

DOGANA

Dow Graduate Association of North America

**Merit Scholarship for
Final Year Students**

Loan Program

**Research
Scholarship**

DOGANA Houses

Host A Dowite

MOC Interviews

**Disaster Relief
Committee**

DIMC Initiative

**Young Physician
Committee**

Electives/ Extership

**Visiting Faculty
Program**



..... Publication of

DOGANA 13th Annual Spring Retreat 2016

New Brunswick, New Jersey

A man with dark hair, wearing a dark suit, white shirt, and a purple patterned tie, is standing behind a clear acrylic podium with two microphones. He is looking slightly to his right. The background is dark with green and blue stage lighting.

Welcome To DOGANA Spring Retreat

*Shahid Rashid
M.D.*

SHAHID RASHID MD
DOW Class of '84



M. Azim Qureshi, M.D.



DISCLAIMER

The DOGANA magazine is dedicated to providing useful information to the members and the readers in general. The views expressed are those of the authors and do not necessarily represent the official position of either the editor or the association.

CORRESPONDENCE:

Website: www.dowalumni.com

Culture of the Organization

It is a great pleasure to see that our alumni, the Dow Graduate Association of North America is growing and getting stronger. Like any other organization it is developing its own culture. The paradox of any organizational culture lies in the fact that, while it makes big difference, it comprise of small actions, habits and choices. The accumulation of these behaviors, coming from everywhere, from top to bottom of hierarchy, from inside and out side of organization creates organizational culture. It feels chaotic and yet, at the same time, is susceptible to everything anyone does. This represents both a curse and a blessing. For leaders, the curse lies in the sense that culture emerges of it's own volition beyond their control. The blessing lies in the fact that organizational culture is positively affected by small changes. Listening, asking questions, sharing information and ideas generates responses that influence the whole organization. The great organizational culture depends for change on small initiatives from everyone.

Today, we need, more than ever to build a right culture for our organization. We can not let some thrive while others sit passively, demotivated or disenchanted. Our challenges are too big, the times too urgent, and human capacity locked inside the organization too rich to let any of it go to waste. The healthy organizational culture taps the ingenuity, initiative, and sheer cleverness of every single individual. They reward imagination and celebrate truth telling. They recognize that, while the road to success is littered with mistakes, it matters more to build trust and encourage ambition. At the heart of organizational culture is an idea of leadership that is not about second guessing but having the courage to think and speak for oneself and on behalf of others. The culture of organization must not depend on just few superstars but draw energy from the vast collective intelligence of every member. The leaders have to be inherently democratic, demanding a generous and humble mindset. Information is not cherished and held close to chest instead it is shared and diffused for the inspiration and provoke insight. In a healthy organizational culture every single member counts. The quality of connectedness and ease of flow of ideas are the strongest indicator of healthy culture in an organization.

M. Azim Qureshi, M.D.

D 89-1

Editor

The writer is the editor of DOGANA magazine for 2016 and is Pediatric Gastroenterologist. He graduated from Dow Medical College in 1989-1.

MESSAGES



President's Message



Danish Saeed, M.D.

Dear Dowites, Assalam o Alaikum

It's a pleasure for me to welcome you all in Garden State for 13th DOGANA Spring Retreat.

This year we are recognizing the "Philanthropists of Dow". This will boost our spirits of "Giving Back" to our country and our beloved institute, the Dow University of Health Sciences (DUHS). It will be inspirational for us to meet some of our colleagues with exceptional achievements during this meeting.

Although we are the biggest Alumni of Pakistani Medical School and we hope to increase our membership exponentially this year. There are approximately 3500 Dowites in North America and only 800 are members of DOGANA. We need your help in achieving our goal.

We are running programs including interest free loans to dowites seeking residency in USA and need financial assistance, Observer ship/Externship portal, Host a Dowite program and providing Housing opportunities in USA for young Dowites who need affordable place to stay when they are looking for residency training spots. We have a visiting Faculty program for DUHS where we help promote research activities at DUHS both at graduate and undergraduate level. We are in the process of developing "Find a Doctor" directory in Pakistan. These are few examples of many initiatives of DOGANA.

I want to thank Executive Committee and Central Council members of DOGANA and Host Committee Chair Mansoor Mohiuddin and his dynamic team including Ahmed Aziz, Farooq Qidwai, Tariq Ibrahim and many more who have worked day and night for putting this program together.

I hope you and your family will have great time in New Jersey with lots of fun activities.
Let's work together to make DOGANA strong...and stronger...

I am excited to meet you all and thanks again for attending this meeting.

Danish Saeed, M.D.
President of DOGANA 2016

MESSAGES



Jalil Abbas Jilani



EMBASSY OF PAKISTAN
3517 International Court, N.W.
WASHINGTON, D.C. 20008
Tel: (202) 243-6500

07 March, 2016

COMPLIMENTS FROM THE AMBASSADOR OF PAKISTAN


I would like to convey my warm wishes to the Dow Graduates Association of North America (DOGANA) on the occasion of its 13th Annual Retreat in March, 2016.

DOGANA's as well as APPNA's commendable contributions for fostering friendship, peace and harmony between Pakistan and the United States are greatly appreciated and acknowledged.

It is an honor for Pakistan that physicians of Pakistani origin are contributing their due share in the field of healthcare in the United States and also earning a good name to the country of their origin. It goes without saying that the professionalism, dynamism and camaraderie of Pakistani physicians in the United States is worth emulating for other community organizations.

The Embassy of Pakistan is closely working with APPNA and its chapters for realization of our mutually beneficial goals and I would like to further strengthen these ties. Our enduring collaboration is aimed at well being and progress of the Pakistani-American community as well as our two friendly countries.

I am confident that the commitment and hard work of DOGANA's members will let the organization further thrive and strengthen. I wish great success to all its members in their endeavors.



(Jalil Abbas Jilani)



Retreat Chair Message

Muhammad M. Mohiuddin, M.D.

Dear Fellow Dowites and respected Guests,

On behalf of the organizing committee, it is indeed my utmost pleasure to welcome you to the 13th annual spring retreat of DOGANA. Dow Medical College Alumni have made significant contributions to both the country of their origin Pakistan and their adopted country United States of America. Most of these outstanding contributions go unnoticed due to the humble nature of these Dowites. Therefore, to highlight the philanthropic efforts of our fellows Dowites, primarily as a source of encouragement, we have dedicated this meeting to our inherent tradition and passion of "Giving Back". We hope that you will appreciate these endeavors and will participate in our future projects.

We also hope that you will enjoy this meeting to its fullest as many of us have put in a tireless effort arranging it and request you to overlook any shortcomings in the program.

Thank you for making this retreat a success with your presence and have a safe trip back home.

Kind Regards

Muhammad Mansoor Mohiuddin, M.D.

Chair, Organizing Committee

**Make a difference in young Dowite future.
Be preceptor for elective/ externship program.**



APPNA President Message



M. Nasar Qureshi, M.D. PhD

Dear DOWites:

It is a distinct pleasure to welcome you to the thirteenth DOGANA retreat. DOGANA and DOWites, over the years, have been exemplary in the spirit of giving back to their alumnus and their communities, especially in Pakistan. While we can name some crown jewels, like the INDUS hospital, and the Kohi Goth Hospital, it is the individual contribution of so many, however small or large, which makes DOGANA and DOWites worldwide such a vibrant and influential group. It is indeed my distinct honor and privilege to be one of you, and to proudly call myself a DOWite!

There is no doubt in my mind, and those of many of you, that APPNA is at an inflection point. It is our responsibility to ensure that we use the foundation built over the years, as a launching point to harvest the full potential of this amazing organization.

When you sit back and look at what you as members of APPNA have helped this organizing achieve, the statistics are more than impressive. While continuing to strengthen all of the programs of APPNA, this year we are emphasizing on taking a greater role in our communities here, with programs like need based scholarship for freshman college students. We are initiating new loan programs for medical graduates seeking funding for their exams etc. to prepare them for the residency process in USA. We also hope to initiate first APPNA free clinic in Pakistan this year. Of course we will continue to sponsor eye and medical camps across Pakistan, with LRPBT and so many of our other flagship programs.

Last but not least, we as physicians spend a lot of time treating our patients. However, we sometimes do not spend enough time on prevention. In the same vane, it is important that we empower our patients and communities at large in managing their health care needs appropriately. Sometimes the most neglected in these issues are we, ourselves. Hence the theme of APPNA this year: Prevent . Heal . Empower. We will be bringing to forefront programs addressing this throughout the year. Once again wish you a very successful and productive retreat.

M. Nasar Qureshi, M.D. PhD

President of APPNA 2016



Message from President-Elect

M. Razi Sayeed, M.D.

Dear Fellow Dowite,

I am honoured to welcome you to 13th DOGANA Spring Retreat in New Brunswick NJ. It has been a pleasure to meet my fellow Dowites in this yearly meeting where we get the chance to come together as an Alumni, to exchange ideas to help the masses in our respective communities and countries of birth and adoption, as well as find ways to help our fellow Dowites. I am looking forward to doing the same this year. Our philanthropic work has been progressing well as is our plans to help the new members of our Alumni and graduates of Dow university of Health Sciences.

We are one of the biggest and most active alumni of Pakistani medical school in North America. DOGANA is helping the membership to stay connected and the new graduates in their carrier building. We have over the past years been able to champion for the causes which are dear and important to all of us. They include document verification from DUHS, helping young graduates facing difficulties in getting visas and clinical placements. DOGANA is encouraging the Academic activities in Pakistan by awarding scholarships to bright students and faculty of DOW University of Health Sciences. We aspire and have succeeded in developing closer ties with DUHS and our colleagues in Pakistan. We are working to develop more opportunities for the young physicians to get training slots, to do research and connect with our senior Alumni. These difficult tasks are not possible without the hard work of our active team members who achieve the goals and complete these projects. I would whole heartedly thank them.

These events like DOGANA annual retreat are not possible without the untiring efforts and hard work of the host committee and I thank them for it.

DOGANA is working on several projects and goals under the inspiring leadership of Dr. Danish Saeed and are lucky to have advice and direction from our seniors who have served the organization in the past and in spite of all odds are always available.

Once again I welcome you and hope that you will enjoy this your stay and meeting in New Brunswick, New Jersey.

M. Razi Sayeed, M.D.
President Elect, DOGANA 2016

MESSAGES



Past-President's Message

Asif Mohiuddin, M.D.

Dear Dowites

I welcome you all to 13 th DOGANA Spring Retreat in New Brunswick, New Jersey.

Dr. Danish Saeed and his team have organized a wonderful program and I hope you and your family will enjoy this grand retreat.

Local host committee deserves an applause for organizing this event in such detail and for their hard work.

As the number of Dow graduates coming to US for residency continues to decline, DOGANA needs your help in expanding its membership and to continue to be a viable and strong organization. I request you to please ask your friends to become life time members of DOGANA.

Last year Dogana had launched an Externship program and Dr Aamir Jamal is the head of this program for 2016 along with Mamoonah Shaikh. We need your help to become Preceptors for this externship program. We need physicians especially in New York and New Jersey area to help Dow graduates do externship.

Danish Saeed is a wonderful leader and I am sure we will see DOGANA grow to even bigger and more powerful organization under his tenure.

I hope you and your family have a wonderful time in New Jersey.

Asif Mohiuddin, M.D.
Past-President of DOGANA



MESSAGES



Executive Director's Message

Talha Siddiqui, M.D.

On behalf of the Central Council , we would like to extend a big welcome to all Dowites to this year's Retreat held in New Brunswick, NJ.

A huge number of dowites will be coming together for 3 days to get to know and learn from each other.

We have exciting events throughout the program for our members. Seminar for young physician by our Young Physician Committee. I appreciate the hard work of Dr. Aamir Jamal and Mamoon Shaikh to put this program together. I like to officially welcome our fellow Dow graduates from Dow International Medical College (DIMC) in the retreat and fold of DOGANA. We will continue to hold Social Forums on vital issues and provide support to our Young dowites both academically and financially.

To our colleagues who were not able to attend this year's retreat, we would like to say you will be missed, and we look forward to seeing you at next year's retreat.

I would personally like to thank Dr. Muhammad M. Mohiuddin for his commendable effort to Chair this retreat. Congrats to his team as well for their endeavors.

We can't wait to meet all of you and have a splashing good time together.

Sincerely,

Talha Siddiqui, MD
Executive Director, DOGANA

**Donate generously in
DOGANA Loan Program**



Secretary's Message

Shagufta Naqvi, M.D.

Dear fellow Dowites,

It is a distinct honor to serve DOGANA as the General secretary for the year 2016. We are starting this year with hope and enthusiasm to continue some great projects started by previous teams with our innovative ideas for improvement. Our main goal is to improve the participation of Dowites in our projects. It is really important for our members to know the excellent work our team is doing especially for young physicians.

I hope to have a wonderful retreat in New Jersey.

Long Live DOGANA.

Shagufta Naqvi, MD
General Secretary, DOGANA 2016

**Acute Disaster relief Committee
(DOGANA - ADRC)**

A DOGANA Initiative



Treasurer's Message

Mamoonah Shaikh-Ahmad, M.D.

Dear Dowites and respectable guests,

I would like to welcome you to our 13th DOGANA Spring Retreat. I am honored and humbled to serve as the Treasurer DOGANA this year. We are looking forward to a very productive year with great ideas and motivation to achieve our goals under the leadership of our President Dr. Danish Saeed.

I thank you all for supporting and participating in our philanthropic efforts. Our Loan Program is not possible without your generous donations, please continue to contribute in this great effort to help the young Dow Graduates.

Our Externship Program is growing and need more participation from the senior Dow Graduates to help train the young Graduates. We have some exciting plans to take this program to the next level.

Special thanks to this wonderful group of Host Committee who worked above and beyond to make this great event possible. I encourage you all to come forward, support the services of volunteers of DOGANA and join hands with your Alumni to continue it's efforts to give back to our Dow community. Together we can make great strides toward progress.

Long Live Dow.
Long Live Dowites.

Mamoonah Shaikh-Ahmad, M.D.
Treasurer DOGANA 2016

Pride of Dow Philanthropists of Dow.

CENTRAL COUNCIL 2016 | DOGANA LEADERSHIP



Talha Siddiqui
Executive Director



Danish Saeed
President



M. Razi Sayeed
President Elect



Asif Mohiuddin
Past President



Shagufta Naqvi
General Secretary



Mamoonah Shaikh-Ahmad
Treasurer



Naushad Noorani
Councilor Canada



Aamir Jamal
Councilor Pacific Zone



Mashood Qadri
Councilor Mountain Zone



Shahnaila Latif
Councilor Central Zone



Mansoor Mohiuddin
*Councilor East Coast
Retreat Committee 2016*



Deeba Syed
Councilor at Large



Irfan Aslam
Councilor at Large



M. Azim Qureshi
*Councilor at Large
Appointed by Central
Council*

13TH ANNUAL SPRING 2016 RETREAT COMMITTEE

Retreat chair



Mansoor Mohiuddin

Food



Wamiq Sultan

Bazaar



Farooq Qidwai
Ambreen Effendi

CME



Mohammed A Aziz

Hospitality Committee



Tariq Ibrahim
Chairman



Shahzad Khan

Tamseeli Mushaira



Nadeem Ahsan

Entertainment



Rashid Nayyar
Chair



Kaleem Ahmad



Akhter M. Shamshair



Syed Arif Zia



Rahat Tasweer

Publication



M. Azim Qureshi



Aneeta Afzal

YPC DOGANA Symposium

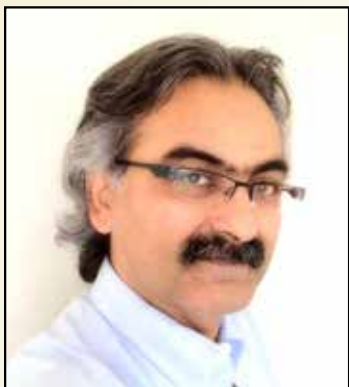


Aamir Jamal



Mamoona Shaikh-Ahmad

PRIDE OF DOW. PHILANTHROPISTS OF DOW.



Rizwan A. Karatela, M.D.

Class Projects DOGANA: The Dynamic and Vibrant Group of People as Ever



M. Nasar Qureshi, M.D.

The Dow Alumni community is the most unique among the Pakistani institutions as it gives the same sense of alumni camaraderie that is visible and felt in United States Institutions. From the early days of Dow Graduate Association in Pakistan, the Dow alumni community is thriving in all corners of the globe. In United States from the humble small gathering in 1983 to become the largest alumni association of APPNA is the story that speaks volumes. From the Dow Alumni Website in 1993 being the first ever website of any Pakistani institution to the most comprehensive presence on Internet and Social media, the Dowites are keeping the tradition of social and political activism alive.

DOGANA since 2004 has had many milestones. It became the largest alumni association within APPNA with total membership of DOGANA reaching 850 and APPNA membership reaching varying between 650-750. It has played ever increasing role in shaping APPNA activities. It has worked side by side with other alumni to bring Social Forums to the forefront of APPNA summer conventions. DOGANA set the trend to become the first alumni to establish electronic balloting for election.

This article briefly highlights DOGANA's most notable accomplishment, its silver jubilee class projects of "Giving Back to Dow" and the list of Office bearers of DOGANA since its inception.

The Tradition of 'Giving Back to Alma Mater'

The Dow Class of 1976, on their 25th anniversary, embarked on a mission of fund raising with the sole purpose of "Giving back to Dow" and its patients. Teams of dedicated Dowites were established in North America and in Pakistan. This class project, served as a model for the subsequent classes to follow and ever since every class of Dow on its Silver Jubilee graduation anniversary has given back to Dow and Civil Hospital, a self-sustaining project with the sole purpose of helping the poor patients getting the best care at the Dow and CHK, Karachi. Following is the list of projects the Dow alumni have established. Noted here with class and project's tile.

- 1976: The Emergency Casualty Theaters – Donated in 2001
- 1977: The Renovate & Equip OBGYN Unit at CHK - Donated in 2002
- 1978: The Surgical Unit, OT - Donated in 2003
- 1979: The Upgrade & Equip Radiology Department at CHK - Donated in 2004
- 1980: The Diabetic Eye Center - Donated in 2005
- 1981: The Upgrade and Equip Trauma and ICU at CHK - Donated in 2006
- 1982: The 10-Bed New ICU at CHK - Donated in 2007
- 1983: The Upgrade and Equip Pathology Laboratory at CHK - Donated in 2008
- 1984: The Gynea OT Project at CHK - Donated in 2009
- 1985: Digitalization of Radiology Department at CHK - Donated in 2010
- 1986: The Pediatric ICU at CHK- Donated in 2011
- 1987: Monies provided for projects at Indus Hospital and CHK - Donated in 2012

13TH ANNUAL SPRING 2016 RETREAT COMMITTEE

1988: Establish an Endowment for PWA, upgrades to Arag auditorium and Colorectal Center (surgical unit 6) at CHK - Donated in 2013
1989 (Batch1): Upgraded blood screening instrumentation for PWA at CHK – Donated in 2014
1989 (Batch 2): Pediatric Outpatient unit at CHK: Donated in 2014
1990: The Post-graduate surgical skills laboratory at CHK - Donated in 2015

The Dow Endowment Fund, The enDOW

In addition to the silver jubilee projects, the Dow alumni community established a very comprehensive endowment fund for Dow Medical College and Civil Hospital Karachi. The core mission is to establish an ongoing giving with sustainable support to the alma mater. Dow alumni have been very generous in this and now it is fully functioning independent 501c entity where all alumni contribute on a regular basis.

The Tradition of Innovations and Pioneering Spirit in Dow Alumni

The Dow Alumni community has been in the forefront of many innovations and pioneering project. The first to establish the Internet presence in 1993. The first to establish the annual alumni retreat in the spring of 2005. The first ever APPNA Presidential Debate was organized by DOGANA in 2012. The Loan Program (need based) was established for Dow graduates appearing in USMLE. The Merit Scholarship for the final year students and the Research Scholarship for the medical students are some of the projects recently started by DOGANA.

Welcome Delegates to Dogana Spring Retreat 2016



DOGANA

Compliments from D89-1



Habib Khan

رنگ نسل کا پھندا نہ ہوگا
 مذہب کے نام پہ دھندا نہ ہوگا
 بحر کابل سے لے کر ہمالیہ کی کاخ تک
 گہرے پانیوں سے لے کر اونچے آسمان تک
 جہاں میں کہیں آہکار نہ ہوگا
 جھوٹ کا ظلم کا کوئی بازار نہ ہوگا
 ڈرتا ہوں کہیں خواب ٹوٹ نہ جائے
 میری موت کے ساتھ کہیں روٹھ نہ جائے
 پھر سوچتا ہوں کہ خواب مرتے نہیں میں
 ٹوٹ کے یوں بکھرتے نہیں میں
 کہ جسم کی موت سے یہ مر جائیں
 خزاں کے پتوں سے بکھر جائیں
 خواب تو روشنی میں خواب میں ہوائیں
 روکے سے بھی کسی کے یہ روک نہ پائیں
 خواب میں امیدیں خواب تمنائیں
 خواب میں نوائیں خواب آشائیں
 خواب میں غلیل
 خواب میں میسا
 خواب میں لوتھر کنگ
 خواب منڈیلا-----

I have a dream....میرا بھی

سنا ہے خواب مرتے نہیں
 موت سے بھی یہ بکھرتے نہیں
 میرا بھی ہے ایک خواب
 دیکھا ہے میں نے بھی اک سپنا
 دیکھا ہے
 ہوگی دنیا جنت سماں
 یوں مل کے ریٹنگے ہم تم یہاں
 کوئی کالا کوئی گورا نہ ہوگا
 شہیت کا کوئی ڈھنڈھورا نہ ہوگا
 نہ ہیرو شیا نہ پرل ہاربر
 نہ نیویارک نہ پشاور
 ہوگا جہاں میں نہ کوئی شر
 مل کے ریٹنگے پنڈت اور شودر
 نہ ہوگا جہاں میں کوئی تحت و تاج
 مٹ جائے گا ظلم کا ہر رواج
 کسی کے حق کا کوئی غاصب نہ ہوگا
 صرف پیار ہوگا کوئی ماسد نہ ہوگا
 نہ ہوگا جہاں میں کوئی بھکاری
 امیدوں کا کوئی نہ ہوگا بیوپاری
 ماں کا من رنجیدہ نہ ہوگا
 باپ بچوں سے شرمندہ نہ ہوگا

PRIDE OF DOW. PHILANTHROPISTS OF DOW.



Canadians for Global Care

Yasmeen Majeed, M.D.

Inspired by the Midland Doctors in UK, I founded Canadians for Global Care in 2009 with like minded people in Canada. The purpose of the organization is to support health related projects locally and globally. Our vision is better health for all and our mission is to achieve this goal by creating health awareness through education.

We have held multiple fundraising events in all major cities of Canada to support Midland Doctors in their mega project of building an earthquake proof hospital in Muzzafarabad. I have visited the site multiple times to review progress of the construction. The hospital opened its doors to patients in 2012, our team of Physicians is visiting the hospital in march to do workshops and clinics. We have partnered within our communities to support the Breast cancer foundation.

We have supported the Alberta Childrens hospital in the creation of the Doreen Sensory Room. The equipment in this room is to help children who have sensory perception differences. We have a youth club that is mentored by our team of executives. We hope to leave a legacy of purposeful living for our youth!





The Children Cancer Hospital (CCH)

Muhammad S. Ashraf, M.D. (Recipient of DOGANA Lifetime Achievement Award)

The Children Cancer Hospital (CCH), a project of Children Cancer Foundation started with very modest means but clear vision in March 2001. This is a premier facility exclusively dedicated to the care of children suffering from cancer. Over the years it has developed into a comprehensive childhood cancer center that provides specialized, advanced pediatric cancer care round the clock Free of Cost.

In 2014, management of Children Cancer Foundation and Indus Hospital joined hand together and Children Cancer Hospital got merged with the The Indus Hospital (TIH). Currently we are working at the same premises but the facility is functioning as an outreach campus of TIH.

The current facility has 45 beds in-patient with High dependency and intensive care unit, 14 bed daycare, 3 bed Emergency and out-patient clinics. It has strong support services including pharmacy, diagnostics, electronic medical record (EMR), Psycho-social and nutrition department. The hospital is committed to strong academic programs with fellowship in pediatric oncology, a nursing education and research department.

One of the unique features of CCH is total care of every child. Our philosophy is to provide the best available treatment to every child whether it is at CCH or needed from outside. The patients are referred to the leading experts of the most reputable hospitals in the city for the services like surgery, radiotherapy and diagnostics which currently do not exist at our hospital. Our Social Services Department takes care of all logistics and payment and patient does not have to take any burden.

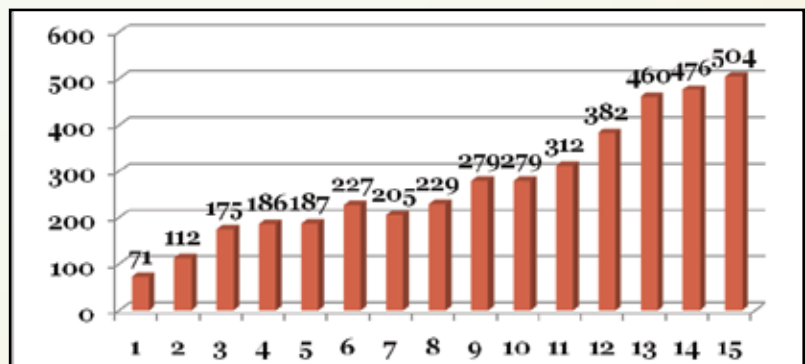
CCH began with one pediatric oncologist and two medical officers. Presently we have a dedicated team of doctors with 3 pediatric oncologists, 1 hematologist, 2 pediatricians, 4 oncology fellows, 8 senior medical officers, and 10 medical officers. There is a strong visiting faculty both local and overseas helping ICCH in patient care and academic activities. We have collaboration with faculties of St Judes Research Hospital and Mayo Clinic, USA and Hospital for Sick kids Toronto, Canada and Sidra Medical Center, Qatar. There is an intensive academic activities combined with local center and web based meetings with overseas centers and colleagues on almost weekly basis. We follow standard treatment protocols and almost every child go through tumor board discussion. We have started developing subspecialties like Leukemia, Lymphoma, Sarcoma and Neuro-oncology.

ICCH is one of the largest childhood cancer centers in Pakistan and in the region. We cater patient from all over Pakistan and Afghanistan. More than 50% children come from outside Karachi mainly from interior Sindh and Baluchistan. We see all types of cancer in children up to 16 years of age. The annual number of new cases has been increasing every year. So far we are not refusing any treatable patients. Even the children who are not

Current Hospital Statistics

Average daily OPD	70
Average daily daycar	75
Average daily Emergency	35
Average daily in-patient bed occupancy	42
Average Patients on Active Treatment	100

Annual New Cancer Registration



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curable we do not abandon them and provide supportive care to every child.

Department of Psycho Oncology and Child Life Services

This is first of its kind in Pakistan. The department has achieved remarkable milestones and played vital role in improving rehabilitation of pediatric cancer patients since its inception. Its accomplishments include:

1. Training nurses from all over Pakistan in person centered counseling, cognitive behavior therapy, psycho oncology, grief counseling, needs of hospitalized children and psychological care of children throughout the treatment continuum.
2. The department branched out into a more structured service format including rehabilitation services providing academic and exercise routines for children who were away from school during their treatment.
3. Complimentary alternative therapy (Reiki, Sound, Touch and Massage Therapy) was included, providing pain management especially in Palliative Care and End of Life.
4. Child Life Services organizes various activities for children at regular intervals

Department of Medical Education

With the help of My Child Matter Grant, CCH has established Pediatric Oncology Nursing Education Department, first of its kind in Pakistan doing training courses for nurses and doctors. This has helped us tremendously for capacity building of oncology nurses in Pakistan. Our efforts in this field are now internationally recognized and we are also training nurses of Ethiopia. We have been organizing (i) Two week nursing course (ii) One year Nurse Technician course affiliated with Sindh Faculty Board and (iii) one year Pediatric Oncology Nursing Diploma. recognized with Pakistan Nursing Council.

Research

ICCH is actively involved in various research projects. We publish and present our data and experience both nationally and internationally. With collaboration of Indus Research Center various ongoing research projects are in progress both on clinical and basic sciences.

Childhood Cancer Awareness

Childhood Cancer Awareness is one of the major objectives of ICCH. We use both print and electronic media for advocacy and awareness of childhood cancer. We publish educational material for parents and general public to educate them about childhood cancer.

Future Direction

ICCH has become an icon of childhood cancer care in Pakistan. We are striving to make it a Center of Excellence in the region. Our mission is to improve childhood cancer care all over country and develop more Pediatric Oncology centers in Pakistan with the help of Indus Health Network.





The Indus Hospital

Prof. Abdul Bari Khan, M.D. (Recipient of DOGANA Lifetime Achievement Award)

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.” - Ralph Waldo Emerson

Dr. Abdul Bari Khan, a Cardiothoracic Surgeon could have made a successful career in any first world country. However he consciously opted to become a philanthropist with his base in a city in which he grew up.

Although his family hails from Peshawar, he was born and educated in Karachi. He earned his M.B.B.S. from DOW Medical College in 1986 and obtained the coveted post in Cardiac Surgery from College of Physicians & Surgeons Pakistan in 1995. He was appointed Assistant Professor Cardiac Surgery in the year 1999 at Civil Hospital Karachi, which is attached to his alma mater.

Dr. Abdul Bari Khan has been a leader in community services from his early student life. His projects have been focused towards helping the poor and needy. Even before he entered Medical College he was awarded “Best Social Worker Gold Medal”, by Adamjee Science College. As a medical student in Dow Medical College he did something unique by establishing a voluntary Blood Bank, which provided healthy screened Blood to patients on exchange basis. The “Patients’ Welfare Association” (PWA) today, is one of the largest blood banks in the country.

Two more outlets were established with his lead contribution at Civil Hospital Karachi. One is the Accident & Emergency Unit which was constructed with donation of school children while the second is the Cardiac Surgery Unit which was supported by philanthropists. Till date the later has served more than 5000 thousand patients with life saving surgeries at no cost to them.

Beyond Civil Hospital Karachi Dr. Abdul Bari is entrusted by the Rufaydah Foundation® as its Chief Executive, for establishing The Indus Hospital located in the populous district of Korangi Karachi. Presently this is a tertiary care health facility with 150 beds providing free of cost services, including general, cardiac and orthopedic surgery. The venture is set for expansion to a 1500 beds state of the art facility which will also include a University and Research Center.

Surgeon Abdul Bari, apart from his professional responsibilities of a surgeon is a known social activist devoted for the promotion of medical facilities and services in the country. His advice and services are sought by Government and NGOs. He also supports Alumni Projects for Development of Civil Hospital Karachi, associated with his alma mater Dow Medical College.

PRIDE OF DOW. PHILANTHROPISTS OF DOW.

Today Surgeon Bari is associated with appended organizations working in different sector of health care. He is;

Organizational Affiliations

- Secretary Board of Governors, Patients' Welfare Association*
- Honorary General Secretary, Friends of Cardiac Surgery*
- Executive Member, Children Cancer Foundation
- Executive Member, KIRAN Patient Welfare Society
- Executive Member, Pakistan Red Crescent Society
- Board Member of Hamdard University
- Advisor to Friends of Burns Center*
- General Secretary, Rufaydah Foundation*
- C.E.O. The Indus Hospital

Professional Affiliations

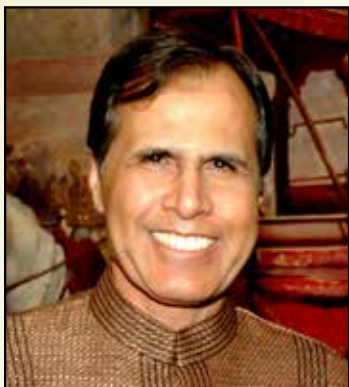
- Pakistan Medical and Dental Council.
- Pakistan Medical Association Karachi
- Pakistan Society of Cardiovascular & Thoracic Surgeons
- Pakistan Society of Surgeons
- Pakistan Cardiac Society
- Member Syndicate Dow University of Health Sciences, Karachi Pakistan

Honors and Awards

- Awarded with civil award "Tamgha-e-Imtiaz"
- Chief prefect and Best Social Worker High School
- Best Social Worker Gold Medal Adamjee Science College
- Outstanding Services Gold Medal – Governor of Sindh
- Professional Excellence Award, Pakistan Islamic Medical Association
- Eisenhower fellowship SRP 2004
- Appointed Examiner for FCPS II cardiac surgery in CPSP.
- Life Time Achievement Award by DOGANA



PRIDE OF DOW. PHILANTHROPISTS OF DOW.



Amin H. Karim, M.D.

Suleman Palliative Care



Shahnaz A. Karim, M.D.

About three years ago on a visit to the Koohi Goth Women's Hospital in Deh Landhi, Karachi we were left with a lot of admiration for the splendid work that a fellow Dowite Dr. Sher Shah Syed was doing. Women from a wide region of Sindh and beyond come to this center with obstetrical injuries and fistulas and find help in the way of free repair surgery and subsequent rehabilitation. But most importantly, nurses and technicians get trained in the surgical procedures, wound care and social adjustment for these ostracized women.

During discussions we learned that there was not many facilities in Karachi which cared for elderly and terminal patients. Families, that themselves barely survive, and get hit with an family member in pain and agony and limited days to live find themselves unable to take care of him/her. There is a risk of such a person dying early of neglect and abandonment. Also we learned that there was a serious lack, in fact absence of trained medical providers in this field.

Looking around the campus of Koohi Goth Hospital we found there was a lot of open land still available and Dr. Sher Shah and his team quickly grasped the idea that they could easily accommodate a new building with patient beds and other facilities next to the existing hospital. We agreed to participate in this important project leaving the details for Dr. Sher Shah to work out. Engineering plans were quickly drawn up and funds were sent through the cooperation of two other illustrious Dowites Dr. Naseem Shekani and Dr. Tanveer Imam and their organization National Health Forum. Within a matter of a year and a half a one story building was completed and is ready to start admitting patients. As of February 2016 patients are being seen in the outpatient area to help in pain management and other services. Plans are to admit 16 patient initially and to expand the facility to a second floor as needed.

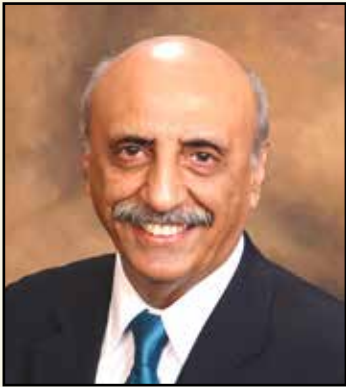
Funds are also being donated by others to help and in December 2015 APPNA Social Services committee kindly donated \$5000 to the project. Suleman Palliative Care Center, named after Shahnaz's father late Haji Hussain Suleman is a reality.

True that this is a miniscule effort compared to the need of a city of 20 million people; however, the best part of this project is that personnel will be trained in the care of the sick and terminal so that they can be hired by families to provide home hospice care. On the last visit we saw Pakistan American students volunteering and learning first hand about medical care in the limited circumstances.

The project would not have been possible without Dr. Sher Shah's dedicated team consisting of Dowites Dr. Shabbir Nawaz, Dr. Shoaib Sobani and others. A visit to Koohi Goth Campus when you go to Karachi is a must. If you need to make an appointment and get more details please contact shershahsyed@hotmail.com.



PRIDE OF DOW. PHILANTHROPISTS OF DOW.



National Health Forum

Naseem A. Shekhani, M.D. (*Recipient of DOGANA Lifetime Achievement Award*)

Dr. Naseem Shekhani obtained his medical degree from Dow Medical College in 1982 and practices in St. Louis, Missouri.

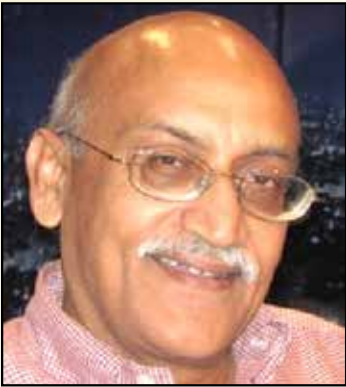
He served as President of DMC Student Union (1980)

His philanthropic deeds include but not limited to

- Raised significant donations for the WARD FUND for Civil Hospital Karachi.
- The Children Cancer Hospital.
- Launching the Memon Medical Institute:
- Contributing in the opening of Koohi Goth Hospital.
- He is President of National Health Forum where the first medical Urdu-English Dictionary and Medical terminology was published.
- Creation of a Computer Lab for midwifery students at Qatar Hospital and Koohi Goth Hospital.
- NHF raises over quarter million dollars yearly for Pakistan Medical Charities.
- Recently, research electives are available by NHF for Medical Students.
- Dr. Shekhani was the first Chairman of APPNA Foundation, a sponsorship of Association of Physicians of Pakistani Descent of America (APPNA).



PRIDE OF DOW. PHILANTHROPISTS OF DOW.



Koohi Goth Hospital

Shershah Syed, M.D.

Dr. Shershah Syed earned his M.B.B.S. from the Dow Medical College (1979) and completed his MRCOG in Ireland. Returning to the USA (1989).

His credentials as a FISTULA REPAIR are acknowledged worldwide. He established Koohi Goth Women Hospital in Karachi where over 100 outpatients are seen daily, more than 30 surgeries are administered free of cost to disadvantaged patients.

He has written numerous short stories from medical to nonmedical.

He is highly recognized by literacy audiences of Pakistan. He is an advocate of midwifery and believes Pakistan's can be saved through preventative obstetrics care.

He established three schools, one under his direct supervision.

He has earned global awards which all are recognized globally for renowned physicians.

- Dow Graduate of the Year
- DOGANA Lifetime Achievement Award
- Hamdan Medical Award OBGYN
- Clinton Foundation Award





Al Rehman Medical Centre

Muhammad S. Munami, M.D.

Although the prevalence of blindness in Pakistan has come down from 1.78% in 1989-90 to 1.05% it is still a very high figure. Prevalence and the magnitude of blindness amounts to 1.5 million persons, with an incidence of 129,000 cases added each year. It has been estimated that there are 945,000 people who are blind in Punjab, 310,000 in Sindh, 18,000 in NWFP and 85,000 in Balochistan. Cataract still remains the leading cause of blindness worldwide, accounting for nearly half (47.8% or 17.7 million) of all blindness. The direct target group of the project is the population suffering mainly from Cataract, refractive errors and low vision in different sub-urban areas of Karachi. The total population of the target group is 20% of the City i.e about 3.6 million out of which 45% are children with 4-5% of refractive errors and 30% aged 40 and above with presbyopic changes and over all 0.56% with Cataract blind.

The main objective of the project is “to provide most accessible, high quality but low cost eye care services with special emphasis on cataract, refractive errors and low vision services to the unreached communities of Sub-Urban areas of Karachi.

Al-Rehman Medical Welfare Society is a non-profit registered organization which is established for achieving a larger scope and a greater volume of not only prevention of blindness activities but disability also, to make them educate to some standards. Among its aims are:

- Organising outreach programmes in underdeveloped areas of Karachi and other Parts of Sindh.
- Advocacy for initialising health and education programmes at national, district and Community level
- Public health education in the target area.

Last year, during 2015 more than 15000 patients were examined as outdoor patient at the centre out of which 847 patients were operated for cataract (435 of them were operated through Zakat).

The surgical procedure costs only Rs 5000 per patient that seems to be very cost effective as far as the outcome is concerned.



PRIDE OF DOW. PHILANTHROPISTS OF DOW.



Service is Human

Mohsin Ansari, M.D.

Dr. Mohsin Ansari joined charity work from 1994 at local level in Cleveland, Ohio. Became member of largest grass root organization of American Muslims (ICNA) in 1994. Served in the Board of Directors of ICNA Relief USA from 2002 till 2015. Was elected as the Chairman of ICNA Relief USA in 2008 and worked in that capacity for 7 years. Lead doctors' response from USA in Pakistan Earthquake, arranged more than 150 doctors to render services in Earthquake effected areas in Pakistan. Worked as a physician in a make shift Bagh, Azad Kashmir hospital in Pakistan after 2005 earthquake. Supervised the generation and then distribution of more than \$10 million US dollars during and immediately after earthquake 2005. Developed several temporary and permanent hospitals in Pakistan. Took part in Feed the hungry program under ICNA RELIF USA, which provided ongoing daily food to homeless and poverty stricken Americans. As a Chairman of ICNA Relief was instrumental in starting first Muslim Women Shelter Home in New York in 2006.

After 7 years of leadership of ICNA RELIEF, I was elected for an even bigger job of Chairman of HHRD (Helping Hand) USA. HHRD USA provide international Relief work in 21 countries. HHRD provides complete assistance to more than 15000 orphans, runs more than 2000 schools, runs several state of the art hospitals in Pakistan, including multimillion dollars project of artificial limbs in Mansehra, Pakistan. Invited as a speaker both nationally and internationally because of lifelong commitment to Charity work.

Professionally work as a CEO and President of Ansari Pediatrics with 2 office locations. Teach senior medical students from University of Maryland School of Medicine.

Mohsin Ansari graduated from Dow Medical College in 1989 batch 1.

**Make a difference in young Dowite future.
Be preceptor for elective/ externship program.**



Acute Disaster relief Committee (DOGANA - ADRC). A DOGANA Initiative

Mashood Qadri, M.D.

Dear Fellow Dowites,

Pakistan has seen many natural and man-made disasters especially in past couple years. Earthquakes, floods, heat waves etc..These disasters have caused tremendous loss of innocent lives and inflicted sufferings on innocent people. Most of the sufferings are preventable if victims get help in timely manner. I am proud to say that DOGANA has always responded to these disasters. In 2015, after tragedy of heat wave and loss of lives in Karachi, Central Council of DOGANA felt the need to form a committee which can organize, coordinate and deliver the effective relief operation. Council has given me the responsibility to formulate this new committee. Followings are the structure and organization of this new committee.

NAME: DOGANA Acute Disaster Relief Committee (DOGANA - ADRC).

COMPOSITION:

The committee will comprise of 3 volunteer physicians who will be member in good standing of DOGANA, President DOGANA, Treasurer DOGANA, Ex Director. DOGANA and a member from Central Council of DOGANA

AIMS AND OBJECTIVES:

1. In case of major natural disasters, both in Pakistan or North America, the committee will timely raise, direct, coordinate, allocate funds to eligible response and recovery efforts as per policy and procedures and by-laws of DOGANA.
2. If needed, the committee may consider providing financial assistance to eligible disaster survivors.
3. DOGANA-ARDC will establish a 24 hours emergency phone number. The contact number will be available to DOGANA Central Council to initiate response in emergency situations
4. DOGANA ADRC may collaborate with other professional organizations to provide and coordinate relief efforts to disaster victims both domestic and in Pakistan
5. DOGANA ADRC will enter into memorandum of understanding (MOU) with authentically known relief organizations. Every MOU must be approved by Central Council of DOGANA.

FUNDS:

1. Funds will be managed by DOGANA Central Council
2. Funds will be allocated after approved by Central Council of DOGANA.
3. DOGANA ADRC will keep record of financial activities and share it with Treasurer of DOGANA
4. A system will be created where Auto-electronic confirmation of the receipts will be sent to the donors in a timely manner.

MEETINGS:

DOGANA ADRC will have its meeting at least every three months. Recorded minutes of the meeting will be sent to Secretary of DOGANA as soon as possible.

Mashood Qadri, M.D.

Councilor, DOGANA, Mountain Zone



Dow Loan Program

Salman Ahmad, M.D.

Dear Dowites,

It is my pleasure to announce DOGANA's Loan Program for deserving candidates who are applying for residency positions in US but are short of funds and need some financial support. There is an internal qualification assessment that has to be met to be eligible for this program.

The following is the criteria:

- 1-Should be a Dow graduate, should not have participated in self-funded scheme and should have applied on open merit seats.
- 2-There is an eight-point system for eligibility, and candidate should score five out of eight points.
- 3-Two points for scoring 90th percentile in Step I
- 4-Two points for scoring 90th percentile in Step II
- 5-One point for US clinical rotations
- 6-One point for Research paper/Publication
- 7-One point for Residency Offer/interview
- 8-One point for positive visa status, Green Card/H1 already in place/US citizen
- 9-The applicant should provide names of two Dow Graduates in US on the candidate's behalf regarding academic qualifications as well as help determine financial needs.
- 10-The maximum amount loaned will be 3000\$ per candidate. A candidate who fails to secure a residency spot one year, may apply a second year.
- 11-The money should be an interest free loan, expected to be returned within two years of starting residency.

In 2014 we helped three candidates through this program, two of those are already in residency positions and have started returning the loan. In 2015 we have helped eight candidates. We hope this program to be very successful as we are getting more funds from our fellow Dowites.

Please visit our website for further details.

Salman Ahmad, M.D.
Chair Loan Committee



The Masood's Autosomal Dominant Gait Abnormality

Moeen Masood, M.D.

I was back to my homeland. Ecstatic. Wanting to change things for the better; that's a story for another time.

I started working at Liaquat National Hospital as a Neurologist. Dr. I H Bhatti was the Medical Director and a mentor.

My OPD started on Monday at 8AM and went till 12 Noon. After my OPD ended, Dr. Bhatti's OPD started in the same room that I was doing my OPD in, during the morning.

As I was about to be done, I got a "parchi" that I had to see a patient who was on a wheelchair. Shoot; I could see Bhatti sahib's grey hair from the top of the window that faced the hallway. "Man, he is out there waiting for me to leave his room", I was thinking and I had to see this patient that had been wheeled into the room with a "parchi" from a higher up of the hospital. "Oh well", I said. I will do the best I can and do a 2 min consultation. I can do it. I had enough Neurology years under my belt. I had been trained by the best in Karachi, Dr. Akhter Ahmad, and then at the birthplace of Neurology, A B Baker's program, in the USA.

As she was wheeled close to me, I saw a middle aged lady, dressed in her black Burqa from head to heel and the veil covering her lower face; as is the custom we see every day and don't think anything about it. I asked her, "Why are you in a wheelchair"? She said, "I can't walk". "Why can't you walk", I asked? She said, "My legs are weak". "Are your hands OK", I asked? "Yes", she said. "OK, this is simple", I thought to myself. Next question was to inquire about bowel and bladder. She said that she can't make it to the bathroom and loses control of her bladder. "Bingo", I had it. "Normal arms, weak legs and loss of bladder control; it has to be the Lumbar spine". Now, all I had to do was to look at the reflexes. A hammer at the knees revealed not really brisk reflexes and Planters were not really very responsive. Time was passing by and by now Bhatti sahib had done a few laps of the hallway as I could see his head of grey hair moving up and down the hallway. All this took maybe a couple of minutes. Very focused questions and very focused exam and I had a diagnosis that she probably had a pathology at the Cauda Equina. Now all I needed to do was a MRI Lumbar spine. So, I ordered the MRI lumbar spine and walked out of the room to apologize to Dr. Bhatti about the delay. He was gracious but reserved. Conveyed to me with his mannerisms that he was OK with it this one time, but hope that I won't do it again. You can communicate all that without saying anything. Amazing this human body language.

Next day while rounding in the hospital, I was told that there was a new patient to be seen in one of the wards. As I entered the room, I saw the same lady I had seen the day before in the OPD on a wheel chair. She had had her MRI done and in order to see me, got herself admitted. Poor lady must have spent some money to do so as one couldn't just get admitted without depositing money at the hospital.

I looked at her MRI and to my surprise, it was normal. This had never happened to me before. A normal Scan when I had predicted an abnormality and actually localized it as well. I had residents with me too and I felt very "little". Where did I go wrong? How can I be wrong? It dawned on me as I was contemplating that the obvious thing that had gone wrong was that I had not stuck to the basics of Neurology. Basics of being a good physician. I did not take a good history. And it was all Bhatti sahib's fault. I was feeling guilty that I had made her spend so much money on the MRI. Anyways, I pulled up a chair and sat down beside her bed; something consultants never do in Pakistan. She was taken aback by my sitting at her bed side and wanting to talk to her and intently listening to what she had to say. Anyways, I asked the lady what the problem was? She again said, "I can't walk". This time, I was not falling for that "can't walk bit". I needed answers and there was no Bhatti sahib around either. I didn't let that answer slide by. I asked her to lift her legs off the bed

as I had seen her sit up in bed when I had come in and her legs hadn't looked weak to my "hawk eyes". She lifted them with ease. "They are not weak bibi", I exclaimed. "But I can't walk", she said. OK now, we need to get out of this circular question and answer session. So I asked her once again as to why can't she walk if her legs can move so well? She said, "They hurt"!!! Dhan Dhan Dhan Dhaaaan (As the Pakistani movies' suspense music plays in my head). This changes the whole scenario. No weakness, rather pain; Hmmm. "Where is the pain", was my next question? She pointed to her hips. "Both sides", I asked. "Both sides", she said. So, I made her sit and pushed on her hip joints; they were painful. I tested her proximal muscle strength; she was strong like an ox (well she can't be an ox, but you get my drift). I made her stand. Oh man, as she stood up, she was wobbly and walked with a waddling gait that was very painful. I had her sit down. I knew what it was. Mentally, I was kicking myself for getting her MRI and not getting her history properly in the OPD. But again, it was Bhatti sahib's fault. I told my resident to get her hips X-rayed and specifically ask them to look for Loosner's Zones and get her Calcium, Phosphorus and Acid Phos levels. I was sure that she had Osteomalacia. I made things move fast and within an hour we had the diagnosis. Her X-Rays showed microfractures around the neck of the femur with abnormally low Calcium and high Acid Phos. I started her on Calcium injections and Vitamin D. Saw her in follow up in a month and man was she a different lady. She walked in on her won two legs. Had she not been just a few years older than I was and the culture didn't prohibit it, she would have given me a "jhappy" (not an embrace, as embrace doesn't communicate what a "jhappy" does) and kissed me. I still felt bad about that MRI.

A few months passed. I then saw a lady in her late 20s or early 30s, who was brought in by her husband on a wheel chair. She too, was wearing a black burqa like the other lady and couldn't walk. This time, I had no Dr.Bhatti standing outside my room. A few questions, and Wa Laa, I knew that she had Osteomalacia. Went through the X-rays, Calcium, Phosphorus and Acid Phos. Similar results as the first one. Similar treatment and similar results. But this time, when she came back to see me, she told me that Seven of her cousins had the same problem as she did and they all wanted to come and consult me. Dhan Dhan Dhan Dhaaaan (again, that music). "What", I thought to myself. "Are they your real cousins", I asked? "Yes", she said, "They are my first cousins. My aunts' daughters" (Khala zaad behneiN). Again, Dhan Dhan Dhan Dhaaaan!!! "Why don't you bring them so that I can see what the issue is", I told her. She promised to bring them soon. "Yeah sure", I had thought at that time. I had heard such promises many a times.

I was surprised that when I got to my clinic the next day, there were eight ladies sitting there waiting for me. One of them was my ex-patient. All clad in black burqas; head to toe with a veil across their lower face. I called them in one by one and got their history and examined them and they all, undoubtedly, had Osteomalacia. I called them all in together. My mind was racing. I could see a ground breaking article in the Green Journal of Neurology titled, "Masood's autosomal dominant Osteomalacia". I could see a Nobel Prize. I could see TV interviews. I could see a professorship. I got a detailed family history. There was nothing recessive or dominant about their affliction. I asked them where they lived? "Kharadar", they all said in unison. The lady, who had brought them, also lived in Kharadar. "Something wrong with Kharadar", I thought. "Where in Kharadar", I asked? "In the flats", one of them said. Then she tried to describe the geography of the place. They were six or seven storied, closely packed apartment buildings where their community lived. My final question was, "What floors do you live on"? No one lived higher than the second floor in a community where the flats were 6 or 7 stories tall where sunlight doesn't get to the ground; It's an urban Amazon!!! I may look dumb, but I am not that dumb. My autosomal dominant disease started to crumble. My dream of a Nobel Prize started to fade. I, once again, became a poor unknown neurologist, with no fame, no professorship, no TV interviews, no disease attributed to my good name and finally, no Nobel Prize.

I gave them the treatment and told them that next time they come, bring their hubbies along. I wanted to talk to them. But I knew, that the culture and the system we live in will not change and hence, this poorly recognized, avoidable and treatable condition will continue to flourish and ladies continue to suffer.

The point of this endless narration was that our part of the world doesn't recognize the fact that covering a woman, from head to toe in a black cloth, living in conditions where the sunrays don't penetrate and her staying home all day, makes her more prone to these avoidable and painful medical conditions that most of the time go unrecognized due to us turning a blind eye towards the issue. I can't imagine a God, who ordered his creations to adopt an unnatural life styles for His sake and then get sick as a result. This is a man made culture. Made by those men, who themselves have roving eyes and think that every other man has the same affliction and they have to hide their wives and daughters from those eyes; like their own.

I don't want to turn Mullah at the end of this narration, but just for the believers; In surah Noor, ayah 30 and 31; they both start with the sentence that both men and women, keep their eyes down. The way to cover oneself up follows later. But the main issue here is change in the mindset of males so that the females don't suffer.

I could have been famous. Sigh.



Dr. Khalid Anwer

*President,
Dow Medical College Student Union, 1983*

I Ate The Sun Rays With A Fork Today

“
*I ate the sun rays with a fork today

And the moonbeam with a spoon

Then drank with a straw the starlight

All twinkling, shiny and bright

And ate a bit of gold

All that glimmering yet so cold

And drank silver from the foil

What satiates a mortal coil*”

Under The Yum Yum Tree

“
*Under the Yum Yum tree
Who loves to stand with me
And welcome the buses in
And wave the points go

It is like Good Morning Dow!

Every face tells a thousand stories
Bright gleaming faces of new entrants
An eclectic mixture of naievity
Excitement, adventue

Then three are old hands
Well settled into the rhythms
Intricacies of life at Dow
For some the day brings

Opportunity to resolve issues
Tie loose ends
Of things
Said, unsaid

Quick hand shakes and a few hugs
There is a swift dispersal
Students heading towards Moeen and Arag

And some heading towards the wards

Afternoon is relaxing time
The platform is heaving
Many gathered under
the cool shade of the tree

Events of the day recounted
Jokes being told
Legs being pulled
As the events unfold

Sighs of unrequited love
Dreams of romances unfold

Trees are uniquely wonderful
Witnessing the present
Caretaker of the past*”



Sacred Nation

Mashood Qadri, M.D.

Silence in the face of injustice is regarded as a crime by civilized societies second to the brutal execution carried out by the malevolent Taliban. We have seen Karbala taking place in Pakistan again and again over the last decade. Body parts of our precious children and Bacha Khan University students scattered all over Peshawar schools with places of worship already been made unsafe, what next?

Human beings are conditioned to rebound from miseries as in this situation where grieving families have been nudged into consoling themselves using the convenient national terminology “Shaheed Son and Shaheed Daughter”. Recent surveys clearly show parents resentment “labeling” of their lost children, they did not send their loved ones to schools and Universities to be killed, maimed and then conveniently labeled martyred or Shaheed.

Pakistan suffers from a National Identity Crisis; living in a confused state unable to express their emotions. In a hierarchy of sectarian bigotry, television and social media are used to manipulate the masses i.e., manufacture consent. Confusing the masses (bourgeois) in the name of solidarity against the demons, which were created by establishment for selfish reasons? Failure to acknowledge reality leads to delusion and we become our own worst enemies.

Pakistan has seen a surge in sectarian killings carried out by vile creatures who have killed our children, destroyed our heritage and block any hope of being civilized. These enemies of humanity harvested within our premises, a black era of General Zia’s regime and his bigoted followers have brought us at this juncture. I remember, there was a time when many progressive minded truthful scribblers fought their intellectual, moral battles under Zia’s dictatorial era, but were crushed physically, socially and financially, fading away into the forgotten never written history books. For the last forty years we have watched religious bigotry grow in size with no challenges:

- A country, where right wing Mullah Pundits and like minded politicians have had shown their unconditional love and admiration to Taliban by granting them offices to operate in Peshawar.
- A country, where the king pins of politics have shown their affection to Taliban; have acknowledged their barbarianism as Muslim brothers and claimed in public their hearts beats with the Taliban.
- A country, where The State has publicly announced it has to make cordial relations with Taliban,
- A country where the Chief Minister of Punjab has publicly begged Taliban to spare the largest province because both share the same right wing ideology.
- A country, where nearly every terrorist plot has been harvested on Pakistani soil, but its establishment blames TAGHOONI TAQAT to be responsible for each international or local terrorist attack

The contributions of
DOW Class of 89-II
helped ChildLife build
and maintain the
Triage Unit for the
Pediatric ER at
Civil Hospital, Karachi.

Since November 2011,
half a million children
have been triaged and
treated at this unit.



Turnkey onsite laboratory development & management

Revenue Enhancement

Expand Oncology and Gastroenterology Practices

- Technical flow cytometry lab onsite for solo or group oncologists
- On-premises histology lab for gastroenterologists
- Support provided by highly-trained, nationally-reputed pathologists and technical staff

Maximize revenue with your existing practice

- Capture revenue lost to both commercial and hospital laboratories
- Collect on technical component for medicare/medicaid and commercial insurances
- Billing & coding assistance

Improve patient care and satisfaction

- Fast, accurate onsite laboratory
- Rapid turn-around times
- CAP / COLA and CLIA accredited



Aamir Ehsan, MD

Medical Director

210-617-4445

aehsan@corepath.us

Dr. Ehsan is American board certified in anatomic and clinical pathology and in the subspecialties of hematopathology, molecular genetics and transfusion medicine.



Curtis Loos

Director of Business Operations

210-286-0265

cloos@corepath.us

With over 12 years of experience in the health-care field, Mr. Loos has thorough knowledge & experience with operations, sales, and marketing at CorePath Laboratories.

Welcome to DOGANA Retreat

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Mamameek Anesthesia, PC

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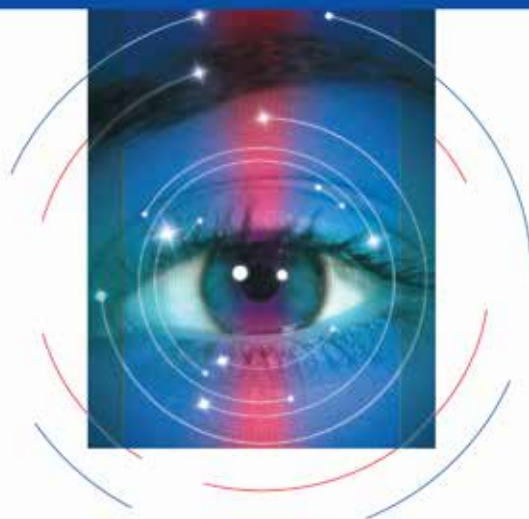
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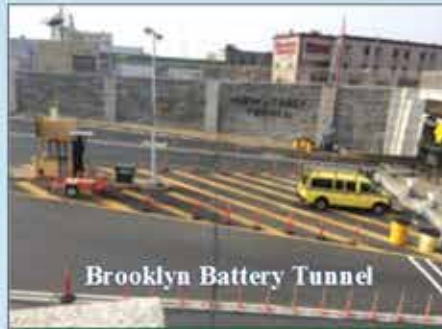


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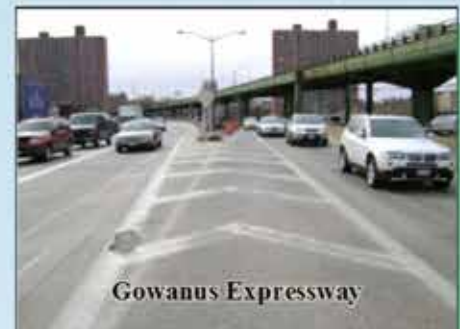


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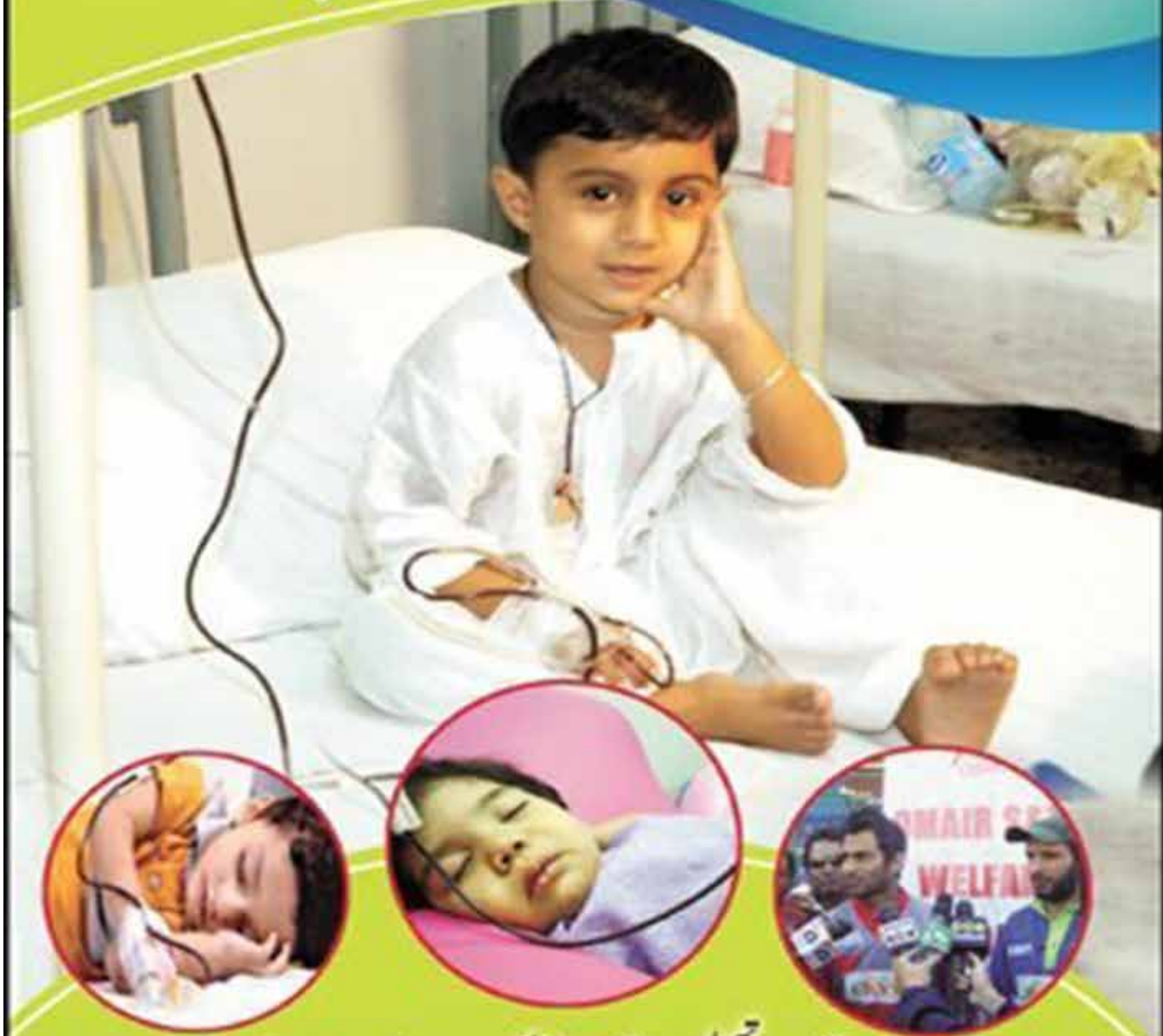
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