare CEO • Donald Geer COO • Sean Yanes, Director of Marketing & Sales
Mubashar Choudry, M.D. President & Chief Medical Officer

LOCATIONS

AVR of Arizona
AVR of Atlanta
AVR of Delaware
AVR of Florida

AVR of South Florida
AVR of Georgia
AVR of Hagerstown
AVR of Johnstown

AVR of Kansas
AVR of Louisiana
AVR of Maryland
AVR of Michigan

AVR of Missouri
AVR of New Jersey
AVR of New York
AVR of Nevada

AVR of Pennsylvania
AVR of Trenton
AVR of Texas
AVR of Washington

If you are interested in learning more about expanding your practice,
please contact our CEO Barbara O'Dare at bodare@avrvascular.com or 855-287-8721 ext 700.

www.avrvascular.com

APCNA

President's Message



Salman Atiq Arain, MD, FACC
President APCNA

Dr. Arain is an interventional cardiologist based in the western suburbs of Chicago, IL. He graduated from Allama Iqbal Medical College, Lahore, Pakistan in 1996. He completed his training in General and Interventional Cardiology at the Ochsner Clinic in New Orleans, LA. Prior to that he completed a research fellowship in Echocardiography at University of California - San Francisco. He was on faculty at Tulane University, New Orleans, LA, between 2007 and 2013, where he served as the Associate Program Director of the General and Interventional Cardiology fellowship programs. He also served as the Director of Endovascular Interventions at Tulane Hospital between 2010 and 2013. He is a lifetime member of APCNA.

APCNA's Coming of Age

This year we celebrate ten years of APCNA. While, without a doubt, APCNA has accomplished a lot during this time, we must now have a clear vision for the next ten years and beyond. From the strength of solid foundations and organizational processes to implement them, it can embark on more challenging and far reaching projects.

Common goals shared by dedicated people is the essential ingredient for any organization. The mission of the organization becomes the driving force and people unite around it. When people unite, resources, talent, and ideas flourish. This translates into renewed enthusiasm, dedication, and hard work as the organization becomes stronger with time.

With time the organization must grow, not only in its membership but also in its organizational set up. The solid foundation of an organization rests on its dedicated members and leadership. Solidifying the organizational set up according to its constitution and mission statement becomes fundamental.

Objective evaluation of the projects, its outcome and intended results will be paramount in judging our performance. Our organization will be compared with other professional societies such as the ACC and AHA. We must step up to the plate to take on this challenge. Our members are excelling in their respective professional careers and leading many major institutions throughout the country. Lets bring them within the folds of APCNA for collective work and sharing their talent & expertise to make this organization a model professional organization.

I invite you to read the next few pages where we highlight the work done in the past ten years. I hope you will take a look at the work we have done so far and will decide to get involved in APCNA.



APCNA

Editorial

March 2014

President

Salman Arain, MD, FACC
New Orleans, LA

President-Elect

Khurram Moin, MD, FACC
Orlando, FL

Immediate Past President

Arshad Rehan, MD, FACC
Lancaster, OH

Secretary

Atique Mirza, MD, FACC
Hartford, CT

Treasurer

Mushabbir A. Syed, MD, FACC
Maywood, IL

Patron

Shahbudin Rahimtoola, MD, MACC

Board of Trustees

S. Sultan Ahmed, MD, FRCP, SQA
Chairman

Javed Suleman, MD, FACC

Member

M. Wajid Baig, MD, FACC

Member

Naeem A. Khan, MD, FACC

Member

Imdad Sadiq, MD, FACC

Member

Special Advisors

A. Jamil Tajik, MD, MACC
Bunyad Haider, MD, FACC

Executive Director

Rizwan A. Karatela, MD, FACC

The Story of APCNA

On March 7th, 2004 something very profound happened. There was no fanfare yet everyone heard it. There were no dazzling lights yet everyone's face was illuminated. There was a palpable energy in the air. People were excited, deep inside they felt something great was happening. In the Embassy Suites Hotel in New Orleans the banner went up, speeches were delivered and people heard the most melodious Jazz they had ever heard in New Orleans. The organization was born.

APCNA'S story is the story of love, respect for life, participation and commitment. Since its inception, it has become a great melting pot of selfless, enthusiastic, dedicated and committed workers. All of these people can claim to be progenitors of the life line of APCNA. No one member can claim to be the reason for APCNA. The collective will of these people have held this organization high above the self-projection, petty politics or corruption that may cast shadows on new beginnings. Each year brings new life, new zeal and new ideas. All new ideas unique in their own right.

Traversing our histories of industrious youthful age to when we first began to practice our professions, it has been a long and hard journey for many of us. Achieving that fulfillment, it was worth it. Then, there was a desire to give back to the community. What could be more satisfying than to fulfill this desire by harnessing the power of one's own profession. APCNA provided that platform for many of us. The past ten years are a testimony to what good work an organization of like-minded workers can achieve. Only the first chapter of the story of APCNA has been written, the real work will continue to inspire many more, and without a doubt, it will be a model of excellence for many to emulate. For us, it will strengthen our commitment towards our core mission.

APCNA

Founding President's Message

From the Archives - March 2004



Dr. Javed Suleman

Dr. Suleman is the founding President of APCNA. This article is from the APCNA archives when he first wrote to membership to inform about the first APCNA meeting held in 2004.

This historic document in this publication sets the mood to celebrate what APCNA has achieved from this humble start by the few dedicated people. In the next few pages you will see, how along the way many joined us and contributed towards our core mission.

Congratulations!

For many of us, the dream of having our own organization within the cardiologists community in North America became a reality on Sunday, March 07, 2004, in New Orleans during the ACC 2004. On this day, we had the inaugural meeting of the "Association of Pakistani Cardiologists of North America." We took the first step, but we have a long way to go. With the collective efforts focusing on common goals we will reach there.

Our respected senior colleague Dr. S. Sultan Ahmed moderated the meeting. Over forty colleagues attended the meeting. We were honored to have eminent researcher, scientists and cardiologists like Drs. A. Jamil Tajik and Shabuddin Rahimtoola on this occasion. Dr. Sheheryar Sheikh (Past President of Pakistan Cardiac Society and President Elect of World Cardiology Forum) from Lahore, Pakistan also joined the occasion.

Dr. Rahimtoola emphasized the importance of a two-pronged approach, one to help each other in North America and the second to help fight cardiovascular diseases in Pakistan. Dr. Jamil Tajik recalled the first conversation, which he had with me four years ago during another ACC meeting regarding forming such an association. He was glad to see the reality of APCNA and extended his full support. Dr. Sheheryar suggested having our own NGO in Pakistan. Other speakers were Dr. M. Suleman, Past President APPNA, Dr. Amin Karim from Houston who will be in charge of the communication committee, Dr. Arshad Jahangir from Mayo Clinic, Drs. Arjumand Hashmi, S. Nayyer Shamsi, Naushad Mohyidin, Mahmood Alam and Fazalur Rehman.

I, as Chairman of the Organizing Committee presented the aims and objectives of APCNA, including the need for networking among ourselves for educational and professional development here in North America and to help and support the specialty of Cardiovascular Diseases in Pakistan, emphasizing the role of APCNA in education, scientific research, clinical support and collaborative work between cardiac societies in Pakistan and Cardiovascular specialists in North America.

During the business hour, the nomination and election of president was supervised by Prof. S. Sultan Ahmed and the resolution was presented, I was unanimously elected as President of APCNA for the interim period until the registration, application for not-for-profit status, writing of by-laws, membership database completed. We felt that APCNA's organizational set-up must be on a solid ground from the start. We were fortunate to have a senior colleague present this resolution from Illinois, a councilor of ACC with significant experience in the structural working of the organization. I feel honored to be elected the first President of this newly formed organization for the interim period. It will be my duty to get the organizational set-up established with the highest standards required for a professional organization.

Thank You,

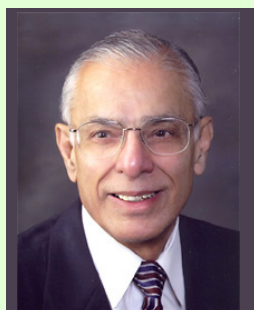
Javed Suleman, MD, FACC

President APCNA

March 2004

APCNA

Our Patron



Dr. Shahbudin Rahimtoola

Dr. Rahimtoola has been the founding chair of Board of Trustees of APCNA. His support for the APCNA has greatly helped APCNA since its inception.

Shahbudin Rahimtoola

M.B., F.R.C.P., M.A.C.P., M.A.C.C., D.Sc. (Hon)

Dr. Shahbudin Rahimtoola was born in Bombay, India and graduated M.B.B.S from Dow Medical College in 1954. He received the MRCP from the Royal College of Physician of Edinburgh in 1963 and he was awarded the Fellowship in 1972. He came to the United States in 1963 and became Co-Director of Cardiac Catheterization Laboratory at Mayo Clinic. He was Associate Professor of Medicine at the University of Illinois and Chief of Cardiology, Cook County Hospital from 1969 to 1972, Professor of Medicine at the University of Oregon from 1972 to 1980. From 1980 to 1992, he was Chief, Division of Cardiology, University of Southern California.

In 1984, he was appointed the first George C. Griffith Professor of Cardiology. In 1993, he was awarded the title of Distinguished Professor, University of Southern California. He was Chairman, Council on Clinical Cardiology, American Heart Association and he was Trustee of the American College of Cardiology. Currently, he is a Distinguished Professor at the University of Southern California. He is also the George C. Griffith Professor of Cardiology and Chairman, Griffith Center, and Professor of Medicine. He is Editor-in-Chief of a book series, Current Topics in Cardiology.

He serves on the editorial boards of the Journal of the American College of Cardiology, Circulation and numerous other journals. He was Editor of Clinical Cardiology, a publication of JAMA and of Modern Concepts of Cardiovascular Disease, a publication of AHA. He has received numerous awards and citations including the Commissioner's Special Citation and Harvey W. Wiley Medal from the FDA. From the National AHA he has received Citations for International Service and for Outstanding Service; from the AHA Oregon Affiliate a special "Salute to Research" in 1985; and from the AHA Los Angeles Affiliate the Award of Merit and a Special Recognition for Outstanding Contributions to the study and practice of Cardiology. For teaching, he has received William Osler Award from the University of Miami; from American College of Cardiology, the Gifted Teacher Award in 1986; and from the International Society of Heart Failure, the Melvin L. Marcus Memorial Award as Gifted Teacher in Cardiology, in 1996.

He received the James B. Herrick Award from the American Heart Association/Council on Clinical Cardiology in 1989. He gave the Bishop Lecture, American College of Cardiology, 1992. The American College of Physicians conferred on him Master of the College in 1996. He was appointed to the International Advisory Committee, Royal Netherlands Academy of Arts and Sciences in 1997. He received the Distinguished Alumnus Award, Mayo Foundation in 1998. The American College of Cardiology conferred on him Master of the College in 1999. He received the Distinguished Scientist Award from the American College of Cardiology in 2001. He was awarded D.Sc. (Hon) by the University of Karachi in 2002.

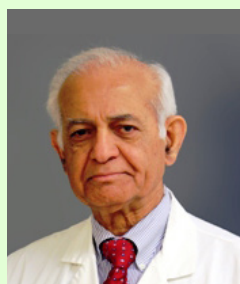
March 2006

He has given 1,420 national and international presentations and lectures. He has edited 11 textbooks and he has published 513 scientific articles. These include 67 invited editorials, 120 book chapters and 316 original and other scientific articles.

From the Archives, Introduction in 2005 - 2006

APCNA

Chairman - Board of Trustees



Dr. S. Sultan Ahmed

Dr. S. Sultan Ahmed drafted the Constitution and Bylaws of APCNA. His help in the organizational set-up has been instrumental.

Selected Academic & Staff Positions: 1971-1972: Instructor in Medicine, UMDNJ Medical School, Newark, NJ; 1972-1975 Assistant Professor of Medicine, UMDNJ, Newark, NJ; 1975-1980 Associate Professor of Medicine, UMDNJ Medical School; 1975 Present: Director, Stress Testing laboratory, University Hospital; 1976-1995: Co-Director, Cardiac Catheterization Laboratory; 1980-Present: Professor of Medicine, UMDNJ Medical School, Newark, NJ.

S. Sultan Ahmed

M.B., B.S, FACC, SQA

Dr. Sultan Ahmed is the Director of the Stress Lab in NJMS / UMDNJ and Professor of Medicine, UMDNJ Medical School, Newark, NJ. His career spans over many years which include, 25 Grants as investigator and co-investigator from NIH, AHA and other foundations, 128 Publications and abstracts in peer-reviewed journals, chapters in 8 books and authored one book 200 presentations at local, national and international meetings. Awarded "Sitara Quaid-e-Azam (SQA)" by President of Pakistan for meritorious service (1993) Lifetime Achievement Award, Principal & Faculty, Dow Medical College, Karachi, Pakistan (2003) "2005 Faculty of the Year" by faculty of New Jersey Medical School.

Dr. Sultan Ahmed entered Dow Medical College in 1958 after obtaining B.Sc. from D.J. Science College, Karachi. He graduated in 1963. His postgraduate training began at Civil Hospital Karachi. In the United States Dr. Sultan Ahmed began his Rotating Internship at Samaritan Hospital, Troy, NY, then residency and Cardiology fellowship and post graduate fellowship was completed at CMDNJ, USPHS & NIH and UMDNJ, Newark, NJ.

Recognition In Teaching; Department of Medicine Nominee for Extra Merit Award for Clinician Teacher of the Faculty of New Jersey Medical School (1981) Exceptional Merit Award-UMDNJ (1982); Designated Clinician Scientist/Teacher for the Department of Medicine (1988); Awarded Shield for meritorious teaching, Armed Forces Institute of Cardiology/ National Institute of Heart Disease, Rawalpindi, Pakistan (part of United Nations Development Program & TOKTEN) (1988 & 1992); Awarded: "Pakistan Academy of Medical Sciences Professor-97" Awarded PAMS-Professorship, Pakistan Academy Medical Sciences, Islamabad, Pakistan, December 3, 1999; Nominated for "Golden Apple" Student Council, NJMS (1999, 2001 & 2003) Voted very highly as "excellent teacher" by medical residents and cardiology faculty annually for the past twenty years.

Service to University hospital, NJMS & UMDNJ; Chief, Medical Service (1986-1991) Co-Director, Cardiac Cath lab (1976-1994); Director, Stress lab (1976-present); Member, Executive committee (1988-1990); Chairman, FCAP, Faculty Affairs, & Student Affairs Committees; Member Faculty Council (1981-1990); Chairman, IRB (1981-1983); President, AAUP (1989); President, NJMS Faculty Org (1988); Member University-wide committee of Review (1985-86); Member, of many Boards of trustees, professional and ethnic societies.

Selected Awards & Honors; Fellow of many American Colleges (Cardiology, Physicians, Chest Physicians, Clinical Pharmacology) & Royal college of Canada, and professional societies (Physiology, Society of Cardiac intervention & Angiography and Royal Society of Medicine of UK); Exceptional Merit Award-University of Medicine and Dentistry of New Jersey (1982); Delivered the Opening Lecture at the inauguration of Medical Research Society of Pakistan; Awarded "Sitara Quide Azam (SQA)" by President of Pakistan for meritorious service (1993); Lifetime Achievement Award, Principal & Faculty, Dow, Karachi, Pakistan (2003); "2005 Faculty of the Year" by faculty of New Jersey Medical School; International Consultancies & Visiting professorships; 1984-1992: Consultant, National Talent Pool, Govt. of Pakistan & Visiting Professor, Dow Medical College, Armed Forces Institute of Cardiology, Postgraduate Institute of Medicine, Peshawar, Punjab Medical College, (TOKTEN) Faisalabad, Pakistan; 2001: Member, President of Pakistan's Task Force on Human Development.

March 2006

Research & Publications: 25 Grants as investigator and co-investigator from NIH, American Heart and other foundations; 128 full publications and abstracts in peer-reviewed journals. Chapters in 8 books and authored one book; 200 presentations at local, national and international meetings.

From the Archives, Introduction in 2005 - 2006

APCNA

Office Bearers APCNA

2013-2014



Membership:

APCNA Membership varies from 150 to 200 depending on the annual renewal of membership. There are 110 lifetime members of APCNA

Website:

APCNA maintains a website which provides relevant basic information to its members about its events and activities. www.apcna.net

Communication:

APCNA maintains email communication as its main medium and encourages its members to keep their information updated.

APCNA Facebook

APCNA facebook page is established to further its means of communication with its members.

APCNA Blog

APCNA in 2014 has started a blog to keep up with the latest trends in internet use and dissemination of information.



President

Salman Arain, MD, FACC

Dr. Arain is an interventional cardiologist based in the western suburbs of Chicago, IL. He graduated from Allama Iqbal Medical College, Lahore, Pakistan in 1996. He completed his training in General and Interventional Cardiology at the Ochsner Clinic in New Orleans, LA. Prior to that he completed a research fellowship in Echocardiography at University of California - San Francisco. He was on faculty at Tulane University, New Orleans, LA, between 2007 and 2013, where he served as the Associate Program Director of the General and Interventional Cardiology fellowship programs. He also served as the Director of Endovascular Interventions at Tulane Hospital between 2010 and 2013. He is a lifetime member APCNA.



Secretary

Atique Mirza, MD, FACC

Dr. Atique A. Mirza is a Consultant Cardiologist at St. Francis Hospital and Medical Center in Hartford Connecticut. He is an Assistant Clinical Professor at University of Connecticut School of Medicine. He completed his cardiovascular medicine fellowships at Brigham & Women Hospital, Harvard Medical School and University of Connecticut. He is a Board Member of the US PAK Foundation. He is the founding president of the Allama Iqbal Medical College Alumni Association of North America and the founding President of the Connecticut Chapter of the APPNA. Dr. Mirza is a community activist, who has been involved in increasing the recognition of health and social issues faced by Asian Americans at the local and national level. He testified in the Connecticut General Assembly before the Appropriation Committee for the Asian Pacific American Commission in 2009.



Treasurer

Mushabbar A. Syed, MD, FACC

Dr. Mushabbar Syed is the Rolf & Merian Gunnar Professor of Medicine - Cardiology and Director of Cardiovascular Imaging at Stritch School of Medicine, Loyola University Medical Center in Maywood, Illinois. He also holds appointments as Professor of Radiology and Professor of Cell & Molecular Physiology at Loyola University Chicago. He graduated from King Edward Medical College in 1987 and completed training in Pakistan, UK and USA. He completed his cardiovascular medicine fellowship at Henry Ford Hospital, Detroit, MI and cardiovascular imaging fellowship at the National Institutes of Health, Bethesda, MD. He has received several awards of excellence in teaching and research including ACCP Young Investigator Award (1997). He served on ACC annual scientific sessions program planning committee 2008-2010. He serves on editorial boards of several cardiology journals and has recently edited a textbook titled Magnetic Resonance Imaging of Congenital Heart Disease (Springer 2013). He is a founding member of APCNA and has been involved in several educational activities of the association over last 10 years.



President-Elect 2014-2015

Khurram Moin, MD, FACC, FASNC, FASE, FSCCT

Dr. Khurram Moin graduated from Dow Medical School. He did his Internal Medicine Training at WCMC- NY Medical College, Valhalla, NY and SUNY at Stony Brook, Stony Brook, NY, Nuclear Med Fellowship at Univ of Utah, Salt Lake City, Utah. He completed Cardiology Fellowship at the SUNY at Stony Brook, Stony Brook, NY. He did Advanced Cardiac Imaging Fellowship Including Cardiac MRI, St Francis Medical Ctr, The Heart Ctr of Long Island, Roslyn, NY. & Interventional Cardiology Fellowship, Borgess Med Ctr, Michigan State University, Kalamazoo, MI. Currently In Private Practice, Orlando, FL.

APCNA

A Message of Thanks from Heartbeat International



Dr. Benedict S. Maniscalco

Dr. Maniscalco has been practicing cardiovascular medicine since 1976 in addition to serving as medical advisor to multiple healthcare companies.

He is regarded as an opinion leader, innovator, and educator in cardiovascular medicine. He has served the American College of Cardiology at the local, state, and national level in leadership roles which have directly influenced health care policy.

Dr. Maniscalco is a graduate of Duke University School of Medicine and obtained his post graduate training in Internal Medicine and Cardiovascular Disease at Emory University. After leaving a faculty position at the University of South Florida School of Medicine, he founded the St. Joseph's Heart Institute in Tampa, Florida.

With deep appreciation for its long-standing commitment to serve those in need and its support of the Heartbeat International (HBI) mission, it is a pleasure to congratulate the Association of Pakistani-descent Cardiologists of North America on its 10th anniversary.

Under the leadership of fine physicians and true friends, the APCNA has set and consistently achieved the highest of professional and humanitarian objectives. While its successes range over many areas, we at Heartbeat International are most appreciative of the APCNA's stated goal of "promoting philanthropic work to improve the cardiovascular health of communities across the globe."

Heartbeat International Foundation, Inc. (www.heartbeatsaveslives.org) is a U.S.-based non-profit organization that provides cardiovascular pacing devices and associated medical care to underserved populations around the world. Given the nature of our work, it is no exaggeration to say we simply could not achieve our objectives without the support of like-minded organizations and individuals. Our work in Pakistan is possible because of the APCNA's generous support and the work of our friends and colleagues at Karachi's Tabba Heart Institute and the Rotary Club of Karachi Karsaz.

Over the last 10 years, about 160 deserving Pakistani patients have been given a new lease on life thanks to the cooperation and shared passion to serve others demonstrated by the APCNA and its members.

On behalf of Zakaria Karim, Bashir Ahmed, Naziran Begum, Muhammad Yamin, and the many other patients in Pakistan that have benefitted from the APCNA's commitment to philanthropy, I offer my sincere thanks and appreciation to the APCNA. We look forward to many additional years of successful partnership!

With sincere appreciation,

Dr. Benedict S. Maniscalco,
Chairman, Heartbeat International Foundation, Inc.

APCNA

A Message from Professor Azhar Faruqui from Pakistan



Dr. Azhar Faruqui

Dr. Faruqui is a Governor, ACC Pakistan Chapter, Dean, Faculty of Cardiology, College of Physicians and Surgeons of Pakistan, Former Director, National Institute of Cardiovascular Diseases Pakistan, Past President, Pakistan Cardiac Society.

It gives me great pleasure to write these few words on the occasion of the 10th. Anniversary of APCNA. It makes great sense to have a body represent this unique group of Cardiologists of Pakistani origin who are living and practicing in North America.

In all the years that I have had the opportunity of interacting with the Trustees, office-bearers, and, members of APCNA, I have found them to be a very dedicated group determined to share their expertise and success with their colleagues back in Pakistan. Their frequent teaching tours of various cardiac centers in Pakistan, their contributions of expensive devices themselves, and, through other donors are a shining example of heart warming philanthropy, and, transfer and free exchange of knowledge and expertise. Their work as a forceful and effective lobby for their laudable objectives is a matter of record and pride.

I am personally grateful for their interactions with the Pakistan Cardiac Society, and, their support in the formation of the ACC Pakistan Chapter, which was the 7th ACC Chapter outside the continental United States. There are now nearly forty chapters in the world!

I am looking forward to the next decade of APCNA as being much more of the same wonderful work that they are doing.

It has been my honor to have worked with all the friends in APCNA.

Azhar Masood A. Faruqui, HI, SI,
MBBS, FACC, FRCPC, FCPS, EFAHA, EFESC,
Governor, ACC Pakistan Chapter,
Dean, Faculty of Cardiology, College of Physicians and Surgeons of Pakistan,
Former Director, National Institute of Cardiovascular Diseases Pakistan,
Past President, Pakistan Cardiac Society. It has been an honor and privilege to have.

APCNA

A Message of Thanks from Heartbeat International - Pakistan



Ovais Ahmed Kohari

Ovais Ahmed Kohari is the Chairman of Heartbeat International - Pakistan, a joint project of APCNA-Rotary and Heartbeat International, USA.

Ovais is a third generation Rotarain and has been a member of Rotary Club of Karachi Karsaz since 1993 where he served as President for the year 2002-2003. He has also served on the Board as Vice President, Treasurer and director - a total eight times. At the District level he has served in a number of capacities, including Assistant Governor and District Secretary.

Ovais is a Business Graduate from the University of Karachi. He loves travelling and has visited more than 14 countries, including India, Malaysia, Japan, France, Spain, USA & Saudi Arabia.

Ovais is married to Aaliya and they have two children, daughter Alizeh and son Aadil.

On behalf of myself and the Board of Directors of Heartbeat International - Pakistan, I extend my heartiest congratulations to all our friends at APCNA on achieving 10 years of selfless service.

This significant milestone marks the dedication and commitment of the members of APCNA. We are proud and honored to work with you in serving our less fortunate brothers and sisters in Pakistan. Though you may be miles away, in far greener pastures, I confidently say that your heart beats for Pakistan. After all, it was members of the APCNA, particularly Dr. Wajid Baig and Dr. Javaid Suleman, who realized the need for providing free pacemakers to poor Pakistanis, a procedure otherwise beyond the reach of the common man, and consequently set up the Pacemaker Bank Project. Rotary was indeed fortunate to have joined hands with you to establish the first APCNA-Rotary Pacemaker Bank in Karachi under Heartbeat International - Pakistan.

Today as we look back upon this decade-long journey of saving lives, we simultaneously move forward towards entering a new phase. We look forward to your support, leadership and inspiration in taking our mission (of saving lives) to greater heights, particularly through the addition of two new implant centers in Karachi and the establishment of pacemaker banks in Lahore and Peshawar. I am confident that the next phase of our journey will be even more luminous than the past.

Once again, on behalf of all the stakeholders in Pakistan, I thank you all and wish APCNA many more decades of selfless service.

Sincerely,

Ovais Ahmed Kohari

Chairman, Heartbeat International - Pakistan



Contributors

We are thankful for the generous support provided by the members of the executive committee of APCNA in publishing this ten year APCNA Magazine.

APCNA- A brief history of APCNA is a journey through the years. We are grateful to all APCNA members, seniors and juniors, who have contributed in more than one ways. We are indebted for their continued support of this organization through the years ...



Association of Pakistani Descent Cardiologists of North America

2004 - 2014
APCNA

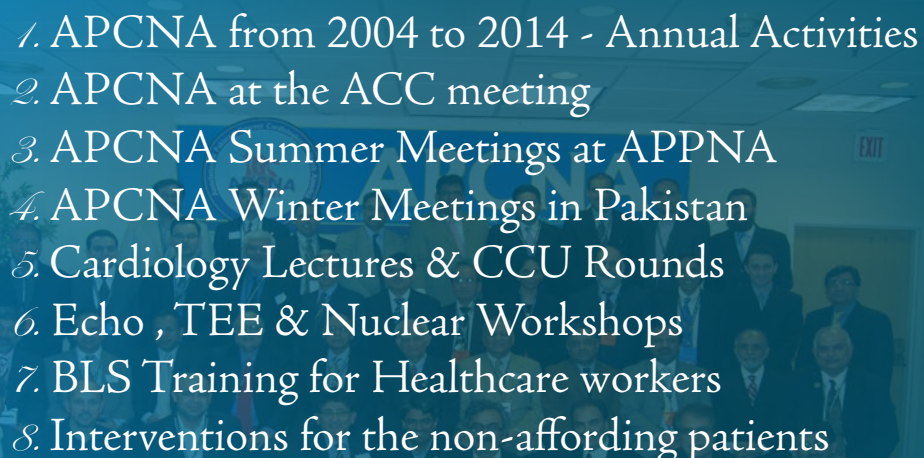
APCNA

A Journey Through the Years

Work in the Name of APCNA

Part I

This is a brief account of APCNA's history. On the occasion of its 10th anniversary this publication highlights APCNA work. With the personal reflections and series of articles we will embark on this journey and hope to capture the spirit of this organization.

- 
1. APCNA from 2004 to 2014 - Annual Activities
 2. APCNA at the ACC meeting
 3. APCNA Summer Meetings at APPNA
 4. APCNA Winter Meetings in Pakistan
 5. Cardiology Lectures & CCU Rounds
 6. Echo , TEE & Nuclear Workshops
 7. BLS Training for Healthcare workers
 8. Interventions for the non-affording patients

APCNA

APCNA

A Short History

by Wajid Baig, MD



Dr. Wajid Baig

Dr. Baig is a graduate of Dow Medical college, class of 1983. He did his Internal Medicine Residency and Cardiology Fellowship at University of Medicine and Dentistry of New Jersey (UMDNJ). He then did Advanced fellowships in Transesophageal Echocardiography and Nuclear Cardiology at The Mount Sinai Medical Center, New York. He is in Clinical Cardiology Practice in Massachusetts and is a Trustee of The Southcoast Hospitals System.

Dr. Baig is a Past President of APCNA, Strategic Advisor to the ACC International Committee. He is also the Chair of the APCNA-Rotary-Heartbeat International Pacemaker Bank Project.

APCNA 2004 - 2014

APCNA came into existence that night

On March 7th, 2004, I was walking out of the elevator at the Embassy Suites Hotel in New Orleans on my way to attend the Annual Session of the American College of Cardiology, I saw two “Pakistani looking” physicians putting up a banner of a meeting of “Pakistani Cardiologists” that evening. I had never met Javed Suleman and Naushad Mohyidin (late) before that day. They invited me to attend this meeting. As they say, the rest is history ...

The Foundation work of APCNA (2004)

For many years Pakistani-descent cardiologists would run into their colleagues from the US and Pakistan at various meetings and kept saying to each other “we need to form an organization”. That Sunday in March 2004 we did just that.

About 35- 40 physicians attended the first meeting. Professor Sultan Ahmed moderated the meeting. We were fortunate to have Professor Jamil Tajik, Professor Shahbudin Rahimtoola, Dr. Sheheryar Sheikh from Lahore and Drs. M. Suleman, Amin Karim, Arshad Jahangir, Arjumand Hashmi, S. Nayyer Shamsi, Mahmood Alam, Fazalur Rehman in the meeting.

The following principles were adopted as guiding principles:

1. Keep it nonpolitical.
2. No place for regionalism, provincialism, linguistic bigotry in APCNA.
3. APCNA will complement APPNA and in no way will be a competing organization to it.
4. Keep it independent.
5. It should have not-for-profit status.
6. Annual meeting should be with ACC Annual session.

The achievements of an organization are the results of the combined effort of each individual.

- Vince Lombardi



Our Annual Meeting has been held every year since then at the same time as the Annual Session of the American College of Cardiology.

These were the formative years. A website was started and we embarked on a membership campaign.

To get us started we needed to find out how many cardiologists of Pakistani descent were in practice in North America. We approached the American College of Cardiology and developed a relationship with the college where we were designated as a "Friend of ACC". This allowed us to access some of the services that are reserved for the close working groups of the college.

I obtained a copy of the complete list of ACC members at a discounted rate. We extracted from this list any name, which sounded like they may be of "Pakistani-Descent"!

Over 700 hundred letters were mailed to everyone we identified on this list. The letter included an introduction to APCNA, a membership form and a link to our website. We

are sure there were dozens of physicians from India, Bangladesh and the Middle East who got these letters.

The Constitution

Professor Sultan Ahmed and I were given the task of formulating the constitution and bylaws (CABL) of APCNA. It was then approved by the general body of APCNA in the annual summer meeting.

APCNA Inaugural Meeting - March 7, 2004



L-R: Dr. Fazal U Rehman, Dr. Javed Suleman, Professor Rahimtoola, Dr. Jamil Tajik and Dr. Naushad Mohyuddin.



Dr. Rahimtoola addressing at the inaugural meeting. Dr. Sultan Ahmed and Dr. Javed Suleman sitting at the desk.

APCNA 2004-2005



Dr. Javed Suleman

Dr. Suleman is Assistant Professor of Medicine at the Mount Sinai Medical Center, NY. He is an interventional cardiologist. He is the founding president of APCNA and the past president of APPNA.

Javed Suleman was elected the first President of the organization.

The APCNA meetings & Events

Association of Pakistani-descent Cardiologists of North America (APCNA) held its inaugural meeting at the ACC Annual session in New Orleans, Louisiana. The distinguished Pakistani American Cardiologists, Prof. Shahbudin Rahimtoola, Prof. A. Jamil Tajik and Prof. S. Sultan Ahmed were among the attendees at the inaugural meeting.

The objectives of APCNA

APCNA had two main objectives: 1) To provide support and information helpful to the needs of North American Cardiologists of Pakistani origin and to function as a platform for educational, charitable and cultural activities that allow members to share common ideas and discuss mutual concerns. 2) To contribute to the advancement of Cardiovascular Medicine in Pakistan and to form productive links with the physicians and cardiology community of Pakistan.

The General Body of the first meeting unanimously elected Dr. Javed Suleman as its first President. An organizing committee was formed and the cabinet was later expanded to name Secretary, Dr. Rizwan Karatela and Treasurer, Dr. Amin Karim. APCNA was incorporated in May 2004 in the State of Illinois with the tax ID # 20-1601525. An application for not-for-profit organization under section 501 (c) (3) was filed with Internal Revenue Service.

The First Summer Meeting of APCNA

APCNA held its first summer meeting on June 12th 2004 in Washington DC. The Constitution & Bylaws of APCNA was presented by Prof. S. Sultan Ahmed, Chairman CABL Committee, and it was unanimously approved and adopted by the General Body. Committee chairs were announced including Drs. Naushad Mohyidin and Syed N. H. Shamsi as Chair and Co-Chair of the membership committee.

The First APCNA Winter Meeting

First Annual Winter Meeting was held in Karachi. This was hosted by NICVD. Lectures and workshops were also held at Dow Medical College.

APCNA Members Donated Cardiac supplies

Cardiac supplies valued at several hundred thousands of Dollars were donated by APCNA to these institutions. This was the first time that donations were given as a group. Over the years individuals had been taking supplies to Pakistan.

December 2004



Dr. Suleman with Dr. Azhar Faruqi at the NICVD with donations of cardiac supplies sent by APCNA members for the needy patients.

APCNA Annual Meeting

APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it **APCNA at the ACC**.

First ever TEE workshop in Pakistan.

Postgraduate Cardiology trainees were given hands on experience at Dow Medical College

APCNA Pacemaker Bank in Pakistan

At the ACC Annual Meeting, we started the negotiations with Heartbeat International about establishing a pacemaker bank in Pakistan. Our team met with Wil Mick, President and Dr. B. Maniscalco the Chairman of Heartbeat International. Dr. Wajid Baig was appointed the Chair of the APCNA Pacemaker Bank Project. A meeting was held in Tampa, FL where the logistics and details of this joint venture with Heartbeat International were finalized.

Rotary Club of Karachi Karsaz was chosen as our partner in the Pacemaker Bank Project. Ovais Kohari from the Rotary Club was appointed the Chair of the project in Karachi. A memorandum of understanding was adopted and the work started on establishment of the pacemaker Bank. Our Colleagues Dr. Bashir Hanif from Tabba Heart Institute, Drs. Azam Shafqat and Zahid Jamal from NICVD volunteered to be the implanting physicians in Pakistan at no cost to the patients.

Hats Off to Our Colleagues!

Our Colleagues Dr. Bashir Hanif from Tabba Heart Institute, Drs. Azam Shafqat and Zahid Jamal from NICVD volunteered to be the implanting physicians in Pakistan at no cost to the patients.

The APCNA at the ACC 2005

The Keynote speaker: Dr. Rahimtoola



The second annual meeting and dinner program of APCNA was held in Orlando at the ACC Annual Session. About 40 - 45 colleagues attended the program.

This year again Prof. Dr. Shahbudin Rahimtoola and Prof. Dr. A. Jamil Tajik were there in support of APCNA.

Both emphasized on the importance of solidifying the membership base of APCNA. Dr. A. Rasheed Piracha, President Elect, APPNA, extended his full support. Prof Dr. Samad, Past President of Pakistan Cardiac Society appreciated APCNA's work. Eminent researcher and fellow cardiologist at Mayo Clinic, Dr. Arshad Jehangir also attended the program.

Dr. Javed Suleman presented the presidential report and appreciated the efforts of the last cabinet including Dr. Rizwan Karatela and Dr. Amin Karim in helping to organize APCNA at the ground level. Dr. Arjumand Hashmi responded to the important questions raised by our younger participants. Dr. Syed Fazal Rahman, Chair of last December Pakistan program presented his report. Dr. Zia Moiz Ahmed was assigned to chair the APCNA summer meeting in Houston at the APPNA summer meeting. For the excellent work for membership drive, Dr. Naushad Mohyidin and Dr. S. Nayyer Shamsi, were recognized.

Our respected colleague, Prof. Dr. S. Sultan Ahmed moderated the event with Dr. Mirza Wajid Baig as co-moderator. The secretary of APCNA, Dr. Rizwan Karatela, chaired the General Body session and invited nominations from the floor for different cabinet posts for 2005. The following members were elected to the office:

1. Dr. Javed Suleman, President
2. Dr. Mirza Wajid Baig, President Elect, 2005
3. Dr. Syed Wamique Yousuf, Secretary, 2005
4. Dr. Mujeeb Jan, Treasurer, 2005.

Meeting concluded with the renewed motivation to increase the membership base and to organize future meetings in USA and in Pakistan positive contribution in education and cardiovascular healthcare in Pakistan.

Sincerely,
Javed Suleman, MD, FACC
President, APCNA

March 2004



APCNA Listserve established by Dr. Amin H. Karim and Dr. Javed Suleman is an example of how the exchange of ideas and productive interaction bring together the professionals to work for the common goals.



APCNA 2005-2006



Dr. Javed Suleman

Dr. Suleman is Assistant Professor of Medicine at the Mount Sinai Medical Center, NY. He is an interventional cardiologist. He is the founding president of APCNA and he is the past president of APPNA.

Dr. Javed Suleman (President APCNA) discussing an Interventional case with Brig. Dr. Azfar Raza of the AFIC/NICD

Dr. Tanveer Rab performing intervention with the local faculty at the AFIC/NICD

Javed Suleman was re-elected the President of the organization.

The APCNA meetings & Events

The Second Summer Meeting of APCNA

APCNA held its second summer meeting in Houston, TX. It was held at the APPNA annual convention and we were successful to increase our membership at the meeting.

The Second APCNA Winter Meeting

The Annual Winter meeting was organized at Armed Forces of Institute of Cardiology (AFIC) and The Rawalpindi Medical College. Interventional procedures were performed at AFIC. Lectures were held at RMC and Teaching rounds were conducted by Prof. Sultan Ahmed, Drs. Wamique Yusuf, Rizwan Karatela and Wajid Baig at the Holy Family Hospital in Rawalpindi.

APCNA at the AFIC in Winter 2005



This was an outstanding meeting. The physicians at AFIC were very efficient and they were indeed gracious hosts. Javed Suleman and Tanveer Rab along with the Interventional Cardiologists at AFIC performed high risk interventions with live telecast from the cath lab.



Didactic lectures were presented by Javed Suleman, Tanveer Rab, Irfan Shafique, Bashir Hanif and Wajid Baig.



Dr. Piracha (President APPNA 2006 and Founding member APCNA) was also present at the meeting. He emphasized that APCNA should arrange such programs regularly. The dinner evening held for the speakers was superb. The director general of Army Medical Core was the chief guest.

APCNA Annual Meeting

APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it **APCNA at the ACC**.

Teaching Rounds at the Holy Family Hospital, Rawalpindi.

Holy Family Hospital is one of the Major Teaching hospitals of RMC. Dr. Sultan Ahmed, Javed Suleman and myself made rounds at the Cardiac Unit. We each took a group of students/housestaff and postgraduate cardiology fellows and discussed the cases. This was one of the most rewarding interactions we had. The students were eager to exchange ideas and wanted us to spend more time with them. It was again a chance to see how cardiac patients are cared for with limited resources.



Dr. Sultan Ahmed and Dr. Suleman at the teaching rounds in CCU in Rawalpindi Medical College.



Dr. Wajid Baig at the teaching rounds in Holy Family Hospital in Rawalpindi.

The APCNA at the ACC 2006

The Keynote speaker: Dr. Spencer King



Dr. King served as Director of the Cardiac Catheterization Laboratory of Emory University Hospital from its inception through 2000 and was Director of Interventional Cardiology and the Andreas Greuntzig Cardiovascular Center at Emory University from 1985 until 2000. Dr. King was President of the

American College of Cardiology (1998-1999), President of the Society for Cardiac Angiography and Interventions (1990-1991) and served as Chair of the Interventional Cardiology Boards of the American Board of Internal Medicine (1997-2007).

The Annual Meeting was in Atlanta. The Keynote speaker was Dr. Spencer King III. Dr. Tanveer Rab was the Chair of this very successful meeting.



Dr. Spencer King, Dr. Shahbudin Rahimtoola and Dr. Sultan Ahmed



Dr. Spencer King, and Dr. Sultan Ahmed with APCNA team

APCNA 2006-2007



Dr. Wajid Baig

Dr. Baig is a Dow graduate, class of 1983. He is a founding & lifetime member and the past president of APCNA. He has been the Chairman of Pacemaker Bank project of APCNA.

He is the trustee of APCNA and has been instrumental in APCNA's liaison with other organizations. He was appointed a "Strategic Adviser" to the ACC-International Committee in 2009.

President: Mirza Wajid Baig, MD, FACC

The APCNA Meetings & Events

In 2006 we met with the President of ACC, Dr. Pamela Douglas and introduced our organization to her. She directed Arlene Deverman from the ACC to be the liaison with APCNA.

APCNA Invited by ACC in March 2006

APCNA was invited by the ACC to attend the Annual Meeting of Coalition of Cardiovascular Organizations (CCO). This Coalition is made up of organizations such as ASE, ASNC, HRS, etc. It was a singular honor for APCNA to be asked to attend this meeting.

APCNA to First Annual Leadership development April 2006

APCNA was invited to the First Annual Leadership development Symposium in Washington, DC. Drs. Javed Suleman, Nadeem Afridi, Wamique Yusuf and Wajid Baig represented APCNA at this meeting. We were able to promote our organization to leaders in cardiology from across the nation. They were quite impressed to hear that such a young organization was involved in very meaningful projects.

APCNA winter meeting in Lahore, December 2006

The Annual winter meeting was held in Lahore. This was a two-day event. Didactic lectures and workshops, educational rounds were held at the Mayo Hospital & King Edward Medical College. The Interventional procedures were carried out at the Punjab Institute of Cardiology. This was the largest group of APCNA members attending a winter meeting. Prof. Bilal Zakariah Khan and Prof. Mansoor Hussain were our local hosts at the Mayo Hospital. Prof. Jawed Sajid Khan and his associates were our gracious hosts at the Interventional program.

March 2006

APCNA was Invited by ACC in to attend Coalition of Cardiovascular Organizations (CCO)



APCNA Annual Meeting

APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it **APCNA at the ACC**.

APCNA at the ACC 2007

The annual Meeting was held on March 25, 2007 in New Orleans. Dr. Syed Fazal Rehman was the Chair of this meeting.



APCNA invited by the ACC to attend the Annual Meeting of Coalition of Cardiovascular Organizations (CCO).



APCNA delegate at the KEMC lecture session 2006



APCNA delegate at the KEMC CCU rounds 2006

The APCNA at the ACC 2007

Keynote speaker: Dr. Valentine Fuster



Dr. Fuster serves The Mount Sinai Medical Center as Director of Mount Sinai Heart, the Zena and Michael A. Wiener Cardiovascular Institute and the Marie-Josée and Henry R. Kravis Center for Cardiovascular Health. He is the Richard Gorlin, MD/Heart Research Foundation Professor, Mount Sinai School of Medicine. Dr. Fuster was the President of Science and is now the General Director of the Centro Nacional de Investigaciones Cardiovasculares Carlos III (CNIC) in Madrid, Spain. Among the seemingly countless positions of distinction that he holds are Past President of the American Heart Association, Past President of the World Heart Federation, Member of the Institute of Medicine of the National Academy of Sciences. Twenty-six distinguished universities throughout the world have granted him Honorary Doctorate Degrees.



The Keynote speaker - Dr. Valentine Fuster.

June 2006

APCNA was invited to the First Annual Leadership development Symposium in Washington, DC. Drs. Javed Suleman, Nadeem Afridi, Wamique Yusuf and Wajid Baig represented APCNA at this meeting.

APCNA 2007-2008



Dr. Rizwan A. Karatela

Dr. Karatela practices non-invasive cardiology in Palm Beach, Florida. He graduated from Dow Medical College, Karachi, Pakistan in 1984. He did cardiology fellowships at Emory University, Atlanta, GA and University of Rochester, NY. He is past president of APCNA and currently Executive Director of APCNA.

President: Rizwan A. Karatela, MD, FACC

The APCNA Meetings & Events

The events and meetings in the year 2007-2008 are summarized with key points of APCNA activities.

APCNA at the AHA Heartwalk 2007

Dr. Rizwan Karatela on behalf of APCNA arranged participation in the AHA Heart Walk in West Palm beach, FL. This event raised awareness about heart diseases and the participants raised funds for cardiovascular research.

APCNA Winter Meeting in Peshawar, Pakistan December 2007

The Annual Winter meeting was held in Peshawar. Professor Hafizullah and his colleagues hosted the meeting at Khyber Medical College & the Lady reading Hospital on December 17-18.

APCNA Lectures and Workshops

A Cardiology Core Curriculum lecture series and hands on training workshops on Nuclear Cardiology were conducted. Drs. Arshad Rehan and Javed Suleman conducted a workshop on the Intra-Vascular Ultrasound for intervention and the First Peripheral Vascular Intervention workshop at the Lady Reading Hospital. Lectures were conducted by Prof. Sultan Ahmed. Drs. Naeem Khan, Rizwan Karatela, Nadeem Afridi and Agha Waqar Haider.

The Donation of Cardiology supplies

Cardiology supplies worth half a million dollars were donated for the use of deserving patients in Khyber Pakhtunkhwa Province. The APCNA members were treated to a visit to Balahisar Fort and traditional Peshawari hospitality by our hosts.

The Tribute to Dr. Nawab Khan at Khyber Medical College

In the evening there was a function to pay tribute to Dr. Nawab Khan. He dedicated his life for the welfare of patients all over the province. Also present was Senator Dr. Rehan. Both have since passed away and have left behind a legacy of selfless dedication for young physicians to emulate.

March 2008

Dr. Bonow was also awarded the Honorary Membership to APCNA.

APCNA Annual Meeting

APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it **APCNA at the ACC**.

APCNA Pacemaker Bank Inauguration

On December 18th, 2007. The APCNA-Rotary Pacemaker Bank Inaugural Function was held at The Marriott Hotel in Karachi. The local media, philanthropists, Rotarains and other dignitaries attended this. Mr. Ashraf Hasnain, International Director of Heartbeat International, represented Heartbeat International at this Inauguration. Ms. Maryiam Tabba, the CEO of Tabba Heart Institute offered her full support to this project. APCNA is indebted to the generosity of the Tabba Family for hosting the Pacemaker Bank at their hospital and providing the essential logistical help from their Social Welfare department.

The next day Dr. Wajid Baig appeared on Hum TV and Dawn News TV Channel to promote the Pacemaker Bank. There were several articles published in the local papers about this unique project (more on page 44)



The tribute to Dr. Nawab Khan at Khyber Medical College, Peshawar, Pakistan. December 2007

The APCNA at the ACC 2008

The Keynote speaker: Dr. Robert Bonow.



Robert O. Bonow, MD is the Goldberg Distinguished Professor at Northwestern University Feinberg School of Medicine, where he is vice chairman of the Department of Medicine and director of the Center for Cardiovascular Innovation. From 1992 to 2011, he served as chief of the Division of Cardiology at

Northwestern Memorial Hospital. Dr. Bonow is past-President of the American Heart Association (2002-2003) and a Master of the American College of Cardiology (2008). He chaired the ACC/AHA Guidelines for Management of Patients with Valvular Heart Disease and the ACC/AHA Task Force on Performance Measures. He is a past member of the Board of Trustees of the American College of Cardiology.



Dr. Bonow was also awarded the First Honorary Lifetime Membership of APCNA.

APCNA Lecture at the PMA House

December 19th. APCNA and the Pakistan Medical Association (PMA) organized a lecture series at the PMA House in Karachi. Dr. Samrina Hashmi and Prof. Khalida Soomro (DUHS) along with Prof. Shareef Chaudhry and Dr. Hasanat Shareef (AKU) participated in this well attended meeting.

APCNA 2008-2009



Dr. Immad Sadiq

Dr. Sadiq, is a practicing interventional cardiologist based at Hartford Hospital in Hartford CT. He graduated from Allama Iqbal Medical College, Lahore, Pakistan in 1995. He finished his cardiology fellowship at St. Vincent Hospital in Worcester, MA. He did his interventional fellowship at Hartford Hospital and Vascular & Endovascular Medicine fellowship at St. Elizabeth Hospital in Boston, MA in 2005. He is currently the Director of Vascular & Endovascular Medicine at Hartford Hospital. He is the site director for the Interventional Cardiology fellowship program and serves as an Assistant Professor at the University of Connecticut. He is one of the founding members of APCNA and also a lifetime member.

President: Immad Sadiq MD FACC

The APCNA Meetings & Events

The events and meetings in the year 2008-2009 are summarized.

APCNA Leadership Invited to ACC Heart House

APCNA leadership was invited to the Headquarters of the American College of Cardiology in Washington. Drs. Naeem Khan, Javed Suleman, Rizwan Karatela, Arshad Rehan, Immad Sadiq and Wajid Baig represented the organization at the "Heart House". Amongst many other issues, we discussed the active role being played by APCNA in the establishment of an International Chapter in Pakistan. This has since come to fruition.

APCNA Winter meeting, Karachi December 19-20

This two-day event was divided into didactic lecture series held in conjunction with the Pakistan Cardiac society at the Regent Plaza Hotel and the Interventional Cardiology Sessions at NICVD. Dr. Zahid Jamal and Dr. Shah Zaman were Co-Chair's of this meeting. Drs. Javed Suleman, Immad Sadiq, Rizwan Karatela, Wajid Baig, and Wamique Yusuf presented didactic lectures. The Theme of the year was "Cardiology Update 2008". Drs. Muhammad Ali Tahir and Mobeen Sheikh, Zia Moiz, Manzoor Tariq also joined the APCNA team in Karachi. APCNA members donated almost a million dollars worth of Cardiac Supplies to NICVD and DUHS.

ACC International Membership.

On behalf of the ACC, Dr. Wajid Baig at a special meeting of the Pakistan Cardiac society held at the Regent Plaza Hotel detailed the eligibility requirements for membership and encouraged all the Pakistani Cardiologists to apply. Since then APCNA members have sponsored many successfully to this "International Fellow of ACC" designation.

APCNA Interventional Workshops

Drs. Javed Suleman, Arshad Rehan and Salman Arain conducted interventional workshops at NICVD. A groundbreaking lecture was presented by Dr. Faisal Cheema (Columbia Univ. NY) on Robotic Surgery.

BLS Training Pilot project and Train the Trainer at PMA house

Dr. Nadeem Afridi conducted a pilot project on AVCLS/BLS Training in Abbottabad. This project was then expanded to other cities. APCNA organized a comprehensive "Train the Trainers" BLS-ACLS Training program at the PMA house in Karachi. APCNA has donated several thousands of dollars for training material and adult, baby and infant mannequins for this course. Since then, these original trainees have trained several hundreds physicians all over the country. Dr. Samrina Hashmi has continued this training program as a certified course under the co-sponsorship of PMA and APCNA. More on this on page 48.

December 2008

APCNA organized a comprehensive "Train the Trainers" BLS-ACLS Training program at the PMA house in Karachi.

APCNA Annual Meeting

APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it **APCNA at the ACC**.

Preventive Cardiology in Pakistan

Dr. Javed Suleman made a presentation to the APCNA leadership that it was time for us to take the lead in addressing the basic issue of cardiovascular disease prevention in Pakistan. It was not enough for APCNA to offer very expensive treatment such as cardiac stenting etc. to the patients in Pakistan. The EC agreed that APCNA should approach the Pakistan Government at its highest level to promote this idea. December 22 a delegation of APCNA leadership met with the President of Pakistan, Asif Ali Zardari. The delegation consisted of Drs. Javed Suleman, Rizwan Karatela, Arshad Rehan and Wajid Baig. The Federal Minister of health, Mr. Jakhiro, Director General of Health, Dr. Rasheed Jooma, Advisor to the President, Dr. Asim Hussain and Chief Secretary, Mr. Salman Farooqi were also present. The delegation discussed wide-ranging issues affecting health care in Pakistan.

APCNA offered the President of Pakistan to be a leading partner in dealing with the crisis of Non-Communicable Diseases in Pakistan. A task force was established to look into this. The following day; the APCNA leadership met with the Director General of Health and offered a plan to start an education program aimed at health care workers at the District Health Clinic level; which is the first line of contact of most patients in Pakistan. In addition to their expertise, APCNA was asked to raise several million dollars in funding of this project. An amount beyond the reach of our organization at this time. Since then APCNA has partnered with Indus Hospital to work on the NCD project.

The APCNA at the ACC 2009

The Keynote speaker: Dr. Frank Hildner



Dr. Hildner was the director of the Cardiac Catheterization Laboratories at Mount Sinai Medical Center in Miami Beach Florida. Professor of Medicine at the University of Florida Miami School of Medicine. Chairman, Board of Regents of the American College of Chest Physicians. Past President of the Society of

Cardiac Angiography and Interventions.

SCAI established the Hildner Lecture in 2001 to honor Frank J. Hildner, MD, FSCAI. Dr. Hildner was the founding editor of SCAI's official journal, now known as Catheterization and Cardiovascular Interventions (CCI).

Peripheral Vascular Workshop



Dr. Immad Sadiq and Dr. Salman Arain conducted a Cardiology Lecture series and a Peripheral Vascular workshop at Allama Iqbal Medical College/ Sheikh

Zayed Hospital in Lahore. Drs. Mobeen Sheikh and Naeem Taherkheli joined the team in teaching sessions.

APCNA Lecture at the PMA House

December 19th. APCNA and the Pakistan Medical Association (PMA) organized a lecture series at the PMA House in Karachi. Dr. Samrina Hashmi and Prof. Khalida Soomro (DUHS) along with Prof. Shareef Chaudhry and Dr. Hasanat Shareef (AKU) participated in this well attended meeting.



APCNA 2009-2010



Dr. Asif Rehman

Dr. Rehman is an interventional cardiologist in Long Island NY. He is a graduate of Nishter Medical College. He is the President of APPNA 2014.

Dr. Rehman has been Associate Director, Interventional Cardiology South Nassau Communities Hospital, Attending Invasive Cardiologist St. Francis Hospital "The Heart Center" Roslyn, NY, Director Invasive Cardiology and Cardiac Catheterization Lab, Mercy Medical Center, Rockville Center NY.

President: Asif Rehman MD FACC

The APCNA Meetings & Events

The events and meetings in the year 2009-2010 are summarized.

APCNA member Appointed by ACC International

The American College of Cardiology appointed Dr. Wajid Baig as a "Strategic Advisor" to the ACC-International Committee. Dr. Huon Gray (Southampton Univ. UK), Chair of the committee, in his appointment letter appreciated his work. *"In recognition of your leadership both nationally and internationally and the personal value I place on your wisdom and advice. I would like to continue to solicit your input on specific strategic initiatives by having you serve in the capacity of a strategic advisor to the council".*

APCNA Advocacy Committee

Dr. Mohammad Haseeb, Chair of the Advocacy Committee spearheaded an effort to collect several thousand dollars from APCNA members to help the ACC in its efforts in Washington.

APCNA Support for Internally Displaced persons

APCNA members raised several thousand dollars and donated the amount to Khyber Medical college to help them provide medical care for the Internally Displaced persons (IDP's).

APCNA Summer Meeting in San Francisco



APCNA held its Annual Summer meeting in San Francisco. Prof. Jamil Tajik (Mayo Clinic) was our Keynote speaker. A screening booth was set up by APCNA so the APPNA members could be evaluated for their Cardiovascular Risks and educated in risk factor modification.

July 2009

A screening booth was set up by APCNA so the APPNA members could be evaluated for their Cardiovascular Risks and be educated in risk factor modification.

APCNA Annual Meeting

APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it **APCNA at the ACC**.

APCNA at the ACC 2010

The Annual Meeting was held in Atlanta in March. Dr. Khusro Niazi was the Chair of this meeting.



APCNA recognizing the support of Heartbeat International in establishing Pacemaker bank in Pakistan, awarding Dr. Maniscalco



APCNA members with Dr. Jamil Tajik at the ACC 2010 meeting



APCNA participation in Non Communicable Disease Prevention conference in Pakistan

The APCNA at the ACC 2010

The Keynote speaker: Dr. John Douglas.



Our Keynote speaker was Dr. John Douglas. Dr. Douglas is Professor of Medicine and Director of Interventional Cardiology and the Cardiac Catheterization Laboratory at Emory University Hospital. In 1980, Dr. Douglas was a member of the team that performed the first coronary angioplasty at Emory University Hospital and in 1987 the first coronary stent in the United States. He was a partner of the late Andreas Gruentzig, the inventor of coronary angioplasty and participated in the development of current coronary angioplasty and stent techniques. He is a Fellow and prior member of the Board of Governors of the American College of Cardiology and Society for Cardiac Angiography and Intervention.

Dr. Douglas presented a fascinating lecture on the state of Cardiac Intervention in the world. He was part of the very first cardiac intervention ever performed in the world. A true pioneer in the field of cardiovascular medicine.



Dr. John Douglas is being given a gift of traditional Pesahwar robe at the APCNA meeting ACC 2010

APCNA 2010-2011



Syed Wamique Yusuf

Dr. Yusuf, is an Associate Professor of Medicine at the University of Texas MD Anderson Cancer center. He graduated from Dow Medical College, Karachi and completed his cardiology fellowship from University of Texas N Houston. He is involved in the teaching and training of cardiology fellows and is the co-chair of annual ACC cardiology board review. He is one of the founding members of APCNA and a lifetime member.

President: Syed Wamique Yusuf MD FACC

The APCNA Meetings & Events

The events and meetings in the year 2010-2011 are summarized.

APCNA Heartwalk at the Summer Meeting 2010

APCNA arranged a "Heart Walk" at the Annual summer meeting in Dallas on July 3rd. Dr. Arjumand Hashmi was the Chair of this meeting. The heart walk has become a very popular event at the APPNA annual meeting and is now held regularly to raise funds for the pacemaker Bank in Pakistan. The money is used to **"Help hearts beat stronger in Pakistan"**

APCNA Korangi Heart Study

APCNA members donated about \$20,000 as seed money towards the Korangi Heart Study. Dr. Nadeem Afridi worked very hard on this project in conjunction with Indus Hospital and other International Organizations in this pilot project on prevalence of Non Communicable Diseases in Korangi, Landhi and Bin Qasim Towns, all suburbs of Karachi. Data has now started to be published on this very important topic in International peer reviewed journals. More on this on page 46.

APCNA Partners with University of Michigan

Dr. Wamique Yusuf, Chair of a joint University of Michigan-APCNA-Indus Hospital project to evaluate the feasibility of implanting refurbished ICD's and PPM in patients. Dr. Thomas Crawford the Lead Investigator in this project made A ONE-DAY visit to join APCNA members in Pakistan. He visited Indus Hospital, implanted a pacemaker and confirmed that it is logistically possible to proceed on this International program. The project is being conducted under an IRB monitored group. This project requires various agencies in Pakistan and the FDA to allow the shipment and implantation of these devices at Indus hospital. More on this page 51

APCNA Winter Meeting 2010 in Lahore

APCNA held its annual winter conference in collaboration with Allama Iqbal Medical College (AIMC), and The Punjab Institute of Cardiology (PIC) on December 22nd & 23rd, in Lahore Pakistan. Chief Minister of Punjab, Mr. Shabaz Sharif was the chief guest for the inaugural ceremony.

Dr. Nadeem Hayat Mallick and his team hosted interventional cardiology session



APCNA Pacemaker Bank in Pakistan receiving the Pacemaker Supplies to be used in non-affording patients in March 2011

APCNA Successful Heartwalk in Collaboration with APPNA at the Dallas Summer Meeting in 2011.



APCNA Annual Meeting

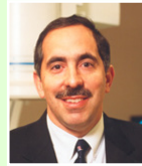
APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it **APCNA at the ACC**.

at PIC.. Drs. Aamir Hameed, Rizwan Khalid, and Salman Arain gave the talks. The live cases were performed by Drs. Javed Suleman and Salman Arain. Prof. Drs. Javed Akram and Zubair Akram arranged non-invasive part of the meeting at AIMC, Jinnah Hospital, Lahore (JHL). Drs. Sultan Ahmad and Atique Azam Mirza conducted rounds in ICU. A hands-on echocardiography workshop was conducted for the house staff after the rounds. A special session was arranged for the medical students and house staff regarding the scope of Internal Medicine & Cardiology training in USA. At the end of day, an extravagant dinner along with a musical evening was hosted by AIMC and JHL for the visiting APCNA members.

The second day of the conference was held at the AIMC auditorium. The participants and panelists, including Prof. Dr. Sheheryar Sheikh. The APCNA members, Drs. Sultan Ahmad, Masood Ahmad, Salman Arain, Aamir Hameed, Rizwan Khalid, Atique Azam Mirza, Asad Qamar, Ahmed Ijaz Shah, Tariq Shahab, and Javed Suleman, gave talks on a multitude of topics of cardiovascular medicine. The local faculty, including Drs. Masood Ahmad, Irfan Bashir, Nadeem Hayat Mallick, and Amber Malik presented their local experience covering their topics in pediatric cardiology, pregnancy & heart diseases, diabetes and coronary artery disease in Pakistan. Dr. Bashir Hanif presented a very interesting talk "Primum Non Nocere – First Do No Harm, Forgotten Hippocratic Oath".

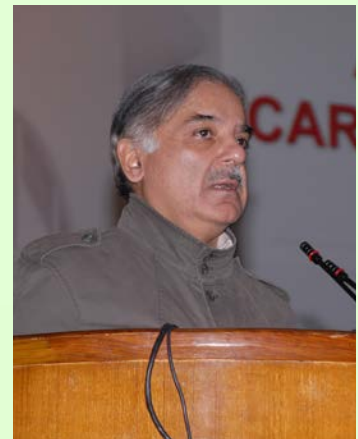
The APCNA at the ACC 2011

The Keynote speaker: Dr. John M. Lasala.



Professor of Medicine; Medical Director, Cardiac Catheterization Laboratory, Barnes- Jewish Hospital; Medical Director, Cardiac Catheterization Laboratory, Heart Care Institute; Director, Interventional Cardiology, Washington University School of Medicine, St. Louis, MO 1979 Ph.D. St. Louis University, 1983 M.D. at University of Connecticut, Farmington, CT. Postgraduate Education: as Intern and Resident, Department of Internal Medicine, Barnes- Jewish Hospital, Washington University School of Medicine, St. Louis, MO as fellow in Cardiology, Yale University School of Medicine, and Interventional Fellow at Yale University School of Medicine, New Haven, CT.

APCNA Winter Meeting 2010 in Lahore



(Left) Dr. Nadeem Hayat Mallick
(Right) Chief Minister of Punjab, Mr. Shabaz Sharif

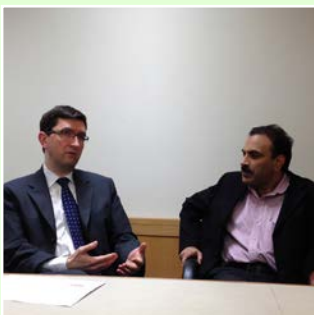
APCNA 2011-2012



Dr. Nadeem Afridi

Dr. Afridi is a graduate of Dow Medical College. He is a non-invasive cardiologist in Boston, MA. He is a founding & Lifetime member of APCNA. He has developed a pilot study for the BLS training program and successfully established BLS training in Abbottabad and at the PMA house Karachi. Dr. Nadeem Afridi worked very hard on this project in conjunction with Indus Hospital and other International Organizations in this pilot project on prevalence of Non Communicable Diseases in Korangi, Landhi and Bin Qasim Towns, all suburbs of Karachi. Data has now started to be published on this very important topic in International peer reviewed journals.

December 2011



Dr. Wamique Yusuf with Dr. Thomas Crawford at the Indus Hospital in December 2011

President: Nadeem Afridi, MD, FACC

The APCNA Meetings & Events

The events and meetings in the year 2011-2012 are summarized.

APCNA Heartwalk 2011 with Jehangir Khan

The Annual Summer Meeting was held in Washington DC in conjunction with the APPNA Summer meeting. A very successful Heartwalk was organized at the Rosen Shingle resort. Jehangir Khan, the Squash Legend from Pakistan, led this Heartwalk. He was the motivation for dozens of physicians, their families and children, who joined us on this walk. Drs. Khurram Moin, Atique Mirza and Nadeem Afridi were key in making this a success.

APCNA supports Patient Education Publications

APCNA has partnered with Ahsas Informatics and Dr. Amin Baig in Pakistan to print hundreds of copies in Urdu to be distributed at Health Fairs and doctor's offices in Pakistan. The topics covered so far include, CAD, Congestive heart Failure, Hyperlipidemia, Diet and Exercise and Hypertension. These books are written for the general public.

First Joint Session of Pakistan Cardiac Society and ACC APCNA Winter Meeting in Peshawar

The 2011 Annual Winter meeting in Peshawar was a landmark occasion. This was the First Joint Session in Pakistan of The American College of Cardiology and the ACC-International Chapter in Pakistan. This joint session was held at the Biannual International Congress of the Pakistan Cardiac society organized by Prof. Mohammed Hafizullah. Dr. Mushabbar Syed led the APCNA delegation on behalf of ACC. Dr. Syed presented the Plenary Lecture on Cardiovascular imaging. Dr. Nadeem Afridi presented the latest developments in ultrasound techniques. The APCNA members were also treated to a memorable visit to the inner treasures of Peshawar City, Islamia College, Amankot and Kabul River.



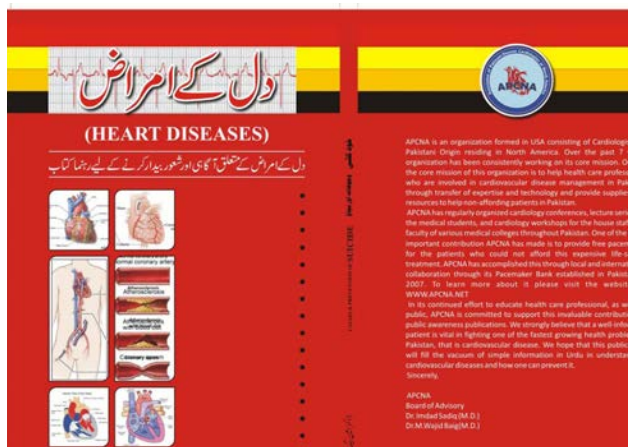
APCNA Annual Meeting

APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it **APCNA at the ACC**.

APCNA Inaugurates Second Pacemaker Bank in Pakistan



The APCNA-Nawab Khan-Rotary Pacemaker Bank was inaugurated in Peshawar. Dr. Naeem Khan (trustee, APCNA) has donated the seed money for this project in memory of his Late father Dr. Nawab Khan. This Pacemaker bank will be the second bank established in Pakistan and a model for expansion of this project to other cities.



The APCNA at the ACC 2012

The Keynote speaker: Dr. David Wilbur.



David J. Wilbur, MD is the George M. Eisenberg Professor of Cardiovascular Sciences, Department of Medicine, Division of Cardiology Director, Cardiovascular Institute Division Director, Cardiology Loyola University Chicago Stritch School of Medicine. He is also the Medical

Director, Clinical Electrophysiology Loyola Univ Health System. The Annual Meeting was held in Chicago. The Keynote speaker was Dr. David Wilbur. Dr. Syed Zubair was the Chairman.

December 2011

First Joint Session of The American College of Cardiology and the ACC-International Chapter in Pakistan.



The 2011 Annual Winter meeting in Peshawar. This was the First Joint Session in Pakistan of The American College of Cardiology and the ACC-International Chapter in Pakistan. This joint session was held at the Biannual International Congress of the Pakistan Cardiac society organized by Prof. Mohammed Hafizullah.

December 2011

APCNA Inaugurates Second Pacemaker Bank In Pakistan. APCNA Nawab Khan Rotary Pacemaker Bank

APCNA 2012-2013



Dr. Arshad Rehan

Dr. Arshad Rehan graduated from the Khyber Medical College in Peshawar Pakistan. Arshad is an interventional cardiologist & practices in Zanesville, Ohio. Arshad is a founding member of APCNA & served as its president for the term 2012-13. He is also a life time member of APPNA. He also has had the honor of serving as the president of the Khyber Medical College Alumni Association of North America.

Dr. Arshad Quyyumi was the keynote speaker at the APCNA summer meeting

President: Arshad Rehan MD FACC

The APCNA Meetings & Events

The events and meetings in the year 2012-2013 are summarized.

APCNA Summer Meeting in Washington DC

The Annual APCNA summer meeting was held in Washington DC at the APCNA Convention 2012. The keynote speaker was Dr. Arshad Quyyumi. The highlight of the meeting was the APCNA Heartwalk in collaboration with APPNA. The chief guest was world renowned Squash player, Jehangir Khan. APCNA's heartwalk are held to promote healthy lifestyle and also to raise funds for the pacemaker project for the patients in Pakistan.

APCNA Representing ACC in Pakistan November 2012

APCNA members represented the ACC at the Golden Jubilee Celebrations of the College of Physicians and Surgeons of Pakistan (CPSP). Drs. Tanveer Rab, Mushabbar Syed and Khushro Niazi attended this meeting, which was one of the largest medical meeting held in Pakistan

APCNA Winter Meeting 2012 in Rawalpindi Islamabad

The Annual Winter meeting was held at the Armed Forces Institute of Cardiology (AFIC) in Islamabad. Dr. Arshad Rehan led the APCNA delegation to this meeting. Several lectures and Interventional workshops were conducted.

APCNA at the ACC 2013 in San Francisco

The Annual meeting was held in San Francisco. The keynote speaker was Dr. Greg Mishkel. Dr. Zulfiqar Ali was the Chairman Host Committee of this meeting.

www.apcna.net



For details and pictures of winter 2012 meeting visit APCNA website & Blog

APCNA Annual Meeting

APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it **APCNA at the ACC**.

The APCNA at the ACC 2013

The Keynote speaker: Dr. Greg Mishkel.



Dr. Mishkel is the Director of Interventional Cardiology, St. Mary's Hospital, Decatur, IL and the Associate Professor of Medicine, Southern Illinois University, Springfield, IL.


Dr. Mishkel completed his research fellowship with Dr. Jack Hirsh, at the McMaster University.

He has been staff cardiologist at the Hamilton General Hospital. He finished Interventional Cardiology Fellowship at the Ottawa Heart Institute, University of Ottawa. He has been a clinical research fellow in Echocardiography with Dr. Harry Rakowski at the Toronto General Hospital, University of Toronto.



The APCNA group at the ACC 2013

The legendary Squash champion Jehangir Khan led the APCNA Heartwalk in Washington DC. APCNA's heartwalks are organized to promote healthy lifestyle and at the same time help raise funds to support pacemaker bank in Pakistan to help needy patients get pacemakers.



APCNA-APPNA



Association of Pakistani-Descent Cardiologists of North America
in association with APPNA Presents

Starts:
7:30 am

FRIDAY, JULY 7TH, 2012

and Harbor, Washington, DC

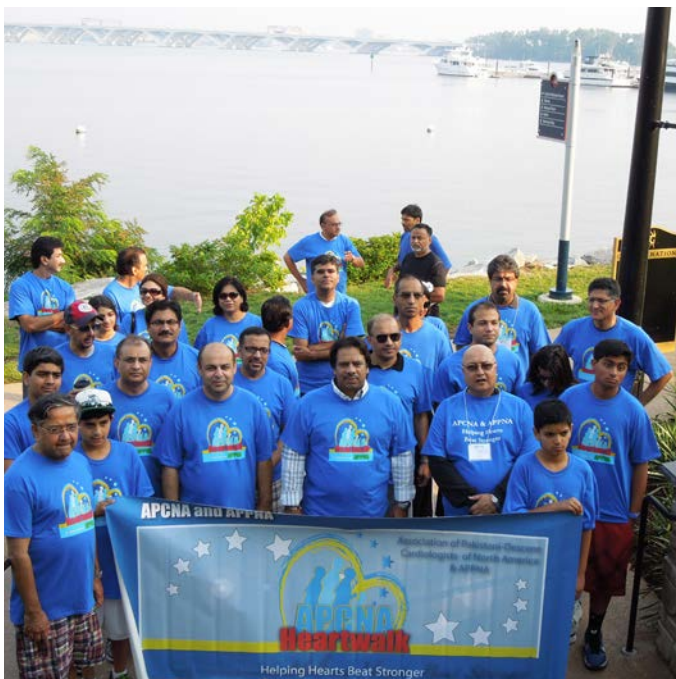
Join the Squash Legend
Jehangir Khan
for



APCNA Heartwalk

In collaboration with **APPNA**

APCNA & APPNA
helping hearts beat stronger



APCNA 2013-2014



Dr. Salman Atiq Arain

Dr. Arain is an interventional cardiologist based in the western suburbs of Chicago, IL. He graduated from Allama Iqbal Medical College, Lahore, Pakistan in 1996. He completed his training in General and Interventional Cardiology at the Ochsner Clinic in New Orleans, LA. Prior to that he completed a research fellowship in Echocardiography at University of California - San Francisco. He was on faculty at Tulane University, New Orleans, LA, between 2007 and 2013, where he served as the Associate Program Director of the General and Interventional Cardiology fellowship programs. He also served as the Director of Endovascular Interventions at Tulane Hospital between 2010 and 2013. He is a lifetime member and the current President of APCNA

President: Salman Arain MD FACC

The APCNA Meetings & Events

The events and meetings in the year 2010-2011 are summarized. This year there is a new team of very energetic members who have taken upon themselves the task of taking the organization to the next level. New committees have been formed and there is an ambitious agenda ahead of them.

APCNA Winter Meeting in Karachi

APCNA had a very successful Winter Meeting and conducted various seminars, workshops and performed interventional procedures at multiple institutions in Pakistan in December 2013. The delegation consisted of Drs. Tanveer Rab, Javed Suleman, Naeem Khan, Salman Arain, Wamique Yusuf, Pervez Alvi, Hasan Ali and Wajid Baig. Our members as always donated dozens of Catheters, Stents etc. to the hospitals providing free care to the deserving patients all over Pakistan. Dr. Naeem Khan was also able to obtain pacemakers, which will be used at Lady Reading Hospital in Peshawar. APCNA leadership discussed joint endeavors to provide continuing educational opportunities for the post-graduate Cardiology fellows with Prof. Tariq Rafi, Vice-Chancellor Jinnah Sind Medical University (JSMU) and Prof. Masood Hameed, Vice-Chancellor Dow University of Health Sciences (DUHS).

EKG Workshop: December 23rd. 2013

Wajid Baig MD conducted an Interactive EKG Workshop for about 40 Postgraduate Cardiology Fellows, Residents, Medical Students and some Faculty at Dow International Medical College (DIMC) at the Ojha Campus of Dow University of Health Sciences (DUHS). There was enthusiastic participation from the attendees with the interactive format. A 40 page Handout was printed and distributed for the attendees. The Medical Director of Dow University Hospital and other administrators thanked APCNA for this and other training programs conducted by our members throughout the year.

PTV World Television Interview: December 24th. 2013

Mr. Faisal Qureshi interviewed Dr. Javed Suleman and Dr. Wajid Baig, along with 2 other physicians from APPNA on his Television Program, "Perspectives". This is a nightly Current Affairs program on PTV World Television. The program was broadcast on December 26th. At 9:30 pm. The Topic discussed was the State of Health Care in Pakistan, Contributions from Physicians visiting Pakistan

www.apcna.net

For details and pictures for this event visit APCNA Blog

APCNA Annual Meeting

APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it **APCNA at the ACC**.

and an Update on the Pacemaker Bank. He had earlier interviewed Dr. Wajid Baig on Dawn News Television when the Pacemaker Bank was inaugurated. Since inception over 150 devices have been implanted (pacemakers and defibrillators).

Peshawar Pacemaker Bank Inauguration:

December 24th, 2013: The Nawab Khan-APCNA-Rotary Pacemaker Bank was formally inaugurated in Peshawar. An elaborate ceremony was held at the Governor's House in Peshawar. (see page 44)

APCNA Heart Walk in Karachi

December 25th, 2013: A very successful "Heart Walk" and Bicycle Ride was arranged jointly by APCNA and Pakistan Heart Association on the beach front at Sea View in Defence Society/Clifton area. This was the largest heart walk arranged by us. Over 300 participants of all ages participated in this event. There were several speakers who discussed the importance of activities such as daily walking and bicycling. Tents were set up so participants could discuss heart healthy topics with physicians. Multiple posters were displayed which detailed the importance of Preventive Cardiac Care. A "Wall of Pledges" was set up where participants signed their commitment to start 2014 with a pledge to live healthy.

After a refreshing walk participants were treated to a "Healthy" Breakfast. Prizes were given to those who won in different categories. There was music blaring from large portable speakers on a "Suzuki van". The young and old enjoyed the fast paced music, which encouraged them walk even faster! The majority of the participants were medical students and their families from Jinnah Sind Medical University. Several APPNA members also joined us in this Heart Walk including Drs. Nasar Qureshi, Shahid Rashid and Naseem Shekhani.

The APCNA at the ACC 2014

The Keynote speaker: Dr. Eugene Braunwald.



Dr. Braunwald is the Distinguished Hersey Professor of Medicine at Harvard Medical School, and the founding Chairman of the Thrombolysis In Myocardial Infarction (TIMI) Study Group at the Brigham and Women's Hospital. Dr. Braunwald received his medical training at New York University and completed his Medical Residency at the Johns Hopkins Hospital. He served as the first Chief of the Cardiology Branch and as Clinical Director of the National Heart, Lung and Blood Institute, founding Chairman of the Department of Medicine at the University of California, San Diego. From 1972 to 1996 he was Chairman of the Department of Medicine at the Brigham and Women's Hospital. Dr. Braunwald has been a major force in cardiology in the past half century. He has been an editor of Harrison's Principles of Internal Medicine for 12 editions, and the founding editor of Heart Disease, now in its 9th Edition, the most influential textbooks in their fields

Interventional Cardiology Conference at Indus Hospital *December 25th, 2013*

Interventional Cardiology Conference was conducted jointly by APCNA and Indus Hospital. Drs. Salman Arain (President APCNA), Tanveer



APCNA and APPNA Heart Walk in Karachi 2013

APCNA 2013-2014

Rab and Javed Suleman participated in Live Interventional procedures, which were also broadcast to other locations from the Catheterization Laboratory. Complex cases were performed during this live procedure oriented conference.

Cardiology Rounds at National Institute of Cardiovascular Diseases

December 26th, 2013

Drs. Wamique Yusuf and Wajid Baig participated in Cardiology Rounds at the NICVD Cardiac ICU. Earlier they met with Prof. Shah Zaman, Director of the Institute. The Residents/ Postgraduate Fellows presented each case and then participated in discussion about the management of the patient. 22 Cases were presented. The NICVD admits an average of 50 patients with ACS each day. Thrombolytic therapy with Streptokinase is by far the most common treatment of an acute MI.

It was recommended that a set of Protocols be established for the most common diagnosis for patients in the CCU. APCNA offered to help set up these protocols. Dr. Zahid Jamal is working on these and will contact us as needed. Dr. Yusuf and Dr. Baig also discussed with the Provincial Secretary of Health the issue of significant disparity in the needs of the patients and the resources.

APCNA Annual Winter Meeting: December 26th, 2013

The meeting jointly arranged with Pakistan Heart Association was held at the Sheraton Hotel in Karachi. The Theme of the Conference was "Cardiology Updates" The meeting was attended by Medical Students; Residents, Postgraduate Fellows, Community Cardiologists and Faculty of Dow and Jinnah Medical Universities. Dr. Salman Arain welcomed the participants & highlighted the activities of APCNA over the last decade during his inaugural remarks. Dr. Javed Suleman (Founding President of APCNA and APPNA President 2013). Prof. Azhar Faruqui spoke of the close relationship between Pakistan Cardiac Society and APCNA over the years. Attendees also included prominent local physicians including Prof. Shah Zaman, Dr. Hasanat Shareef and Dr. Nageeb Basir among others. Drs. Tanveer Rab, Salman Arain, Wamique Yusuf, Javed Suleman and Wajid Baig presented lectures. Speakers representing the faculty of various institutions in Karachi included Drs. Najma Patel, Sajid Dhakan and Zahid Jamal. There was an interactive EKG session presented by Dr. Zahid Jamal.

APPNA Annual Winter Meeting: December 29th, 2013: APCNA members participated in various activities during the Annual Winter Meeting of APPNA. Dr. Tanveer Rab, Dr. Javed Suleman

APCNA Heartwalk 2013

and Dr. Pervaiz Alvi along with others presented lectures during the session on Cardiovascular Diseases. Members also attended the Cultural Program at Port Grand and the Evening program at Pearl Continental Hotel

Dow Cardiovascular Seminar:

December 30th. 2013: The Cardiology Department of Civil Hospital Karachi at Dow medical College arranged a Cardiovascular Seminar. The theme of the Symposium was “Cardiac Fitness in Non Cardiac Surgical Procedures” Dr. Wajid Baig presented a lecture on Pre-operative Evaluation of Cardiac Patients undergoing Non-Cardiac Surgery. Prof. Khalida Soomro (Chair. Department of Cardiology DMC and CHK/ DUHS), Dr. Shamsunnisa Rashidi, Dr. Nawaz Lashari also presented lectures.

Aman Foundation Visit:

December 27th. 2013 Dr. Javed Suleman and Dr. Wajid Baig were part of a delegation that visited Aman Foundation in Korangi, Karachi. This is an NGO providing excellent “First Response” training and an Ambulance Service all across Karachi. We were amazed at the Vocational Training Institute and Emergency Response center that is run by this foundation. APPNA has partnered with them to provide BLS training to the general public. We discussed the possibility of APCNA partnering with the foundation on Primary Prevention Programs in the city. Ms. Afshaan Haroon, Manager-Program Development has invited all APCNA members visiting Karachi to visit their headquarters and learn more of their programs. Members can also get more information at <http://>



APCNA and APPNA Heart Walk in Karachi 2013

Salman Arain, Naseem Shekhani, Wamique Yusuf, Javed Suleman, Bashir Hanif, Shahid rasheed and Wajid Baig.



APCNA Delegate at the APCNA and APPNA Winter Meeting 2013



APCNA Members perform hundreds of interventions through out the years in various institutions in Pakistan. Javed Suleman performing PCI with the local faculty at the Indus Hospital Karachi.

APCNA 2013-2014

theamanfoundation.org/media-center/videos. They have an ACLS ambulance service which responds to emergencies with a physician on board in addition to an EMT.

Interventional procedures at Various Hospital: Dr. Tanveer Rab, Javed Suleman and Salman Arain performed complex Interventional procedures along with the local faculty, Drs. Noor Ahmed and Sajid Dhakan. These procedures were done spanning several days. Dr. Salman Arain also accompanied Dr. Bashir Hanif to Tabba Heart Institute and shared his ideas with them on future cooperation with THI and APCNA.

APCNA and Karsaz Rotary Meeting:
December 27th 2013: The Rotary Club hosted Drs. Javed Suleman, Wamique Yusuf and Wajid Baig at the Per Continental Hotel for a very successful exchange of ideas. Rotarains Abdul Wahab Lakhani, Faiz Kidwai, Ovais Kohari and the President, General Secretary of the club were present at this meeting.

A wide range of topics was discussed. The Rotarains were complemented on the outstanding performance of the Karachi Pacemaker Bank. It was decided to now include Indus Hospital as the Third location for implantation. Dr. Bari Khan has agreed to this inclusion. The necessary regulatory issues will now be processed. We updated them on the start of the Nawab Khan-APCNA-Rotary Pacemaker Bank in Peshawar. This project is independent of Heartbeat International (HBI) and fully funded by our members and other donations from the community. The Rotarains offered their full logistical support for this venture as needed. Rotarain Faiz Kidwai will start to work on identifying a reliable partner to start a Pacemaker Bank in Lahore as soon as possible. Mr. Ashraf Hasnain; International Director of HBI, is fully supportive of this initiative and we hope that this Bank will be starting soon.

APCNA is also planning to start a Primary Prevention Program with the help of the Rotarain as well as a "Cardiac Supplies Bank" in Karachi. Once this pilot project is established, this model will then be replicated in other cities all across Pakistan.



The Nawab Khan-APCNA-Rotary Pacemaker Bank was inaugurated in the Governor's House in Peshawar. Dr. Naeem Khan represented APCNA on this occasion and has reported on a very successful fund raising event held the same day.

New APCNA Blog
www.APCNA.net

May their souls rest in peace
We remember the departed souls

Introducing the new APCNA blog. In addition to the official APCNA website there is now a new APCNA Blog. This is in keeping with the ever changing internet innovations and social networking. Now you can share your views, opinion, news and announcement with other members via this blog on your laptop or your mobile device with same ease.



APCNA Listserve
at Yahoo group

Stay connected by subscribing to APCNA yahoo group. To join please send an email request to globelinker@gmail.com or call 713 797 6000

Remembering Dr. Riaz Baqir

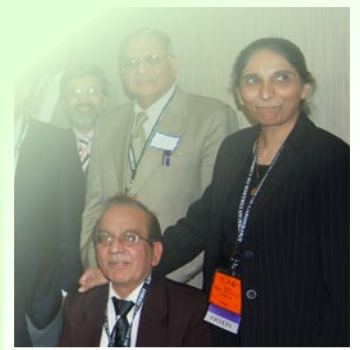
Our colleague no longer with us.



Riaz Baqir, 66, a wonderful husband, teacher, father and a doctor happiest when with patients, passed as a result of fatal car accident on May 13, 2013. He was born November 1, 1946 in Batala, India.

He was a founding & lifetime member of APCNA. A loving and caring person, Dr. Baqir will always be remembered for his kindness, simplicity, humbleness and willingness to help others. Having touched many lives, he will be remembered as one who greeted everyone with a smile and was always happy.

Dr. Baqir worked full time at Via Christi Hospital - Pittsburg as an interventional cardiologist. He is survived by his wife, Dr. Marriyam Moten; two sons, Dr. Nadeem Riaz and Daniel Riaz; brothers and sisters, in-laws, cousins, friends and the community of southeast Kansas at large. May God rest his soul in peace.



Remembering Dr. Naushad Mohyudin

Our colleague no longer with us.



Naushad Mohyudin, 49, a Dow graduate class of 1987. A wonderful person who was an avid reader and always held enlightening discussions on variety of topics. He was a founding and lifetime member of APCNA.

He was among the first to work for APCNA, arranging meetings, holding banners and spearheading the membership drive. He passed as a result of the complication of liver disease in 2012.

Naushad will always be remembered for his mild manners, soft-spoken style and strong political activism. He is survived by his wife and one child.



APCNA Facebook
visit APCNA facebook

Become a Member
visit APCNA.net



Dr. Baqir and Dr. Motem
at the ACC



APCNA Presidents

From 2004 to 2014
Presidents of APCNA

2004 - 2005
Javed Suleman

2005 - 2006
Javed Suleman

2006 - 2007
Mirza Wajid Baig

2007 - 2008
Rizwan A. Karatela

2008 - 2009
Immad Sadiq

2009 - 2010
Asif Rehman

2010 - 2011
Syed Wamiq Yusuf

2011 - 2012
Nadeem Afridi

2012 - 2013
Arshad Rehan

2013 - 2014
Salman Arain



President APCNA
and the Chairman host
committee at work



APCNA at the ACC 2010 - Chicago

Projects Landmarks and Events

Part II

The past ten years of APCNA are marked with many milestones, landmarks and events. With the dedicated workers and their steadfastness the projects flourished and along the way people joined the organization.

1. First Pacemaker Bank - *Wajid Baig*
2. Second Pacemaker Bank - *Professor Hafizullah*
3. In support of Pacemaker Bank - *Naeem A. Khan*
4. APCNA Pacemaker Project Chair - *Wajid Baig*
5. APCNA BLS Training Project - *Overview*
6. APCNA Collaboration on NCD - *Nadeem Afridi*
7. APCNA Partners with U of Michigan - *Wamique Yusuf*
8. APCNA Timeline 2004 - 2014 - *Apcna's Work*

25 17:43

APCNA Pacemaker Bank in Pakistan

by Wajid Baig, MD



Dr. Wajid Baig

Chairman APCNA
Pacemaker Project and Liaison
with other professional
organizations.

Every institution is known for its landmarks and events. APCNA Pacemaker Bank in Pakistan will be known as landmark project of APCNA. With the single objective to save lives of the people who can not afford such devices APCNA had no trouble getting the support from its membership. This is a perfect example of APCNA's Collaborative effort.

Background:

Healthcare for many people in Pakistan is quite limited. There are never enough resources available for the multitudes who may need care. Government intuitions are stretched to the limits. Many Charitable Hospitals and Clinics are doing a remarkable job trying to meet the shortfall. It is a credit to the physicians and healthcare workers in Pakistan who are able to provide care for these millions of patients with the limited resources available. The care for cardiac patients is even more difficult and most often not affordable for the poor. There are hundreds of patients who need permanent pacemakers and defibrillators but cannot afford them. Last year Dr. Suleman and I visited a major Cardiac Center in Pakistan where they had 10 temporary pacemakers, all were in use. They often wait weeks for a permanent pacemaker to become available. It is commendable that there are many cardiologists who are trying to provide free services and obtain pacemakers from various philanthropic sources. There was a dire need to provide these patients professional and financial assistance to make pacemakers available for them. Imagine a deserving patient in Pakistan who can now get a Permanent Pacemaker and Implantable Defibrillator at no cost to the patient! No charge to the patient from the physician, No charge for the device, No charge for the follow up.

The Magnitude of the Need:

There are hundreds of patients who need permanent pacemakers but cannot get it and will die because they cannot afford it. It was noted that even the big public cardiac institution had only 10 working temporary pacemakers for the entire patient population they served. Patients had to wait for weeks to have permanent pacemakers implanted. Dr. Azam Shafqat, at NICVD showed some data collected by one of his fellows on the last 150 implants. The average salary of the patients was about 6000-8000 Rupees (\$100-133) per month. The average waiting

time for a permanent device with a temporary pacemaker in place was about 2 weeks. At today's rates a Permanent Pacemaker (PPM) implantation costs about Rs. 60,000-120,000 for the complete procedure. An ICD costs about Rs. 600,000 (Rs.6 Lakhs) and a Bivent- Defibrillator costs about Rs. 800,000 - 1, 200,000 (Rs.8-12 Lakhs), just the Defibrillator leads cost about Rs.100,000. While the pacemakers would be lifesaving measures for many patients the prohibitive costs for it would be unthinkable for many deserving patients to receive it.

Dr. Bashir Hanif is standing with the first patient who received the pacemaker vis APCNA-Rotary -HBI pacemaker bank at Tabba Heart Institute.





Inauguration: The First Pacemaker Bank in Pakistan

The APCNA-Rotary Pacemaker Bank was officially inaugurated on December 18th 2007, in Karachi. The ceremony at the Marriott Hotel was well attended by physicians, philanthropists, press and media. Several Rotary office bearers and members were in attendance. The CEO of Tabba Heart Institute, Ms. Maryiam Tabba, and NICVD's Consultant, Dr. Azam Shafqat (one of the implanting Cardiologists) were also present.

Heartbeat International (HBI) was represented by Mr. Ashraf Hasnain. President APCNA, Dr. Rizwan Karatela spoke about the continued commitment of APCNA's mission to helping the standard of healthcare and cardiology education in Pakistan. The APCNA Pacemaker Bank project director, Dr. Wajid Baig elaborated the APCNA's initiative in bringing about the establishment of the first pacemaker bank in Pakistan. He pointed out the important contribution it will have for the deserving patients in Pakistan. He reported that so far two PPM's and one ICD had been implanted. The Karachi Pacemaker Bank will cover all of Karachi as well as the Provinces of Sind and hopefully Balochistan. Dr. Baig further outlined the workings of the Pacemaker Bank and emphasized that the cost of the procedure such as hospital charges, consumable, travel and follow up will be covered by funds raised by the Rotarain's and our generous members. The first fund raising event is planned for March 2008.

APCNA Collaborative Efforts

When APCNA members learned about such need in Pakistan, there was a palpable passion among the members to make a difference in lives of these patients. In March 2005, at the ACC Annual Scientific Sessions in Atlanta the as APCNA team we met Mr. Wil Mick, the President of Heartbeat International; a non-profit organization based in Tampa, Florida, the world's premier provider of free, cardiac pacemakers, im-plantable defibrillators and medical care to needy patients around the world. For more than 20 years, they have served the indigent and ill in more than 30 countries, reaching families and hearts around the world. Unfortunately, there was no such pacemaker bank in Pakistan. It was APCNA's initiative to approach Heartbeat International for establishing the pacemaker bank in Pakistan. It was apparent that the task was monumental, as according to the Heartbeat International, the Pacemaker Banks must adhere to strict operating principles and must comprise of qualified and experienced physicians, an appropriately equipped and staffed hospital, and a local Rotary club or approved Social Agency. APCNA needed to have partners who could facilitate this task become a reality. Fortunately, we had a good team of dedicated doctors, Dr. Bashir Hanif, Dr. Azam Shafqat and Dr. Zahid Jamal in Pakistan who were enthusiastic to provide such professional services. The Rotary Club of Pakistan provided us the needed support and the local institutions; Tabba Heart Institute and National Institute of Cardiovascular Diseases (NICVD) opened their doors wholeheartedly for this worthy cause. The things then fell into place.

Special note of thanks



The CEO of Tabba Heart Institute, Ms. Maryiam Tabba, and NICVD's Consultant, Dr. Zahid Jamal, HBI - Mr. Ashraf Hasnain, Ovais Kohari and others.

On behalf of APCNA and its members, we are extremely grateful to Mr. Wil Mick and Dr. Meniscalco from Heartbeat International who have guided us all through this process. We now have the help of Mr. Ashraf Hasnain, International Director of Heartbeat International. He has had several meetings with the organizers in Karachi and continues to help us. None of this could have happened without the hard work and dedication of Rotarian Ovais Kohari and his team. None of us are naïve enough to think that this one project will change everything for the patients in Pakistan. This is only a very small attempt to help these patients. It will take many more such projects to make a significant difference. We are proud that APCNA is making a start. What we are doing in Pakistan is just a start in terms of the needs of the deserving patients all over the country. We needed to start somewhere, and we have done so. Trying to improve the lives of even just a few patients will go a long way.

APCNA Pacemaker Project

Saving Lives in Pakistan

by Prof. Hafizullah



Prof. Hafizullah

Serving as Vice Chancellor of Khyber Medical University, Professor and Head of Cardiology Department, Lady Reading Hospital, Postgraduate Medical Institute, Peshawar since 2004. Project Director of upcoming 300 bedded state of the art Peshawar Institute of Cardiology. Served as Chief Executive of Lady Reading Hospital, 2007-8 and Vice Dean, Research, Postgraduate Medical Institute, Peshawar 2003 -7. President elect of Pakistan Cardiac Society, Pakistan. Vice President of erstwhile Asian Pacific Cardiac Society (APCS), Japan since 2011. Governor, International Society of Cardiovascular Pharmacotherapy, Barcelona, Spain since 2008. Ex Vice President, Pakistan Hypertension League and Chairman, preventive Council, PCS.

APCNA-Rotary Club-Nawab Khan Pacemaker Bank

It was all about heart – the people with hearts – Rotarains who can feel the ache of those - whose hearts have stopped beating optimally, got together with APCNA to establish a fund to help them. The ‘menders of heart’ APCNA - Association of Pakistan descent Cardiologists of North America conceived the concept and the gentleman with ‘most extravagant heart’ sponsored the concept and enthusiastic cardiologists responsible for looking after the hearts of Khyber Pukhtunkhwa adopted the idea. And in this way APCNA – Rotary club-Nawab Khan Pacemaker bank was launched. The setting was majestic and the honourable Governor of Khyber Pukhtunkhwa – with a heart of gold hosted the function seeing launching of the bank. The function achieved its desired goals as the Minister of Health Mr. Shaukat Yusufzai lauded the efforts of Pakistani doctors settled abroad for extending generous help for the underprivileged class. The Governor appreciated the efforts of Dr. Naeem Khan, APCNA, Rotary club and Cardiology department lady Reading Hospital Peshawar. He started the ball rolling and volunteered to donate five lakhs for this noble cause. Prof Emeritus Zakia Minhas, teacher of most practicing doctors made a generous donation of five lakhs towards the newly launched fund. Dr. Zafar Iqbal announced donation of a pacemaker on behalf of his mother.

Pacemaker is small computer based device which is implanted just below collar bone on either sides of body. It has two parts a lead and a battery. Access is gained into a vessel – a tube carrying blood to heart a little below and behind collar bone. A lead is passed and parked in a stable position in right ventricle – pumping chamber on right side. A pocket is created under skin and pacemaker is then

connected to the lead. New pacemakers are smaller in size than of a match box. Technology has helped in reducing the size, incorporating newer amenities and prolonging life of battery.

Human heart is blessed with an intricate electric system. Some illnesses unfavorably effect generation and others effect conduction of electrical impulses. This may result in slowing of heart rate and at times may result in pauses. At times the pauses get prolonged and result in reduced blood supply to brain resulting in loss of consciousness. Such patients need pacemakers to keep their hearts ticking. This works like a watchdog – if heart generates impulses at the required rate it observes, records and does not intervene. But if heart does not generate an impulse then pacemaker triggers and produces an impulse and prompts a cardiac contraction. Some hearts are totally dependent on pacemaker and cannot function without it.

APCNA – Association of Pakistan Descent Cardiologists of North America an association in its infancy but has been able to achieve a lot. It had set goals of transfer of expertise, helping poor patients in Pakistan through pooling of hard ware, career counselling and active participation in cardiology conferences for transfer and sharing of knowledge and skills. Personally I am very impressed by their sincerity of purpose and commitment. Their hearts are sizzling with the fire to ‘pay back’ to their birthplace in any capacity. Their main emphasis was to discuss ways in which they could help the poor heart patients who may not have access to the latest and expensive treatments. The strategy evolved to achieve this was two-pronged. Firstly to hold regular series of lectures at different cities in





Khyber Pakhtunkhwa Governor, Engineer Shaukatullah addressing annual dinner of Rotary Club International; a non-government organization at Governor's House, Peshawar

Pakistan, conduct ward rounds and informal discussions with house staff and interventional cardiology workshops for sharing skills with the trained staff in Pakistan. Secondly to look into the possibility of sponsoring some middle order qualified doctors for a few months training to USA. The society has been lucky to have highly committed and motivated, enthusiastic, well-meaning, and totally apolitical members. Peshawar had the honour to host APCNA meeting in Lady Reading Hospital in 2007. Biennial cardiology conference held in Peshawar in 2011 witnessed a rich participation from APCNA delivering state-of-art lectures, performing interventional procedure and moderating numerous hands-on workshops.

Dr. Naeem Khan is an interventional cardiologist practicing in a town called Centalia near Chicago. He has the distinguished honour of saving many young lives in Pakistan. He has been regularly providing Cardiology Department of Lady Reading Hospital with innumerable permanent pacemakers and hard ware like stents. There are many families who owe their lives to this gentleman who has a heart made of gold and filled with tremendous love for his country and especially for the unprivileged people. There will be very few people in this world whom Allah Subhanahuwa Taala has blessed so generously with superior intellect and tender heart which can feel the ache of poverty and deprivation and then actually do something for it. This is also a great example of a dedicated son initiating a great effort in his father's name. An example many of us should emulate!

Dr. Naeem Khan adopted the idea of APCNA of sponsoring a pacemaker bank that is in practice in Karachi

saving many precious lives. To institutionalize his solo efforts he espoused the idea and involved Rotary club of Peshawar to certify patients as poor and deserving and procure pacemakers and make them available to Cardiology department of Lady Reading Hospital for free of cost implantation. Philanthropists like Dr. Zafar Iqbal and Dr. Sahibzada Mehmood Noor took forward the efforts started by Mr. Rohaila and Adnan Jalil and offered enthusiastic support from Rotary Club. The club will match the grant and make efforts to generate more funds besides overseeing the accounts in a transparent way. Cardiology department has been in forefront of these efforts and offered free services to identify deserving patients, implant pacemakers and follow them up free of cost.

With the inception of this fund Cardiology department will have access to pacemakers for poor deserving patients funded by APCNA members, philanthropists of area and Rotary club. All this will be supported and overseen by Rotary club. This is one of the most noble acts as it involves saving precious human lives. Saving life of one person is like supporting a family who otherwise would have face serious consequences. I sincerely hope more people will take interest in this project and contribute generously to procure more pacemakers. This surely will help us saving lives!

Prof Mohammad Hafizullah,
Khyber Medical University, Peshawar taken



APCNA Pacemaker Project

Saving Lives in Pakistan

by Naeem A. Khan, MD



Dr. Naeem Khan

Dr. Naeem Khan is an interventional cardiologist practicing in a town called Centalia near Chicago. He has the distinguished honour of saving many young lives in Pakistan.

APCNA-Rotary Club-Nawab Khan Pacemaker Bank

Dear friends and APCNA members,

APCNA established its first pacemaker bank in Pakistan to help people who can not imagine to afford this life saving device. This was a major undertaking as it required fool proof processes in place to be able to accomplish that. It took 2-3 years and major collaborative work to assemble the team to get everything working right.

It was the dream come true, when we were able to duplicate similar arrangements for the second Pacemaker bank, this time in Peshawar. It finally happened after three years of hard work of APCNA-Rotary and tremendous help from Prof Hafeezullah, department of cardiology at LRH, Peshawar, Prof Zafar a RotArain and Prof. of Ophthalmology at LRH.

We had our first fund raising at the Governor house Peshawar, a 200 year old monumental and elegant building, remnant of British Empire. Our host was, his excellency, the Governor of KPK, Mr. Shaukatullah Khan. The meeting was attended by the health secretary, Mr. Shaukat Ali Yousafzai. There were other respected guests, newspaper columnists, many Rotarains, phialntropists and many retired professors of Khyber Medical University at the meeting.

We were able to add to our donation of \$10000, about 12 lakh rupees. Hopefully more APCNA members will donate and we will get matching grants from rotary international. It was an informal

gathering and dinner was hosted by the Governor after the meeting. The Governor and one of my ex professor also donated 5 lakh rupees each.

The process has been in place to assess and confirm the non-affordability in a very transparent, dignified and efficient manner. This is to be done with collaboration of cardiology staff at LRH and Peshawar Rotary International.

The Bank is also in memory of my dear late father, Dr Brig Nawab Khan who spent his career in helping poor people. He served in higher position as a doctor in Army and was an administrator of Mayo hospital in service & Khyber hospital in KPK post retirement.

These days it is not easy to get pacemakers from companies whereas for decades I used to take 20 to 30 pacemakers every year to LRH. Now best I could get were only two pacemakers last year in December from Biotronics.

We depend on the support of APCNA members to donate one pacemaker a year and we can save lives of needy patients in Pakistan. The pacemaker bank in Karachi has installed more than 150 free pacemakers with the help from HBI (Heartbeat International). I must congratulate Dr. Wajid Baig, Chair pacemaker bank and the entire APCNA team for setting an excellent example. Wajid will be the source of guidance and support to this pacemaker bank and to help hundreds more ...

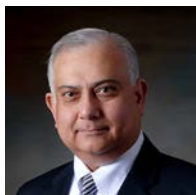
Naeem a khan MD, FACC , FSCAI
BOT APCNA.
Chair BOT KMCANA
Co-Chair Pacemaker Bank ,Peshawar



APCNA Leads the way in Providing

Life Saving Devices to the Deserving Patients in Pakistan

From the Archives - March 2012



Dr. Wajid Baig

M. Wajid Baig is a founding member and past president of APCNA. He is Chair APCNA Pacemaker Bank Project

From your heart to their heart. DIL SAY DIL PAKISTAN
Help APCNA help the Poor Patients in Pakistan.

Over the last several years APCNA has worked extremely hard in establishing a transparent mechanism in which the deserving patients in Pakistan can get Permanent Pacemakers (PPM) and Implantable Cardiovertors Defibrillators (ICD's). These devices cost Thousands of US Dollars in North America and are beyond the resources available to a significant portion of the population in Pakistan.

Five years ago APCNA Partnered with Heartbeat International (HBI) in Tampa Florida and The Rotary Clubs in Karachi to set up the First Pacemaker Bank in Karachi. This Bank is one of the most efficiently run and successful projects jointly sponsored by Heartbeat International. Hundreds of devices have been implanted Totally Free of Cost to the patient at National Institute of Cardiovascular Disease's (NICVD) and Tabba Heart Institute (THI) in Karachi. Our experience in this project has lead to the next phase in this endeavor.

In December 2011 we proudly inaugurated the Dr. Nawab Khan Pacemaker Bank. An APCNA-Rotary Peshawar Pacemaker Project This is a philanthropic project sponsored by the members of APCNA and the Rotary Club in Peshawar. Dr. Naeem Khan, a founding member and Trustee of APCNA has been leading this effort to honor the work his father did for decades to help the patients in and around Peshawar. Professor Hafizullah, Dean, Khyber Medical University has graciously taken on this project as an integral part of providing cardiac care to the poor patients of Khyber Pakhtunkhwa. This unique project is totally financed by donations from our members and the general public. In addition to donated Pacemakers that our members take to Pakistan; the Pacemaker Bank will be purchasing these devices in Bulk in Pakistan.

The Third phase of Providing Pacemakers to the deserving patients in Pakistan is a Joint Project with University of Michigan and APCNA. Our local Partner in Pakistan is Indus Hospital. Dr. Bari and his team last December hosted Dr. Thomas Crawford and our APCNA Leadership in Karachi for a site visit. It was clear that Indus Hospital is the ideal partner for this project. We are in the final stages of approval from the Sindh Health Department and the FDA in the US. Once these permits are issued; we have the opportunity to provide hundred's of Certified Refurbished Permanent Pacemakers to patients at Indus Hospital. Dr. Wamique Yusuf has been working with Drs. Kim Eagle and Crawford from the University of Michigan on this project.

Our next step is to start a Pacemaker Bank in Punjab. We are working hard on finding the appropriate partners and resources to make this a successful endeavor Please support these projects with your generous donations.

Help APCNA help the Poor Patients in Pakistan.

Dr. Naeem Khan, a founding member and Trustee of APCNA has been leading this effort to honor the work his father did for decades to help the patients in and around Peshawar.



Saving Lives

It only takes a \$1000 to save a life of a deserving patient in Pakistan. Often this patient is the only breadwinner for the whole family. You can see how far the \$1000 will go.

APCNA BLS Training in Pakistan



One of the core mission of APCNA had been to establish Basic Life Support (BLS) training Centers in Pakistan. On December 18, 2008, APCNA conducted a full day course on BLS for health care providers at the Pakistan Medical Association (PMA) House in Karachi. Total of 45 participants successfully completed the course and were given certificate of completion. These participants then were recognized by the Palm Beach County AHA training center and received AHA BLS cards.

In 2008

APCNA conducted full-day BLS training session at the PMA house Karachi for the health care providers. APCNA working with PMA over the past few months arranged the required equipment and teaching material to conduct the BLS course at PMA house. Set of 10 Adults, baby and infant mannequins, Ambu bags trainer AED, reading and test material were provided by APCNA. PMA organized the registration of health care providers to take the course.

In 2009

Soon after the first main session at the PMA house in December 2008, the trainers at the PMA house were busy in holding sessions for BLS training on a regular basis and conducted several sessions through out the year training over 400 people.



BLS Sessions in Remote Location

It was gratifying to note that two of the initial trainers at our initial session at the PMA house went on and held many sessions in Nawabshah and have trained hundreds in their institutions.



APCNA has send second batch of BLS training material, supplies to PMA worth about \$4000 in 2009 for continued support of this invaluable program

Train the Trainers Program

APCNA BLS Training at the PMA House Karachi

The morning session consisted of "Train the Trainer" session where six physicians were identified by PMA to receive the training to be the trainer for the subsequent BLS courses at PMA house. Dr. Jamil Akhar was identified as the lead trainer. Other physicians who were trained as trainer included, Dr. Ghulam Nabi & Dr. Saleh Memon from Nawabshah, Dr. Chughtai, Dr. Afsheen Zaidi and Dr. Sultana Zafar. In the morning session these trainers were given the in-depth training to be able to become trainers. AHA guidelines of BLS training was strictly followed and on successful completion of the course these individuals were given the certificate of completion of the course. The afternoon session was conducted to provide BLS training for the health care provider. Total of 36 individuals registered for the course. Dr. Wajid Baig conducted the course with demonstration of the recommended AHA BLS training video with instruction key points APCNA BLS Training at PMA House explanation in between. This was followed by hands-on session to provide the skills training in BLS. Dr. Wajid Baig, Dr. Immad Sadiq and Dr. Rizwan Karatela supervised the course for the health care providers and also evaluated the new trainer in their skills as the trainer of the course. The candidates then were tested on the skills portion of the training and were signed off on each skills areas as noted on the AHA skills testing check list. The final session consisted of the written test required to pass for the BLS. In the end, the students were scored and were provided the feedback on the various key points related to the training. The evaluation forms were given to the participants allowed there feedback on the quality of the training course. All the successful candidate were given the certificate of completion.

APCNA BLS Training - the seed planted ...

A Model of Excellence in Service

The BLS training center in collaboration with Pakistan Medical Association established at PMA House, Karachi was set an example of a model which would be replicated in the interior Sindh. With the initial donation of BLS training supplies worth about \$3800 arranged by APCNA the center was established to train few doctors who will in turn go back to their towns and train local healthcare workers in BLS.

We were very much impressed by two such dedicated doctors who wanted to help their communities in the interior Sind. As soon as they were train they were busy in planning the training sessions at their local institution. Within a matter of few months they had already trained >500 people..



Dr. Muhammad Saleh Khaskheli and Dr. Ghulam Nabi Memon were the two among the doctors trained to be trainers. They went back to Nawabshah and trained over 500 health-care workers in BLS. They followed the same protocol for training, assessing, and certification requirement and kept the records.



APCNA Collaboration on NCD

by Nadeem Afridi, MD



Collaborative Effort in Preventive Cardiology in Low Socioeconomic Patients in Pakistan.

"Vision, leadership and commitment, led to publishing our paper on NCD's in a low income cohort in Pakistan. This was our idea and we had the will to convince a lot of people to join."

It's truly a great achievement by our organization. The long-term vision, leadership and commitment, led to publishing our paper on NCD's (*Non-Communicable Diseases*) in a low income cohort in Pakistan. This was our idea. We had the will to convince a lot of people to join.

Several other papers including life style risk factors for NCD, risk factors for CAD in this low income cohort are on the way. Following this we will be embarking on policy work and screening population for NCD risk factors. All of this will require some initial funding and commitment.

Our journey started with meeting several key groups in Pakistan including WHO, Heartfiles and setting up the survey questionnaire with the help of HSPH (there South Africa NCD Program and WHO (right here in Boston). With the encouragement of MOH Pakistan, we approached IRD research to do the survey for us. This was the toughest of challenges since it required retraining the survey staff and field workers which took a better part of 2009. Community awareness and education regarding the survey (prior to survey) took 6 months of 2010. Finally the survey started and completed in mid 2011. Our toughest challenge was cleaning the data, bring it to par with world standards, and data analysis (we found that Pakistan has limited number of well trained epidemiologists and statisticians in the country).

APCNA in this endeavor has forged relationships with several groups including

1. Indus Hospital
2. IRD Research Karachi
3. Taba hospital
4. Ministry of Health Pakistan
5. WHO NCD and Tobacco control program
6. University of Texas School of Public Health
7. Harvard School of Public Health (HSPH)

Newer Relationships are being made

1. Heart Beat International
2. NCD consortium in Dubai (El Ain University)

People who need to be acknowledged for guidance, encouragement, advice and technical help include.

1. Aamir Khan CEO IRd Research
2. Abdul Bari Indus Hospital (provided the space for work)
3. Faisal Khan and Ismat Lotia (Project Managers, IRD research)
4. Staff at Indus and IRD research
5. Sania Nishtar (Heartfiles Pakistan)
6. Tom Gaziano (Harvard School of Public Health)
7. Stacy Ryan (WHO Geneva, NCD Program)
8. Assad Hafiz and Rashid Jooma (MOH Pakistan)
9. Susan Fischer and Joe McCormick (University of Texas, who helped immensely with the final draft and correlating data with there NCD study in a low income Mexican cohort)

Our members' 20,000 dollars donation as the seed money (and several thousand dollars in travel money) has gotten us a long way. Many thanks to our dedicated members and visionary leaders of APCNA. The work of APCNA will continue. Please see the link to our paper below

<http://dx.plos.org/10.1371/journal.pone.0056008>

OPEN ACCESS Freely available online



The Burden of Non-Communicable Disease in Transition Communities in an Asian Megacity: Baseline Findings from a Cohort Study in Karachi, Pakistan

Faisal S. Khan^{1,2*}, Ismat Lotia-Farrukh^{1,2}, Aamir J. Khan^{1,2}, Saad Tariq Siddiqui², Sana Zehra Sajun², Aamyn Abdul Malik², Aziza Burfat², Mohammad Hussham Arshad², Andrew J. Codlin², Belinda M. Reininger³, Joseph B. McCormick³, Nadeem Afridi⁴, Susan P. Fisher-Hoch³

¹ Indus Hospital Research Center, Korangi Crossing, Karachi, Pakistan, ² Interactive Research & Development, Shahr-e-Faisal, Karachi, Pakistan, ³ University of Texas School of Public Health, Brownsville, Texas, United States of America, ⁴ Association of Pakistani-Descent Cardiologists of North America, Wellington, Florida, United States of America

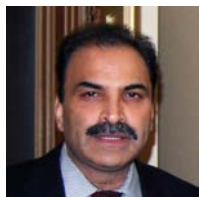
Abstract

Background: The demographic transition in South Asia coupled with unplanned urbanization and lifestyle changes are increasing the burden of non-communicable disease (NCD) where infectious diseases are still highly prevalent. The true magnitude and impact of this double burden of disease, although predicted to be immense, is largely unknown due to the absence of recent, population-based longitudinal data. The present study was designed as a unique Framingham-like Pakistani cohort with the objective of measuring the prevalence and risk factors for hypertension, obesity, diabetes, coronary artery disease and hepatitis B and C infection in a multi-ethnic, middle to low income population of Karachi, Pakistan.

Methods: We selected two administrative areas from a private charitable hospital's catchment population for enrolment of a random selection of cohort households in Karachi, Pakistan. A baseline survey measured the prevalence and risk factors for

APCNA, University of Michigan and Indus Hosp

by Wamique Yusuf, MD



Dr. Wamique Yusuf

Dr. Wamique Yusuf is a founding member and the past president of APCNA.

Dr. Kim Eagle and his group at the University of Ann Arbor, Michigan have started a research project "My Heart Your Heart", whose ultimate goal is to recycle used pacemakers, once approval from all regulators have been obtained.

Each year millions of individual worldwide, die due to lack of access to permanent pacemakers. Conduction system disease, frequently affects younger patients in third world countries. APCNA has been working with Heartbeat International for the last few years, to provide new pacemakers to indigent patients in Pakistan. APCNA has highlighted the issue of pacemaker in Pakistan and our collaborative efforts in a letter to the Editor in Circulation.

Dr. Kim Eagle and his group, at the University of Ann Arbor, Michigan have started a research project "My Heart Your Heart", whose ultimate goal is to recycle used pacemakers, once approval from all regulators have been obtained. In the meantime, research is being conducted that will lay the groundwork for this potentially life-saving project. We as APCNA members are excited to be involved with this project.

Last winter 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. Currently we are working on obtaining an approval from the Govt. of Pakistan for this project. This project will only be started once FDA and local government approval has been obtained. The aim of this project is to relieve human suffering in underserved areas of the world. Studies have shown that pacemaker re-use has an overall low rate of infection and we feel that with recycling used pacemakers, millions of lives can be saved world wide. We are very grateful to Dr. Kim Eagle and his team and in particular Dr. Thomas Crawford, who visited Pakistan with us December 2011.

Further information about our pacemaker project can be obtained from www.apcna.net. For further information on "My Heart Your Heart project" please visit <http://www.med.umich.edu/myheartyourheart/>.

APCNA, University of Michigan, Ann Arbor, Project and Indus Hospital, Karachi

In December 2011, 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.



APCNA Journey Through Time

2004 - 2014

With the active participation of many of our members we have been able to work towards our core mission. Here we will highlight a few of the major projects and activities through the years.

Cardiology Lectures:

More than 300 didactic lectures at Pakistan's institutions.

Since 2004, APCNA had been committed to arrange annual winter meetings in various medical colleges of Pakistan on a rotation basis. Such meetings have been a great source of interest to the local faculty, and the housestaff.

Interventional Cardiology Workshops:

More than 75 workshops, > 500 PTCA cases with local faculty.

In addition to the lectures, hands-on workshops, specially in interventional cardiology, have been very useful in transfer of technology and expertise which has been one of APCNA mission. This exercise is clearly mutually beneficial to both the APCNA members and the local faculty.

Echo and TEE workshops:

Annual workshops > 200 cases and lectures.

Non Invasive cardiology workshop are also as important and received by the local faculty and the housestaff enthusiastically. Here interesting cases are discussed and hands-on approach in Echo and TEE have been extremely useful.

Cardiology Supplies:

More than 5 million dollars worth of donations for patients.

The cardiac supplies collected and brought by APCNA members are certainly greatly appreciated by the local faculty who diligently care for these patients with meager means. These supplies over the years have helped many deserving and non-affording patients.

First Pacemaker Bank in Pakistan:

Hundreds of Pacemaker for the deserving non-affording patients in Pakistan.

It took a lot of effort on the Part of Dr. Wajid Baig to work in collaboration with Heartbeat International, Tampa, FL. To set up the First Pacemaker Bank in Karachi. Over 150 devices implanted so far in the deserving patients who could not afford these devices.

CCU teaching rounds.

Annual sessions at various medical colleges in Pakistan

CCU rounds with the local faculty and case presentation is now a regular feature of APCNA winter meetings.

BLS training for healthcare workers.

Support of BLS training in Pakistan under APCNA members.

APCNA established BLS Training Center for health care providers at the Pakistan Medical Association (PMA) House in Karachi in 2008. >\$6000 worth of supplies donated for this purpose.. Hundreds of healthcare workers have been trained since.

APCNA Journey Through Time Ten Years

First Peripheral Vascular Disease Workshop:

First hands on workshop in PVD in NWFP.

Dr. Arshad Rehan conducted the First Peripheral Vascular Disease workshop at his alma mater at Khyber Medical College in Peshawar. He presented the latest developments in this field



Collaboration with Societies:

Ten annual winter cardiology conferences in academic hospitals across Pakistan.

APCNA has established a good working relationship with the leadership of Pakistan Cardiac Society. A delegation of APCNA and PCS had an extensive meeting at Regency Plaza Hotel in Karachi in December 2008. It was decided to work on joint projects in promoting cardiac care. It was also discussed the possibility of holding joint conferences in Pakistan.



Interventions for the Deserving Patients

More than 600 cases performed by the visiting APCNA members in Pakistan.

APCNA members have been providing their services several times a year over the last 10 years in different hospitals in Pakistan. Interventional Cardiologists have performed hundreds of difficult PCI's in various institutions in Pakistan. They have participated in training post graduate Cardiology Fellows in performing high risk cases.



APCNA in AHA Heart Walk

AHA Heart Walk 2007, raised \$1000 for AHA by APCNA youth.

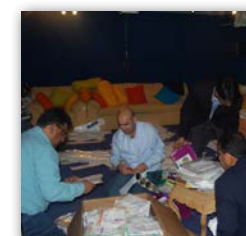
APCNA members and their families have been actively participating in the AHA Heart Walk program in Florida. Dr. Karatela and his Children are at the forefront of this fund raising event. APCNA Members pledged money to the participants of walk.



First IVUS use in NWFP:

Transfer of expertise, first IVUS use at the Lady Reading Hospital, Peshawar.

APCNA members were the first to perform procedures with an IVUS at Khyber Medical College/Lady Reading Hospital in Peshawar in winter 2008.



Nuclear Cardiology Workshop:

Nuclear cardiology workshop Lady Reading Hospital, Peshawar

Nuclear cardiology workshops are very much liked by the local faculty and the housestaff. Interesting cases discussed and many imaging examples reviewed by the APCNA for the housestaff.



Heartiest Congratulations To All Apcnites!



"If this is the beginning, imagine the future...."

Amin H. Karim, MD FACC, FACP, FRCP (Edin) Founding and Life Member

Masroor A. Q. Khan, MD FACC

Shahnaz A. Karim, MD FAAPMR

To join APCNA EMAIL FORUM please send an email request to
globelinker@gmail.com or call 713 797 6000

APCNA Thanks the Genrrous Support from

Dr. Mirza Wajid Baig and Family

Dr. Khurram Moin and Family

Dr. Atique Mirza and Family

Dr. Javed Suleman & Family

Dr. Naeem A. Khan and Family

and the entire EC of APCNA

APCNA
2004 - 2014

REDEFINING >>>> MINIMALLY INVASIVE

Introducing the
Diamondback 360®
Peripheral Orbital
Atherectomy System
creating additional
access solutions with
its low, 4 Fr. profile.



*Take a spin online now at
conquercalcium.com.*

DIAMONDBACK 360®
PERIPHERAL ORBITAL ATHERECTOMY SYSTEM

Caution: Federal law (USA) restricts this device to sale by, or on the order of, a physician. The CSI Orbital Atherectomy System is a percutaneous orbital atherectomy system indicated for use as therapy in patients with occlusive atherosclerotic disease in peripheral arteries and stenotic material from artificial arteriovenous dialysis fistulae. Contraindications for the system include use in coronary arteries, bypass grafts, stents, or where thrombus or dissections are present. Although the incidence of adverse events is rare, potential events that can occur with atherectomy include: pain, hypotension, CVA/TIA, death, dissection, perforation, distal embolization, thrombus formation, hematuria, abrupt or acute vessel closure, or arterial spasm.

REVOLUTIONIZING
PAD TREATMENT
IN TIBIOPERONEAL
VESSELS

Join the
Diamondback®
Revolution.



CARDIOVASCULAR
SYSTEMS, INC.

651 Campus Drive
St. Paul, MN 55112

T: 877.CSI.0360
www.csi360.com

EN-1815.A 0414



to 7 VR-T DX
Monitoring

649251

BIOTRONIK
Germany

BIOTRONIK is proud to support
the APCNA Annual Meeting.

We deliver a full portfolio of products
to meet your Cardiac Rhythm
Management (CRM) needs.

www.biotronik.com



BIOTRONIK
excellence for life



Comprehensive Services:

- | | |
|--|--|
| <ul style="list-style-type: none"> Wealth Management* Education Planning* Asset Protection* Retirement Planning* | <ul style="list-style-type: none"> Estate Planning* Account Services* Tax Planning* Investment Planning* |
|--|--|

ARCH Global Advisors are a proud sponsor of APCNA. We strive to educate and be part of promoting philanthropic work along side APCNA.

ARCH Global Advisors offer a collective experience of over 30 years in different sectors of the financial industry. At Arch Global Advisors we take a unique approach to helping you achieve your financial goals. Our Advisors work as a team with some of the top Certified Public Accountants and Estate Planning Attorneys nationwide. We

provide you the luxury of using one firm to service all of your financial needs while providing you with the knowledge that all of your service professionals are on the same page with your financial goals. Our carefully constructed platform is raising the bar for our client's expectations in financial solutions.

WHEN IT COMES TO SMART PLANNING, IT TAKES A FEW DIFFERENT GEARS WORKING TOGETHER TO PUT DREAMS IN MOTION.

OUR COMPREHENSIVE FINANCIAL PLANNING PLATFORM COMBINES ALL THE PROFESSIONAL NEEDS UNDER ONE FIRM ENSURING OUR CLIENTS MAXIMUM SATISFACTION.



RETIREMENT



TAX PLANNING



ESTATE PLANNING

ARCH GLOBAL ADVISORS • ARCHGLOBALADVISORS.COM • INFO@ARCHGA.COM
37-18 NORTHERN BLVD. • LONG ISLAND CITY, NEW YORK 11101 • 718.937.8797

*Investment Advisory Services and Securities offered through ING Financial Partners, Member SIPC.
ARCH Global Advisors is not a subsidiary of nor controlled by ING Financial Partners.

building your financial future /

We take a detailed look at your total financial picture, and start by assessing your current assets and both your short- and long-term financial goals. We take the time to truly understand your objectives, risk tolerance, time horizons, challenges and personal schedule to help you build a practical and sustainable financial strategy to address:

- Tactical Asset Allocation
- Long-Term Care Insurance
- Cash Management
- Life Insurance
- College Funding
- Retirement Planning
- Estate Planning Strategies

Guidance you can trust starts with a conversation.



Mushtaq Ahmed
Retirement Planning Specialist
mushtaq.ahmed@axa-advisors.com
Tel: (732) 326-6104
www.ahmedmushtaq.com

AXA Advisors, LLC
90 Woodbridge Center Drive 7th Floor Woodbridge, NJ 07095

Securities offered through AXA Advisors, LLC (NY, NY 212-554-1234), member FINRA, SIPC. Annuity and insurance products offered through AXA Network, LLC, which does business in CA as AXA Network Insurance Agency of California, LLC, in UT as AXA Network Insurance Agency of Utah, LLC, in TX as AXA Network Insurance Agency of Texas, Inc., and in PR as AXA Network of Puerto Rico, Inc. AXA Advisors and AXA Network do not provide tax or legal advice.

GE-80077 (8/12) (Exp. 8/14)
G30445



Proven drug effect.¹



Zilver® PTX®
DRUG-ELUTING PERIPHERAL STENT



www.cookmedical.com

1. Refer to the Instructions for Use (IFU) for full prescribing information, including indications, contraindications, warnings, precautions, and clinical data.



Leave nothing behind

TurboHawk™ Plaque Excision System

and SpiderFX™ Embolic Protection Device

*remove disease, capture debris and preserve
future treatment options for patients with
heavily calcified lesions.*

To learn more, visit www.turbohawkdevice.com

[VASCULAR THERAPIES] Arterial | Venous | Neurovascular

 **COVIDIEN**
positive results for life™

Lower Extremity Indication: SpiderFX Embolic Protection Device is indicated for use in conjunction with the TurboHawk Peripheral Plaque Excision System, either during standalone plaque excision procedures or together with PTA and/or stenting in the treatment of severely calcified lesions in arteries of the lower extremities. The vessel diameter at the filter basket placement site should be between 3.0 mm and 6.0 mm.

Indications, contraindications, warnings and instructions for use can be found in the product labeling supplied with each device.

CAUTION: Federal (USA) law restricts these devices to sale by or on the order of a physician.

COVIDIEN, COVIDIEN with logo, COVIDIEN logo and *positive results for life* are U.S. and internationally registered trademarks of Covidien AG. Other brands are trademarks of a Covidien company. © 2014 Covidien 115730-001 (B) AUG/12

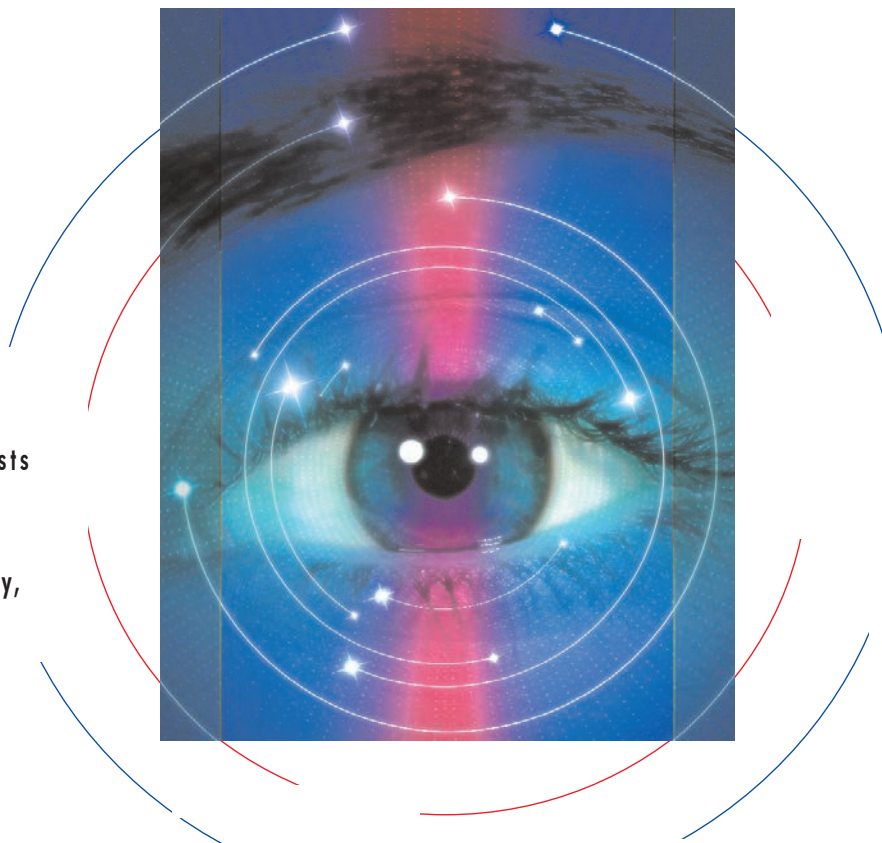
QDx...

Because Critical Decisions Require A Critical Eye

Dedicated to diagnostic excellence

Experienced, board-certified pathologists
and cytotechnologists

Specializing in clinical and anatomic pathology,
cytopathology and molecular biology



M. Nasar Qureshi MD, PhD, FCAP
President and Chief Medical Officer

Congratulations on the 10th Anniversary of APCNA



46 Jackson Drive | Cranford, NJ 07016 | 866.909.PATH | www.qdxpath.com

APCNA