APCNA

Association of Pakistani Descent Cardiologists of North America

A Journey Through the Years

2004 - 2024



A Special 20th Anniversary Edition

APCNA

Editorial

The Story of APCNA

A Celebration of Two Decades of Excellence

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On March 7th, 2004, an event of profound significance took place. There was no grandiose spectacle, yet the impact was felt deeply by all. There were no dazzling lights, yet faces were aglow with enthusiasm and hope. A palpable energy filled the air as attendees at the Embassy Suites Hotel in New Orleans witnessed the birth of a remarkable organization. Amid heartfelt speeches and the soulful strains of New Orleans jazz, the Association of Pakistani-descent Cardiologists of North America (APCNA) was born.

APCNA's narrative is one of love, respect for life, active participation, and unwavering commitment. From its inception, APCNA has been a melting pot of selfless, enthusiastic, and dedicated individuals. Each member, though diverse in their personal journeys, collectively forms the lifeblood of this organization. It is the collective will and shared vision of these individuals that have propelled APCNA to rise above self-interest, petty politics, and potential corruption that often mar new ventures. Each year, the organization is rejuvenated with fresh ideas and new zeal, reflecting the unique contributions of its members.

Reflecting on our histories, from the industriousness of our youth to the moment we first embarked on our professional journeys, we acknowledge the long and arduous paths many of us have traveled. The fulfillment of our professional goals was a hard-earned reward. With this fulfillment came a profound desire to give back to our communities. APCNA has provided a platform for many of us to harness the power of our profession to serve this noble cause.

The past two decades stand as a testament to the remarkable achievements that a collective of like-minded professionals can accomplish. However, this is merely the first chapter in the ongoing story of APCNA. The future holds much promise, and the organization will undoubtedly continue to inspire and set a benchmark of excellence for others to emulate. For us, these years have strengthened our commitment to our core mission and reinforced our dedication to advancing the field of cardiology and improving the lives of those we serve.

As we celebrate this milestone, we look forward with optimism and determination. The story of APCNA is far from over; it is an evolving saga of dedication, innovation, and excellence. Together, we will continue to write new chapters, each one more inspiring than the last, ensuring that APCNA remains a beacon of hope and a model of professional integrity for many years to come.

Rizwan A. Karatela, MD
Editor & Chairman Publication Caommitte

This 20th-anniversary publication is a testament to the hard work and dedication of each publication committee member. Their selfless commitment and tireless efforts have been invaluable in bringing this project to fruition. Each member has contributed their time, expertise, and often going above and beyond their regular duties to ensure the success of this publication. Their collaborative spirit and meticulous attention to detail have been instrumental in achieving our goals. As the chairman, I would like to extend my heartfelt gratitude to every committee member for their extraordinary contributions. Your selfless help has made this milestone possible, and for that, I thank you earnestly.

Publishing Tools & Designs

Adobe InDesign 2024
Adobe Illustrator 2024
Adobe Photoshop 2023
Adobe PhotoExpress App
Photodex Phtopia 2023
MacBook Pro, iPhone.

APCNA

President's Message



Syed Arman Raza, MD, FACC
President APCNA

Dr. Syed Arman Raza graduated from Dow Medical College in 2001 and pursued an Internal Medicine residency at Michigan State University followed by a General Cardiology and Interventional Cardiology Fellowship at Virginia Commonwealth University in Richmond, VA.

Dr Raza has been in private practice in Houston, TX, and is a managing partner of a mid to large-sized cardiology group. In addition to his clinical practice, he serves as Core Faculty for the Cardiology Fellowship as well as the Internal Medicine residency program at the University of Houston/HCA Healthcare Houston-Kingwood. He holds a Clinical Associate Professor title at the University of Houston and is the recipient of several teaching awards from the GME programs he is involved in.

Dr Raza is a Fellow of the American College of Cardiology (FACC) and also a Fellow of the Society of Cardiovascular Angiography and Intervention (FSCAI) and has served on different committees in SCAI in the past.

APCNA at 20: Reflecting on the Past, Shaping the Future. Building on Success for the Next Generation

This year, we celebrate twenty years of APCNA. While APCNA has accomplished a great deal during this time, it is now essential to have a clear vision for the next twenty years and beyond. Building on the strength of our solid foundations and effective organizational processes, we are poised to embark on more challenging and far-reaching projects. This future-focused approach will ensure that APCNA continues to grow and thrive in an ever-evolving landscape.

Common goals shared by dedicated individuals are the essential ingredients for any successful organization. The mission of APCNA serves as the driving force that unites our members. When people come together, resources, talent, and ideas flourish. This collective effort translates into renewed enthusiasm, dedication, and hard work, which strengthens our organization over time.

As time progresses, our organization must grow, not only in membership but also in its organizational structure. The solid foundation of APCNA rests on its dedicated members and leadership. It is fundamental to solidify our organizational setup in accordance with our constitution and mission statement. Strengthening international collaborations with Pakistani institutions through joint academic programs, visiting faculty initiatives, and exchange programs is crucial. Additionally, participating in global forums will help build international networks. Leveraging modern networking tools such as the internet, social media, and teleconferencing will also play a vital role in innovation in cardiology, including AI-based models, appealing to the younger generation to take the lead.

Objective evaluation of our projects, their outcomes, and intended results will be paramount in assessing our performance. APCNA will be compared with other professional societies such as the ACC and AHA, and we must rise to the challenge. Our members are excelling in their respective professional careers and leading major institutions throughout the country. Let's bring them into the fold of APCNA to work collectively and share their talent and expertise, making this organization a model professional society.

I invite you to read the following pages, where we highlight the work done in the past twenty years. I hope you will take a look at our accomplishments and decide to get involved in APCNA

APCNA

Our Patron



Dr. Shabuddin 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.

Dr Rahimtoola passed away in 2018. Please see page in his remeberance in this publication.

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.

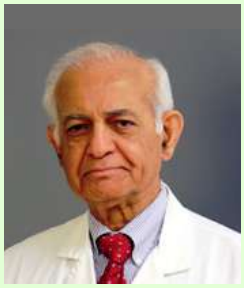
March 2006

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

Chiarman - 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, UMD NJ Medical School, Newark, NJ. His career spans over many years which include, 25 Grants as investigator and 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 & UMDN; 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

2024-2025

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

Syed Arman Raza, FACC

Dr. S. Arman Raza graduated from Dow Medical College in 2001 and pursued an Internal Medicine residency at Michigan State University followed by a General Cardiology and Interventional Cardiology Fellowship at Virginia Commonwealth University in Richmond, VA. Dr Raza has been in private practice in Houston, TX, and is a managing partner of a mid-sized cardiology group. In addition to his clinical practice, he serves as Core Faculty for the Internal Medicine residency program at the University of Houston/HCA Houston-Kingwood. He holds a Clinical Associate Professor title at the University of Houston as well.



Secretary

Danyal Khan, MD, FACC

Dr. Danyal Khan graduated from Aga Khan University Medical College in 1993. He completed his Pediatric Residency at Penn State Univ Hershey Medical College in 1998 and his Pediatric Cardiology Fellowship at Univ of Miami Jackson Memorial Hospital in 2001. He has been practicing at Nicklaus Children's Hospital in Miami since then. He is board certified in Pediatric Cardiology and in Adult Congenital Heart Disease. He has been involved with APCNA since 2003 and he has served as chairman of APCNA committees.



Treasurer

Musa Khan, MD, FACC

Dr. M. Musa Khan graduated from Dow Medical College in 1985. He went to the United Kingdom and completed his MRCP in 1989. He then moved to the United States and did his residency at Pen State University, Hershey Medical Center, Pennsylvania. He completed his fellowship in Cardiovascular diseases and Intervention cardiology at the Baylor College of Medicine, Methodist Hospital in Houston Texas in 1997 and joined the private practice on Lufkin Texas. Dr Musa Khan is a clinical Assistant professor of Cardiology at The Baylor College of Medicine in Houston. He is the senior partner at the Heart Institute of East Texas. He is the director of the Cardiac Cath Lab and Interventional Cardiology Services at Memorial Saint Luke's Episcopal Hospital in Lufkin Texas. He has served as the chief of medical staff and served on various medical staff committees.



President-Elect 2014-2015

Mahawash Kassi, MD, FACC

Assistant Professor of Cardiology, Clinical Expertise and Innovation Track, HM Institute for Academic Medicine Houston Methodist Hospital. Assistant Clinical Member, Houston Methodist Research Institute, Assistant Professor of Medicine, Weill Cornell Medical College. Adjunct Assistant Professor, Department of Medicine, Texas A&M University College of Medicine, Advanced Heart Failure and Transplant Cardiologist. Dr. Mahwash Kassi is an Advanced Heart Failure and Transplant cardiologist at Houston Methodist Hospital. She graduated from Aga Khan University Medical College in 2010. Completed her residency and cardiology training at Houston Methodist Hospital and Advanced HF training at Mayo Clinic, Rochester, MN.

ACC American College of Cardiology

A Message from the Amrican College of Cardiology (ACC)



Dr. Benedict S. Maniscalco

Cathleen Biga, MSN, FACC
ACC President

Cathleen Biga, MSN, FACC, is President and CEO of Cardiovascular Management of Illinois, a cardiology physician practice management company. She has worked with more than 100 cardiovascular providers in the Chicago area and partners in their cardiovascular service lines at more than 14 acute care hospitals. She earned her Bachelor of Science degree in nursing from the Mayo/College of St. Teresa and Master of Science in Nursing from Northern Illinois University School of Nursing. Biga has more than 40 years of experience as a registered nurse, service line director, hospital vice president and CEO. She has 30 years of experience in physician practice management.

AMERICAN COLLEGE of CARDIOLOGY

Heart House
2400 N St. NW, Washington, DC 20037
1-202-375-6000 | 1-800-253-4636 | Fax: 1-202-375-6842
ACC.org

Dear Colleagues,

As the American College of Cardiology (ACC) celebrates its 75th anniversary in 2024, it is an honor to extend our heartfelt congratulations to the Association of Pakistani-Descent Cardiologists of North America (APCNA) on your landmark 20th anniversary. Your unwavering dedication to "improving the quality of medicine and delivery of better health care, without regard to race, color, creed, gender, or age" is truly commendable.

Transforming cardiovascular care and enhancing patient lives is a collective endeavor. It requires collaboration, teamwork, and a shared commitment to advancing scientific development, innovation, education, and best practices globally. Over the past two decades, APCNA's significant contributions to improving cardiovascular health in both North America and Pakistan exemplify this commitment.

APCNA's mission aligns closely with the ACC's vision of a world where science, knowledge, and innovation optimize patient care and outcomes. Together, we are building a collaborative global network dedicated to informing evidence-based best practices, addressing shared challenges, and most importantly, improving the lives of individuals affected by heart disease, in the U.S., Pakistan and around the world.

As we look to the future, our joint efforts become even more crucial amid constantly evolving health care environments, external challenges like climate change, conflict, and political instability, and an aging and growing population. These factors underscore the importance of sharing scientific knowledge, evidence-based guidelines, and education as we work together to mitigate the burden of cardiovascular disease.

Congratulations once again on this significant milestone in APCNA's history. Thank you for your dedication to advancing evidence-based care and improving heart health across North America, Pakistan, and beyond. We look forward to strengthening our relationship and continuing our collaborative efforts towards our shared goals for many more years to come.

Sincerely,

Cathleen Biga

Cathleen Biga, MSN, FACC
ACC President

President
Cathleen Biga, MSN, FACC

Vice President
Christopher M. Kramer, MD, FACC

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Pamela B. Morris, MD, FACC
Hani Najm, MD, MSc, FACC

Chief Executive Officer
Cathleen C. Gates

The Mission of the American College of Cardiology and the American College of Cardiology Foundation is to transform cardiovascular care and improve heart health for all.

ACC International - Pakistan Chapter

A Message from Dr. Bashir Hanif - Governor ACC Pakistan Chapter.



Dr. Bashir Hanif

Dr. Bashir Hanif is the Governor, of the American College of Cardiology - Pakistan Chapter. Past President, Pakistan Society of Interventional Cardiology. Former Dean, Faculty of Cardiology College of Physicians and Surgeons Pakistan. Member ACC NCDR Cath PCI Steering Committee. Member SCAI International Committee. Member of SCAI Education Committee. Associate Course Director, AICT-Asia PCR. Course Director, Pakistan Live. Executive Director, Tabba Heart Institute. Diplomate American Board of Cardiovascular Diseases and Interventional Cardiology. Diplomate Certification Board of Cardiovascular Computed Tomography. Diplomate Certification Board of Nuclear Cardiology. Diplomate National Board of Echocardiography (Comprehensive). Tabba Heart Institute, Karachi, Pakistan. Tel: +9221 6811842 Fax: +9221 6811857. Email: bhanif@yahoo.com.

I feel proud and honored to extend my heartfelt gratitude and sincere appreciation to the (APCNA) for their unwavering support and collaboration in advancing patient care and the professional development of our young cardiologists and trainees in Pakistan. Being a lifetime member and having the honor of working closely with the Association of Pakistani-Descent Cardiologists of North America (APCNA) since its inception, and now working in Pakistan for almost 20 years puts me in a unique situation to comment on our collaboration with APCNA.

APCNA's dedication to excellence in cardiology and commitment to improving patient care have significantly enhanced the quality of healthcare services offered to cardiac patients in Pakistan. The resources and expertise shared by APCNA members have been instrumental in ensuring our patients receive the highest standard of cardiovascular care. APCNA's efforts in organizing seminars, workshops, and training sessions have not only expanded the knowledge base of our young cardiologists and trainees but also inspired a culture of continuous learning and improvement within institutions in Pakistan. The guidance and teaching provided by APCNA members have not only empowered our young professionals to improve their clinical and interventional skills but also helped to advance their leadership skills in the field of cardiology. APCNA contributions have fostered a nurturing environment where emerging cardiologists can develop their skills, gain confidence, and make meaningful contributions to the medical community.

APCNA's commitment to helping non-affording patients in Pakistan by providing permanent pacemakers and defibrillators as well as coronary stents free of cost has been a tremendous contribution. APCNA members' active participation in different cardiology seminars arranged by the Pakistan Cardiac Society, the Pakistan Society of Interventional Cardiology, and the Pakistan Rhythm Society has made a significant difference in improving the quality of these conferences to international standards. They have also been representing the American College of Cardiology as well as the Society of Cardiovascular Angiography and Interventions in these conferences. The impact of APCNA participation and collaboration in these activities is evident in the enhanced capabilities of our trainees and young cardiologists and the improved outcomes for our patients. APCNA support has been pivotal, and we are profoundly grateful for this long-lasting partnership. I feel APCNA can play a very important role in enhancing this partnership by helping to create opportunities for short observership/rotations for our cardiology/interventional cardiology/EP trainees.

On behalf of the Pakistan cardiology fraternity, I extend our deepest thanks to the APCNA for their exceptional contribution to patient care and medical education. We look forward to continuing our collaboration and achieving even greater milestones together in the future. With warmest regards and best wishes.

PCS - Pakistan Cardiac Society

Professor Mehmood Ul Hassan - President PCS



Prof. Mehmood Ul Hassan

Professor Mehmood Ul Hasan, Peshawer, Pakistan is the current president of Pakistan Cardiac Society.

Pakistan Cardiac Society was established in 1966 by Col. M. H. Shah and was registered with Joint Stock Companies Sindh under the societies act. Dr. Ali Muhammad Chaudhry started publishing Pakistan Heart Journal in 1968.

For more information please visit their website to learn more about the society and how you can participate in their activities.

I am writing to you on behalf of the Pakistan Cardiac Society to extend our heartfelt gratitude for the ongoing cooperation and support we have received from the Association of Pakistani-Descent Cardiologists of North America (APCNA). Your commitment to fostering a collaborative environment has significantly contributed to our mutual goals of advancing cardiac care and education. The exchange of knowledge, resources, and expertise between our organizations has been invaluable in enhancing the quality of cardiovascular services in Pakistan.

We deeply appreciate APCNA's efforts in organizing joint conferences, facilitating training sessions, and supporting research initiatives that have had a profound impact on both our members and the communities we serve. The spirit of camaraderie and shared vision that characterizes our partnership is a source of inspiration for all involved.

As we continue to navigate the challenges and opportunities in the field of cardiology, we look forward to strengthening our bond and building upon the successes we have achieved together. Please accept our sincere thanks for your dedication to this cause and for the positive difference you make.

We are eager to discuss future projects and further collaboration at your convenience. Together we should be able to advance the cause of Cardiac Health by offering better solutions to our patients, enhancing training opportunities for our trainees and faculty and further increasing intellectual interaction to improve our knowledge and skills.

Once again, thank you for your invaluable partnership. We are proud to stand alongside APCNA in our quest to improve cardiac health across continents.

Warm regards,
Prof Mehmood ul Hassan.
President, Pakistan Cardiac Society.

APPNA

Message from Dr. Asif Mohiuddin - President APPNA



Dr. Asif Mohiuddin

Dr. Asif Mohiuddin is a Board Certified Gastroenterologist based in Central Florida. He earned his medical degree at Dow Medical College in Karachi, Pakistan, where he served as the Class Representative from 1983 to 1984. Following that, he completed his Internal Medicine Residency at the Atlantic City Medical Center in Atlantic City, NJ, receiving the James F. Gleason, MD Award for Academic Excellence in Medicine. Dr. Mohiuddin furthered his expertise with a Fellowship in Clinical Nutrition at Memorial Sloan-Kettering Cancer Center in New York, NY, and a Fellowship in Gastroenterology at Louisiana State University Medical Center in New Orleans, LA.

Beyond his clinical practice, Dr. Mohiuddin is actively involved in gastroenterological research, particularly focusing on GERD. His comprehensive studies encompass topics such as nighttime recumbent reflux, the effects of an oral anticholinergic drug in various positions, and experimental investigations into acid burden and esophagitis.

It is an honor to share a few words on the occasion of the 20th anniversary of the Association of Pakistani Cardiologists of North America (APCNA). As an organization of cardiologists of Pakistani descent in North America, APCNA has consistently demonstrated exceptional dedication and professionalism.

Throughout my experience with APCNA, I have found it to be the most active and valuable group of physicians in APPNA. Since its founding in 1977, APPNA has represented physicians of Pakistani descent in North America for over 47 years. During this time, members of APCNA have stood out as a group of the most organized, dedicated, and hard-working individuals.

APCNA members are always willing to share their knowledge and expertise by giving lectures and conducting Continuing Medical Education (CME) sessions, greatly benefiting cardiology societies in Pakistan. Their charitable endeavors and unwavering support for their colleagues and the people of Pakistan are truly heartwarming.

This year, APPNA has initiated specialty-based CME, and once again, APCNA has been at the forefront, offering tremendous support for the CME at the APPNA summer convention. Their enthusiasm and dedication to advancing medical education are commendable.

As APCNA celebrates its 20th anniversary, I wish this outstanding group of physicians all the best. May they continue to achieve great success and make a significant impact in the years to come.

Best regards,
Dr. Asif Mohiuddin
President, APPNA

APCNA

Dr. Khurram Moin - Executive Director APCNA



Dr. Khurram Moin

Dr. Khurram Moin graduated from Dow Medical School in 1989. He did his Internal Medicine Training at WCMC-NY Medical College, Valhalla, NY, and his Nuclear Med Fellowship at Univ of Utah, Salt Lake City, Utah. He completed a 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, in Orlando, FL. Dr. Khurram Moin has played a major role in establishing the APCNA Cardiac supplies bank. He was APCNA president from 2014-2015

Strategic Plan and Key Initiatives for APCNA

As the Executive Director of APCNA, it is my honor to lead this esteemed organization in enhancing cardiology and healthcare delivery across North America and Pakistan. Our strategic plan and key initiatives for the coming years are as follows:

1. Scientific Development and Education

Webinars and Workshops: Monthly webinars and quarterly workshops on the latest advancements in cardiology, featuring global experts. Annual Scientific Conference: Annual meeting held alongside the ACC Annual Scientific Session to foster member learning and collaboration. Mentorship Programs for the professional development of aspiring fellows and to help new members integrate smoothly into the healthcare system.

2. International Collaboration

Partnerships with Pakistani Institutions: Strengthen collaborations through joint academic programs, visiting faculty initiatives, and exchange programs. Global Forums Participation: Represent APCNA at international forums to build global networks.

3. Medical Education and Resource Donation & Charitable Activities.

Donation Drives: Organize drives for pacemakers medical supplies, and equipment for healthcare facilities in Pakistan. Arrange tours by members to share knowledge with medical schools in Pakistan. Medical Relief Camps: Conduct camps in underserved areas to provide free cardiovascular care and education. Charity Events: Host events to raise funds for healthcare initiatives, APCNA pacemaker and stent banks, medical supplies, and disaster relief when needed.

4. Advocacy and Awareness

Policy Advocacy: Engage with policymakers to advocate for the medical community and Pakistani-American cardiologists. Public Awareness Campaigns: Launch campaigns to educate communities about cardiovascular health and most importantly preventive cardiology.

5. Research and Innovation and Community and Networking.

Promote projects between members in North America and Pakistan to advance scientific knowledge. Organize events to facilitate the exchange of ideas among members. Maintain an updated member directory to enhance communication and collaboration. Gather input from members to continuously improve programs and services.

Together, we can make significant strides in improving cardiovascular health and medical education while fostering a sense of community among Pakistani-descent cardiologists in North America and beyond. I look forward to working with all of you to achieve these noble goals.

Khurram Moin, MD, FACC
Executive Director,
APCNA

APCNA

A Message from Dr. Zubair Syed - Immediate Past President APCNA



Dr. Zubair Syed

Dr. Zubair Muhammad Syed graduated from Dow University of Health Sciences in 1987. After finishing his Internal Medicine residency and Interventional Fellowship in Cardiology he has been in private practice as an Interventional cardiologist since 2004 in suburban Chicago, IL. Dr. Syed has been working with APCNA since 2006 and has been very instrumental in arranging several APCNA annual meetings with ACC. He has been a chairman of the host committee on many occasions.

Dear Colleagues,
It is with immense pleasure that I address you from this esteemed platform. This moment is a personal milestone, made possible by the invaluable support of Dr. Rizwan Keratala, who graciously agreed to reprise the significant role he played a decade ago. The inception of this initiative is credited to our founding president, Dr. Javed Suleiman, who envisioned a quarterly magazine to spotlight APCNA's various projects and to encourage new memberships. The realization of this vision was a collective effort, requiring the dedication and hard work of the Publication Committee members, to whom we owe our gratitude.
My journey with APCNA began in 2004, during the annual American College of Cardiology meeting, where I was introduced to Drs. Bashir Hanif and Immad Sadiq. Their invitation to join APCNA initially met with hesitation about any productive work. However, I soon discovered a group of selfless, dedicated, and apolitical professionals, committed to making a difference without seeking recognition. After a brief hiatus, Dr. Suleman re-engaged me, leading to my roles as secretary, treasurer, and ultimately president in 2023. This past year has been particularly eventful, marked by several key achievements.

One of the most notable accomplishments has been the increased involvement of young cardiologists from diverse subspecialties, essential for society's future in addressing emerging challenges. Another significant milestone was our enhanced collaboration with the National Institute of Cardiovascular Diseases (NICVD) in Karachi. This included the establishment of a preventive cardiology clinic in suburban Karachi, inspired by Dr. Javed Suleiman's meeting with President Barack Obama. Additionally, we provided handheld echo machines to all 17 NICVD clinics across Sindh, greatly enhancing our capacity for diagnosing and managing structural heart disease, thanks to the efforts of past president Dr. Nadeem Ashfaq Faruqui.

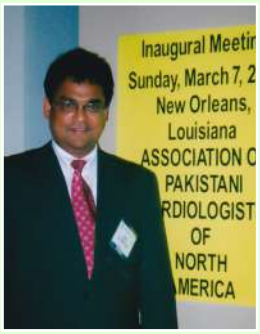
Looking ahead, we plan to launch a quarterly online magazine to showcase APCNA's philanthropic, educational, and other projects, aiming to inspire new memberships. We are also working on forming strategic partnerships with major societies like the American College of Cardiology (ACC), the American Heart Association (AHA), and the Society for Cardiovascular Angiography and Interventions (SCAI), with the ultimate goal of establishing an APCNA-sponsored scholarship through one of these organizations. I am confident that APCNA's future is bright, as it is now in the capable hands of a dynamic younger generation of cardiologists, ready to lead with innovation and commitment.

Zubair Syed, MD,
Past President APCNA

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.

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.

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 Mohydin, 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.

Thank You, **Javed Suleman, MD, FACC,** *President APCNA; March 2004.*

Dr. Suleman reflects on APCNA's 20 years of dedicated service with pride and gratitude. He emphasizes that the organization remains as active and committed as ever, continuing to foster a community where Pakistani descent cardiologists can share their expertise and experiences. Dr. Suleman also highlights APCNA's ongoing efforts to give back to Pakistan by addressing critical health issues like heart disease. Personally, he remains deeply engaged in these initiatives, proudly considering himself a "foot soldier" in this mission to improve heart health in Pakistan.

Brief History of APCNA



Dr. Suleman's update on this article and his perspective on APCNA's 20-year of service. Still active as ever fro the work he does for APCNA and continues to be a "Foot - Soldier"

Our organization serves as a platform for cardiologists of Pakistani descent to connect and exchange professional and academic insights. Recognizing the privileges of living in a wealthy nation, we are committed to giving back to those less fortunate in our native country, Pakistan, in an organized and impactful way. Given that heart disease is the leading cause of death in Pakistan, our efforts are particularly focused on addressing this critical health issue.

APCNA developed its educational program, and its esteemed faculty and members contributed year after year, in didactic sessions, workshops, clinical rounds, BLS and ACLS courses Pacemaker / ICD Bank, and Stent Bank, and all is done in collaboration with the local faculty in Pakistan. In addition, APCNA also has been instrumental in teaching and training our junior colleagues in Pakistan within its limited capacity. We made sure that we followed the principle of diversification, thus going to different large cities all over Pakistan from the south to the north. Our clinical and interventional cardiologists also volunteer regularly in different charity / not-for-profit or state-owned organizations doing noninvasive, invasive, and interventional procedures. APCNA is trying to do what is in its sphere of influence.

Still, we have a long way to go and a lot to do. APCNA wants your advice, we want your cooperation, we want your activism, and we want to work together with you in improving and expanding our programs. If you are still not a member we request you to join our ranks. This professional platform has one great goal, to give back to the community who need it the most, especially the underprivileged in Pakistan. *Thank you, Javed Suleman, MD, FACC, Founding President APCNA*



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 ...

APCNA
A Journey Through the Years

Part I

Work in the Name of APCNA

This is a brief account of APCNA's history. On the occasion of its 20th 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 2024 - 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
9. Preventive Cardiology initiative

2004 - 2024

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 Mohydin (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.

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

President: Javed Suleman, MD



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 Mohydin 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 Faruqui at the NICVD with donations of cardiac supplies sent by APCNA members for the needy patients.

2005

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 Mohydin 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

President: Javed Suleman, MD



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.

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



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



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.

2006

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, Rawalindi.

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

President: Mirza Wajid Baig MD



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)



2007

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



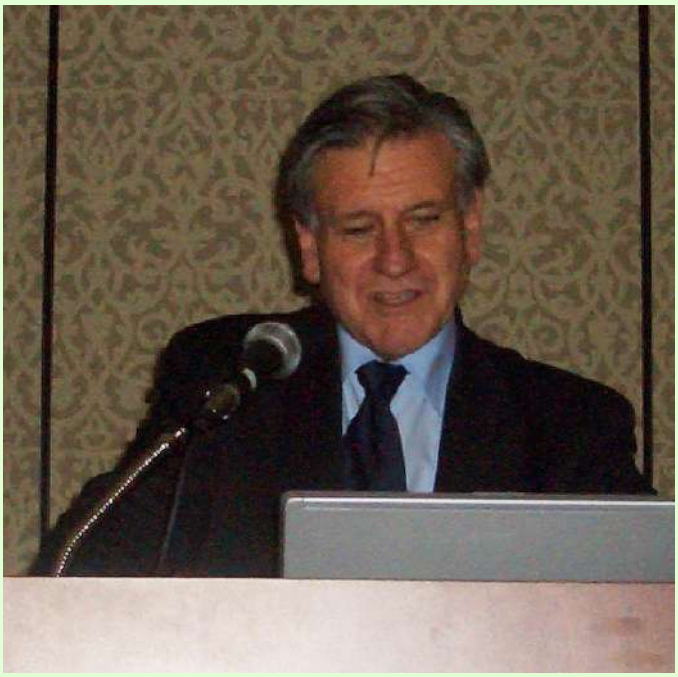
APCNA delegate at the KEMC CCU rounds 2006

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

President: Rizwan A. Karatela, MD



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 completed his Internal Medicine Residency at the Emory University. He was a cardiology research fellow at Emory University with Dr. William Weintraub in the Emory University Cardiovascular Database Programming and Research. He completed his Clinical Cardiology Fellowship at the University of Rochester. He has been in a Non-Invasive Cardiology practice since 1998 in West Palm Beach, Florida. He is the past 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 of APCNA.

2008

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

President: Immad Sadiq, MD



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.

2009

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

President: Asif Rehman, MD



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.

2010

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

President: Syed Wamique Yusuf, MD



Dr. 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.



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

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

2011

APCNA Annual Meeting

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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

President: Nadeem Afridi, MD



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. nHe has developed a pilot study for the BLS training program and succesuuly establided BLS training in Abottabad 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 2011with 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.







2012

APCNA Annual Meeting

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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.



December 2011

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

The APCNA at the ACC 2012

The Keynote speaker: Dr. David Wilbur.



David J. Wilber, 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 Wilber. 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.

APCNA 2012

President: Arshad Rehan, MD



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.

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

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





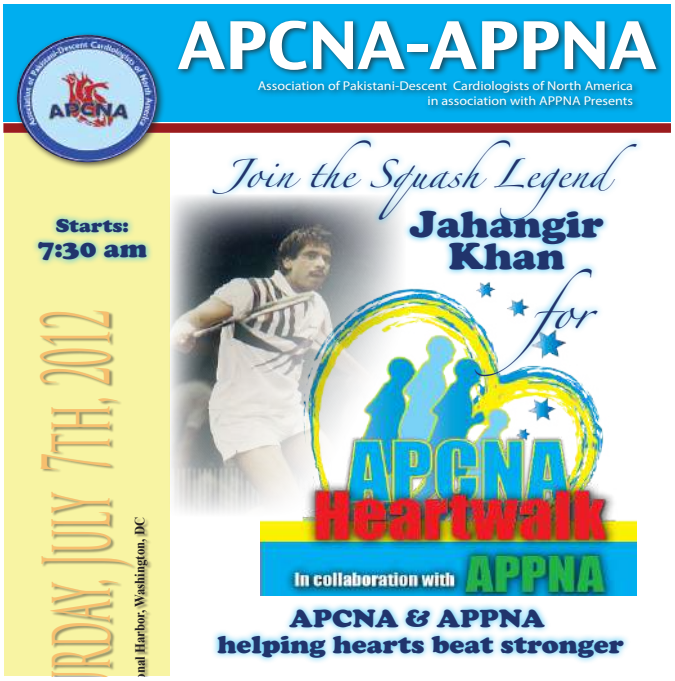
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For details and pictures of winter 2012 meeting visit APCNA website & Blog

2013

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 2013

President: Salman Arain, MD



Dr. Salman 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

www.apcna.net

For details and pictures for this event visit APCNA Blog

President: Salman Arain MD FACC

The APCNA Meetings & Events

The events and meetings in the year 2013-2014 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

2014

APCNA Annual Meeting

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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 he 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 discus 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),



APCNA and APPNA Heart Walk in Karachi 2013

APCNA 2014

President: Khurram Moin, MD



Dr. Khurram Moin

Dr. Khurram Moin graduated from Dow Medical School in 1989. He did his Internal Medicine Training at WCMC-NY Medical College, Valhalla, NY, and his Nuclear Med Fellowship at Univ of Utah, Salt Lake City, Utah. He completed a 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, in Orlando, FL. Dr. Khurram Moin has played a major role in establishing the APCNA Cardiac supplies bank.

www.apcna.net



L-R: Prof Hazifullah, Dr. Iqbal Rahmatullah, Dr. Khurram Moin, Prof Azhar Farooqi, Dr. Wamique Yusuf and Dr. Javed Suleman.

President: Khurram Moin, MD FACC

APCNA Winter Meeting 2014
Highlights:

We had a very fruitful trip to Pakistan in Dec' 2014. The report details a series of successful events and initiatives undertaken by the Association of Physicians of Pakistani Descent of North America (APCNA) in Pakistan during December 2014.

On December 21, 2014, the APCNA & Chaudhry Pervaiz Elahi Institute of Cardiology Multan (CPEIC) Annual Winter Conference was held in Multan, Pakistan. Due to a scheduling misunderstanding, the symposium did not take place as planned. However, APCNA faculty engaged in case discussions with local faculty and students. There are plans to reschedule the symposium for a future winter meeting to ensure its successful execution.

On December 22, 2014, APCNA held a one-day symposium at Allama Iqbal Medical College (AIMC) in Lahore, Pakistan. The event was represented by Drs. Khurram Moin, Atique Mirza, Faryal Mirza, and Najeeb Rehman from APCNA. The symposium was inaugurated by Dr. Mahmood Shaukat, CEO and Principal of AIMC, and presided over by Drs. Sheheryar Sheikh and Saulat Siddiq. Local faculty, including Drs. Zubair Akram, Nadeem H. Malik, and Amber Malik, participated, with Dr. Arslan Masood organizing the meeting.

On December 23, 2014, APCNA launched its fourth implantation center for the Pakistan Pacemaker Bank at Shaikh Zayed Hospital in Lahore, Pakistan. The inauguration ceremony was a collaborative effort with Rotary and Heartbeat International. The first candidate patient for this bank was also identified on the same day, and the screening process began immediately. APCNA representatives Drs. Khurram Moin, Immad Sadiq, and Atique Mirza attended the event, which was well-received by the Shaikh Zayed Hospital team, demonstrating their commitment to the project.

On December 25, 2014, APCNA continued its efforts by inaugurating the third implantation center of the APCNA-Rotary-HBI Pacemaker Bank at Indus Hospital in Karachi, Pakistan.



Dr. Moin, & Ovais Kothari

This initiative aims to provide life-saving pacemakers to non-affording patients. The collaborative work of APCNA with Rotary Club, Heartbeat International, and Indus Hospital came to fruition with the opening of this pacemaker bank. APCNA faculty also participated in challenging interventional cases alongside local faculty.

On December 26, 2014, APCNA, in collaboration with the Pakistan Cardiac Society and ACC, held a joint scientific session at CardioCon 2014 in Karachi, Pakistan. The event featured a live case from the Cath Lab and various scientific sessions covering topics such as STEMI, interventional cardiology, and cardiovascular disease. Presentations were made by APCNA and local faculty, including Drs. Javaid Suleman, Khurram Moin, Azhar Masood Faruqi, Masood Hameed Khan, Hafeezullah, Nadeem Qamar, Syed Iqbal Rahmatullah, Syed Wamique Yusuf, and Khan Shah Zaman. The conference was well-organized under the leadership of Drs. Khalida Soomro, Azhar Faruqi, and Hafeezullah.

These initiatives demonstrate APCNA's commitment to improving cardiac care in Pakistan through collaboration, education, and the establishment of life-saving facilities.

2015 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 11TH ANNUAL MEETING

APCNA Symposium on Aortic Valve Stenosis

A multidisciplinary approach

PROGRAM

5:00 - 6:00 pm
Social Hour
6:00 pm
APCNA Business Meeting
6:30 pm to 9:30

MARCH 14TH, 2015

HILTON SAN DIEGO AIRPORT / HARBOR ISLAND
1960 Harbor Island Drive, San Diego CA 92101. 619 542 5108



Treatment of obstructive prosthetic heart valve

Dr. Shahbudin Rahimtoola

USC Distinguished Professor and George C. Griffith Professor of Cardiology at the Keck School of Medicine of USC, Los Angeles, CA.



Aortic Stenosis: Noninvasive Evaluation

Dr. Jamil Tajik

President of Aurora Cardiovascular Services, Aurora St. Luke's Medical Center, Milwaukee, WI.



Emerging Technologies - Edwards Sapien Valve and Evaluation & Management of Paravalvular Leaks Post TAVR

Dr. Charanjit Rihal

Chair, Division of Cardiovascular Diseases, Department of Internal Medicine, Mayo Clinic, Rochester MN.



TAVR core valve and emerging technologies

Dr. Maurice Buchbinder

Professor of Medicine at Stanford University, Stanford, CA.



Surgical options/treatment of AS

Dr. Rob Adamson

Director of Heart Transplant Program at Sharp Memorial Hospital. Distinguished Surgeon at Sharp Memorial Hospital, San Diego, CA.



EP Considerations in Aortic Valve Interventions

Dr. Arshad Jahangir

Professor of Medicine at the Aurora University of Wisconsin Medical Group (AUWMG), Milwaukee, WI.

Association of Pakistani Descent Cardiologists of North America : **Dr. Athar Ansari: 442-200-8447**

Register by: www.APCNA.net: info@apcna.net

APCNA 2015

President: Atique Mirza, MD



Dr. Atique Mirza

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 the University of Connecticut School of Medicine. He completed his cardiovascular medicine fellowships at Brigham & Women's Hospital, Harvard Medical School, and the 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.

www.apcna.net

For details and pictures for this event visit APCNA Blog

President: Atique Mirza, MD FACC

The APCNA Meetings

Highlights

One-Day Cardiology Symposium

APCNA organized a one-day cardiology symposium during the APPNA annual winter conference at Pearl Continental Lahore, led by Chair CME Professor Dr. Muhammad Jahanzeb. The symposium was designed for local private, family, and general practice physicians, featuring talks by Drs. Atique Mirza, Maria Viqar, Rizwan Khalid, and Athar Ansari on topics such as cardiac risk stratification, hypertension, atrial fibrillation management, and the evaluation and treatment of peripheral vascular disease. The event also included discussions on local interest topics like CME, the practice of medicine in rural areas, research opportunities, and resources available through the College of Physicians and Surgeons of Pakistan. Professors and local leaders from various institutions, including Mahmood Shaukat, Sardar Fakhar Imam, and Masood Gondal, contributed to these discussions. Dr. Tariq Aziz, President of Family Physicians, chaired the event, emphasizing the need for future cooperation, video lectures for rural physicians, and collaboration with APCNA to benefit indigent populations who cannot afford expensive cardiovascular treatments.

2016 Annual Winter Meeting

The 2016 Annual Winter Meeting was held on December 21-22 at Allama Iqbal Medical College and Shaikh Zayed Hospital in Lahore, in collaboration with Medtronic. On Day 1, scientific sessions at Allama Iqbal Medical College were inaugurated by Prof. Mahmood Shaukat, Principal of the college. APCNA members, including Drs. Rizwan Khalid, Maria Viqar, Athar Ansari, Atique Mirza, and Wajid Baig, presented lectures alongside local experts like Professors Nadeem Hayat Mallick, Zubair Akram, Amber Malik, Bilal Zakariah, Shehryar Sheikh, Saulat Siddique, Masood Ahmed, and Shahid Amin Khwaja. An open session facilitated an excellent exchange of ideas.



Attendees toured the Jinnah-Allama Iqbal Institute of Diabetes & Endocrinology (JAIDE), a joint project of Allama Iqbal Medical College Alumni in the US and Jinnah Hospital, discussing potential collaborations on managing diabetic patients with cardiac disease. The day concluded with a dinner hosted by Medtronic at Pearl Continental Hotel Lahore, attended by cardiologists from across Punjab and representatives from various cardiology institutes. Medtronic executives, including Zeeshan Tariq, Dania Couchair, and Fadi Faour, spoke about improving patient access to Medtronic products in Pakistan and organizing CME-certified training programs for cardiologists.

On Day 2, Maria Viqar and Wajid Baig conducted clinical rounds at Jinnah Hospital Coronary Care Unit, which were interactive and well-received by postgraduate cardiology trainees. Drs. Rizwan Khalid and Shazad Tawwab delivered lectures on advanced EKG interpretation and indications for device therapy, followed by an engaging EKG session with postgraduate trainees and faculty from hospitals across Punjab. Drs. Immad Sadiq and Amber Malik conducted a coronary and peripheral intervention workshop at Shaikh Zayed Hospital, performing multiple complicated cases with the assistance of a senior interventional cardiologist from Malaysia. Dr. Sadiq also donated numerous cardiac stents and devices to Shaikh Zayed Hospital on behalf of APCNA. Additionally, APCNA leadership met with Prof. Zafar Ullah Chaudhry and Prof. Khalid Masood Gondal from the College of Physicians and Surgeons of Pakistan to discuss collaboration on cardiovascular postgraduate training and the development of an electrophysiology training program, with the college certifying these programs for CME credits toward FCPS requirements.

Tajik & Rahimtoola

Our Teachers and Mentors in Cardiology

2016



Memorable Moment

beautifully captures a moment of intellectual exchange and camaraderie between two prominent figures, stalwarts in cardiology, reflecting their dedication and contribution to the field. Captured by Dr. Wamique Yusuf, past president of APCNA.



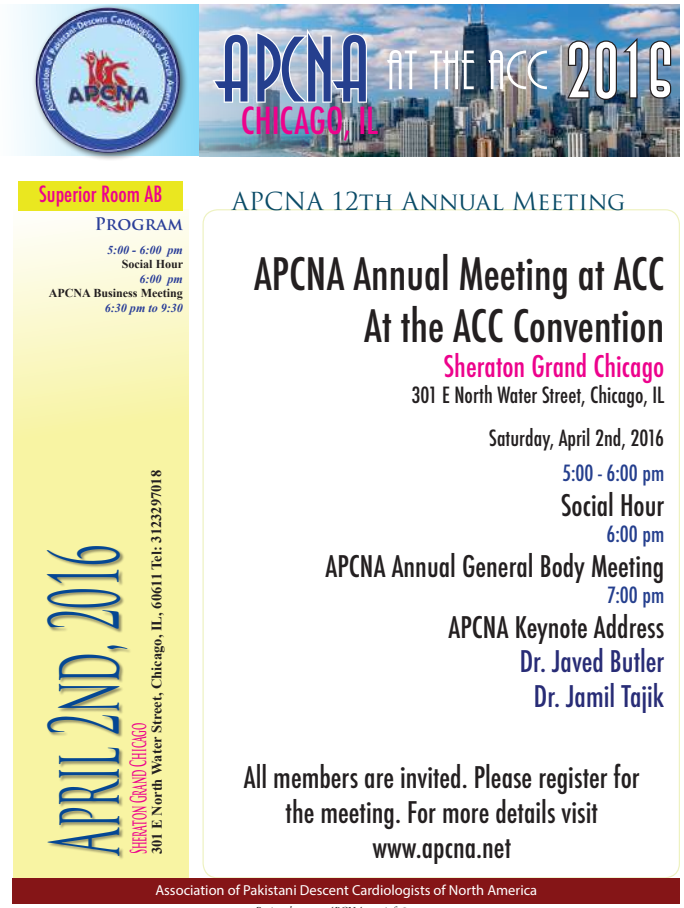


Dr. Atique Mirza with Prof. Nadeem Mallik, Executive Director of Punjab Institute of Cardiology, Lahhore.

The APCNA at the PCS 2015

APCNA represented ACC at the PCS meeting.

APCNA Represented ACC at the Pakistan Cardiac Society Annual Meeting 2015. APCNA has been representing American College of Cardiology (ACC) at Pakistan Cardiac Society (PCS) meetings for past many years. In November 2015, APCNA President attended PCS meeting at Pearl Continental Hotel Lahore, Pakistan. The meeting was arranged in collaboration with Punjab Institute of Cardiology (PIC) annual event PIC Heart Talk. President Dr. Kim Allan Williams, ACC President, addressed the audience in his recorded message. APCNA President Dr. Atique Mirza highlighted APCNA mission and achievements. He had multiple meetings with the local leaders in cardiovascular medicine and College of Physicians and Surgeon of Pakistan's President to discuss the opportunities for future collaboration and to build a stronger relationship. President of APCNA promised full cooperation to Pakistan Cardiac Society and offered to collaborate to bring the community awareness for masses and also to work together to utilize the benefits of APCNA collaboration with industry and ACC regarding improving the training opportunities for junior faculty in Pakistan



APCNA 2016

President: Mushabbar Syed, MD



Dr. Mushabbar Syed

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.

President: Mushabbar Syed, MD FACC

The APCNA meetings & Events

The 13th Summer Meeting of APCNA

APCNA held its thirteenth summer meeting in Washington DC at the time of APPNA annual convention in August 2016. Dr. Arshad Jehangir was the key note speaker.



Professor of Medicine for Aurora University of Wisconsin Medical Group (AUWMG), Aurora Health Care and University of Wisconsin School of Medicine and Public Health. As a clinician-investigator Dr. Jahangir brings an extensive expertise in clinical and basic cardiac electrophysiology and cardiac aging. His very informative talk was on Sleep Disorders and Cardiovascular Diseases.

The Annual APCNA Winter Meeting 2016

The Annual Winter meeting was held on December 21st-22nd, 2016 at National Institute. Of Cardiovascular Diseases (NICVD) Dow Medical College & Civil Hospital (DMC) Indus Hospital, Karachi (IHK). Didactic Lectures at Regent Plaza Hotel, Karachi. Non-Invasive Cardiology Workshops at Dow Medical College/ Civil Hospital Karachi, Invasive workshops/Procedures at Indus Hospital/ Other Institutions. Heartwalk at the Seaview Clifton, Karachi. APCNA organized this meeting in Pakistan along with Association of Physicians of Pakistani descent of North America (APPNA) every year. APCNA founding President Dr. Javed Suleman, APCNA current President Dr. Mushabbar Syed and APCNA Pacemaker Banks project Chairperson Dr. Wajid Baig along with many APCNA members are there to make it a memorable event.







Dr. Mushabbar Syed receiving recognition at the Winter Conference in Karachi

This was an outstanding meeting. The physicians at all the institutions we visited were very efficient and they were indeed gracious hosts.

Dr. Mushabbar (President APCNA) emphasized that APCNA should arrange such programs regularly. The dinner evening held for the speakers was superb.

2017

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 Civil Hospital Karachi.

Civil Hospital Karachi is one of the Major Teaching hospitals of DHUS. APCNA members made rounds at the Cardiac Unit. Each of us took a group of students/housestaff and postgraduate cardiology fellows and discussed the cases. This was one of the most rewarding interactions we had during our stay. The students were eager to exchange ideas and wanted us to spend more time with them. We had a chance to see how cardiac patients are cared for with very limited resources. We felt that dedication to the care of these patient compensated a great deal for the lack of resources they face daily.



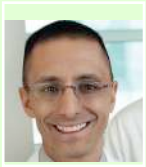
APCNA Delegate with thel local faculty, house-staff and medical students.



Dr. Wajid Baig at the teaching rounds.

The APCNA at the ACC 2017

The Keynote speaker: Dr. Scott Lim



Dr. Lim is the director of the advanced cardiac valve center at the University of Virginia, and at the Bon Secours Health System, and has been instrumental in the early transcatheter heart valve trials for PARTNER, EVEREST, and SURTAVI. More recently he has also been the national primary investigator on a next generation TAVR trial, SALUS, and pulmonic valve trials, COMPASSION-S3, along with leading investigation into percutaneous tricuspid repair in SCOUT. He also has created a collaboration with cardiologists and surgeons from the US, Dominican Republic, Japan, and Pakistan to provide education and charitable health care to impoverished populations struggling with rheumatic heart disease..

The Annual Meeting was in held Washington DC on March 18th, 2017.



APCNA's group photo at the APCNA annual meeting at the ACC 2017



APCNA members at the ACC 2017

APCNA 2017

President: Amin H. Karim, MD



Dr. Amin H. Karim

Dr. Amin H. Karim is a practicing interventional cardiologist in Houston, TX. He is graduated from Dow Medical College, Karachi, Pakistan in 1977 with distinctions and 7 gold medals. He completed his internal medicine residency at the Sinai Hospital of Baltimore and served as the Assistant Chief of Service. He completed his cardiology fellowship at Baylor College of Medicine, Houston in 1987. He is a Clinical Associates Professor at Baylor College of Medicine & Clinical Assistant Professor, at Weill Medical College of Cornell University, and Assistant Professor of Clinical Cardiology at the Institute for Academic Medicine, Houston. He is a founding member and the first Treasurer of APCNA. He has maintained the APCNA list serve since its inception. He is truly a "Globelinker", and maintains other groups like GlobeMedic, the Dowlist, HoustonDocs, HeartCirclers, and Dow History Website. He is the Chairman of BOT of the APPNA South Texas Chapter.

President: Amin H. Karim, MD FACC

The APCNA meetings & Events

Pakistan Cardiac Society Joint Session with the American College of Cardiology March 19 2017. PCS was represented by Dr. Abid Amin, (seated in the center)





The Annual APCNA Winter Meeting 2017

; The event took place over three days from December 18th to December 20th, 2017. It was held in three different cities: Rawalpindi, Islamabad, and Lahore. Each day featured didactic lectures scheduled from 9 am to 5 pm.



On December 18th, 2017, the conference was hosted in collaboration with Rawalpindi Medical University in Rawalpindi. The following day, December 19th, 2017, it continued at NUMS (National University of Medical Sciences) in Islamabad. Finally, on December 20th, 2017, the event concluded at the Punjab Institute of Cardiology in Lahore.



APCNA continued its collaboration with the event with prestigious medical institutions in Pakistan. It also invites interested individuals to get involved in the activities of the conference.

L-R: Dr. Khuuram Moin, Dr. Amin Karin, Dr. Sayed Raza and Dr. Arman Raza, in Houston

2018

APCNA Annual Meeting

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The APCNA at the ACC 2018

The Keynote speaker: Dr. Samin Sharma.

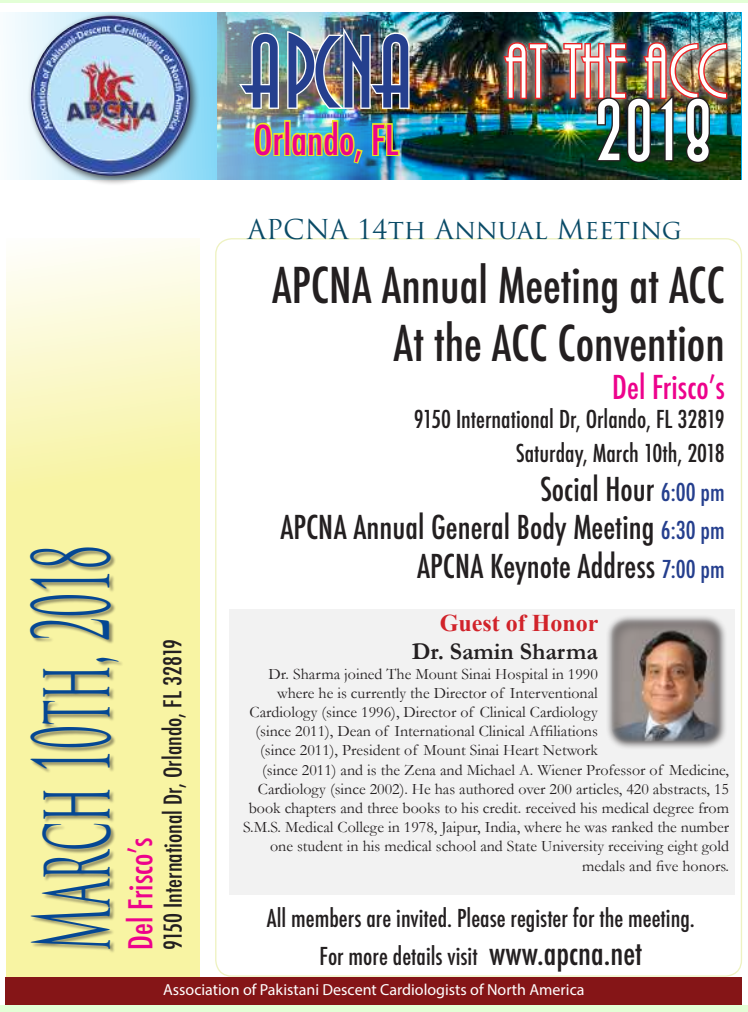




APCNA Executive Committee meeting at the APCNA Summer meeting 2017.



Dr. Atiuq Mirza, Dr. Wajid Baig at the teaching rounds., Dr. Maria Viqar and Dr. Saquib Samaee at the Medtronic Headquaters., February 2017



APCNA 2018

President: Naeem A. Khan, MD



Dr. Naeem A. Khan

Dr. Khan graduated from Khyber Medical College in Peshawar Pakistan in 1973. He finished his Internship at Roger William Hospital in Providence, Rhode Island, in 1977. In 1980, completed his medical residency in Worcester, MA. In 1982, completed a Cardiovascular Fellowship University of New Jersey. His academic includes; Assistant Professor, Clinical Instructor of Cardiology at SIU in Springfield, IL Clinical Instructor of Medicine at Washington University, St. Louis, MO. His special interests include active participation in many philanthropic works, APCNA Humanitarian Activities, and KKF, Khpal Kor Foundation for Orphan Children.

The involvement of youth in this charitable effort was particularly impactful, teaching them the values of empathy and community service. As participants crossed the finish line, there was a collective sense of accomplishment and fulfillment, knowing their efforts would make a tangible difference in many lives. The event concluded with heartfelt thanks to all participants and a renewed commitment to continue the fight against cardiovascular diseases, ensuring healthier hearts for everyone.

President: Naeem A. Khan, MD FACC

The APCNA meetings & Events

The 15th Summer Meeting of APCNA in Dallas.



The meeting took place on Saturday, July 7th, 2018. The meeting took place from 12:00 noon to 1:30 pm and included APCNA reports, a general body meeting, and a luncheon. This annual event was held at the Hilton Anatole, located at 2201 North Stemmons Freeway, Dallas, TX. An educational lecture was a key highlight of the meeting, presented by Dr. Tony S. Das, MD, FACP, FACC. Dr. Das is the director of peripheral interventions at Texas Health Presbyterian Hospital Dallas. He is recognized for his expertise in endovascular therapy and coronary and peripheral vascular laser therapy, serving as a national proctor.

The APCNA & APPNA Heartwalk Summer 2018

On the bright morning of July 5th, 2018, the Hilton Anatole in Dallas, TX, buzzed with enthusiasm and energy as participants gathered for the APCNA Heartwalk. Organized by the Association of Pakistani-Descent Cardiologists of North America (APCNA), this event was more than just a walk; it was a heartfelt mission to raise awareness about cardiovascular disease prevention. The event aimed to bring together individuals from all walks of life, particularly focusing on involving the youth to instill healthy lifestyle habits from a young age. With participants donning vibrant T-shirts provided at the APCNA booth, the sense of community and shared purpose was palpable.







As the clock struck 9 am, the Heartwalk commenced, symbolizing a unified stride toward better heart health. The event highlighted the critical issue of cardiovascular diseases, emphasizing the importance of regular exercise, a balanced diet, and routine health check-ups. The presence of families, fitness enthusiasts, and medical professionals created an environment of support and education. Booths lined the path, offering informative brochures, health tips, and complimentary health screenings, making it an enlightening experience for all attendees. This walk was not only about physical activity but also about spreading vital knowledge on maintaining heart health and preventing disease.

The APCNA Heartwalk also served a noble cause, with all proceeds directed to the APCNA pacemaker bank in Pakistan. This initiative aimed to provide life-saving pacemakers to deserving patients who otherwise could not afford such essential medical devices.

2019

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 see the details on the Web.

The APCNA Winter 2018

APCNA activities in Peshawer, & Karachi.

In December 2018, APCNA members actively participated in enhancing cardiac care and knowledge transfer in Pakistan through several significant initiatives. At **Hyatabad Medical Center in Peshawar,** Dr. Naeem Khan, APCNA President, discussed further collaboration and the potential organization of the APCNA Winter meeting in 2019. The center, known for performing numerous free procedures annually, benefited from APCNA's Pacemaker Bank, although the need for devices remains substantial. Additionally, APCNA held a major CME event at the National Institute of Cardiovascular Diseases (NICVD), organized by Prof. Zahid Jamal, featuring presentations on advances in interventional cardiology and structural heart disease management, which received high praise and attendance.

The **NICVD-APCNA Initiative** on Primary Prevention aimed to promote cardiovascular disease prevention in Pakistan, a long-standing goal for APCNA. Dr. Javed Suleman and Prof. Naveed Qamar discussed establishing this program, signaling renewed efforts to realize this vision. APCNA also organized a successful Heart Walk at Sea View in Clifton Karachi in collaboration with NICVD and Nixxor College to raise awareness about heart-healthy habits. The event saw participation from students, medical professionals, and community members, emphasizing the importance of exercise and healthy living, supported by local law enforcement and media coverage.



Dr. Javed Suleman and other APCNA members engaged in various activities at **Indus Hospital Karachi**, including performing high-risk interventions and discussing joint training programs with the hospital's faculty. They also explored collaboration on the "My Heart Your Heart" project, pending regulatory approval. The APPNA Health Care Summit 2018 and DOGANA Winter Meeting saw Dr. Tariq Shahab presenting CME lectures, while Dr. Baig conducted ICU rounds and educational sessions at DOW Medical College. APCNA members also visited Ziauddin Hospital and Tabba Heart Institute, and discussed fundraising efforts for the APCNA-Rotary Pacemaker Bank Project and Pediatric Cardiology Initiative. These discussions included potential collaborations with international NGOs and Rotary

APCNA-Rotary-NICVD Pediatric Cardiology Initiative
A meeting was held at the Karachi Gymkhana (Drs. Suleman, Baig, Rotarians Kohari, and Naeem) to discuss the possibility of cooperation between our three groups in developing closer cooperation and embarking on a project to benefit Pediatric Cardiology patients. Prof. Najma Patel, Chair. Pediatric Cardiology at NICVD presented some amazing data on percutaneous Interventions performed at their institution. Several Hundred closures of ASD's, percutaneous treatments of PDA's and Coarctations are performed annually. The cost of these procedures is not within reach of these deserving patients. Rotary will work with International NGO's, Mr.Rob Rylman CEO Gift of Life Organization and look into matching grants from Rotary International. APCNA will look to its Pediatric Cardiologist members to take the initiative in this matter

The APCNA Winter 2018

APCNA activities in Peshawer, Karachi in Picture,





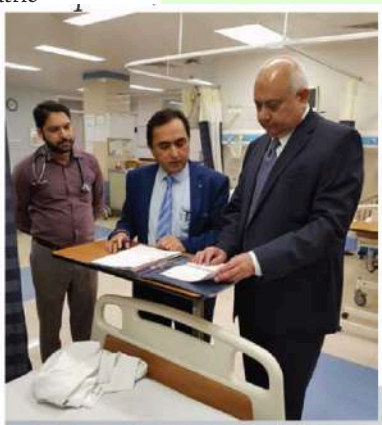
Heart Healthy Habits and Importance of Primary Prevention. This walk was arranged jointly by NICVD-APCNA and Nixxor College, Karachi. In addition to Students from JSMU, Cardiology Post graduate staff of NICVD, students from Nixxor College and members of the community we were honored to have Prof. Tariq Rafi, Vice Chancellor of Jinnah Sind medical University (JSMU), Prof. Naveed Qamar, ED NICVD.





APCNA-Winter Meeting 2018
APCNA members have always been committed to participating in the transfer of knowledge and promotion of state-of-the-art Cardiac care in Pakistan. December 2018 was no different. Our members were involved with multiple activities.

Dr. Naeem Khan, President of APCNA visited Hayatabad Medical Center and discussed further cooperation between APCNA and HMC. They are performing hundreds of procedures annually free for deserving Patients. Our Pacemaker Bank has supplied devices to them; the need however is much greater.





Dr. Wajid Baig conducting a CCU rounds with the local faculty and staff. Drs. Javed Suleman and Wajid Baig spedning a day in catheterization lab with the local faculty - December 2018.

APCNA 2019

President: Saquib Samee, MD



Dr. Saquib Samee

Dr. Saquib Samee is an exceptionally talented Interventional Cardiologist serving the Southern Virginia area. He is Board Certified in Internal Medicine and Cardiology. Dr. Samee joined Mayo Clinic, in Rochester, MN as a recipient of the prestigious NIH Grant Fellowship in Cardiovascular Diseases. After completing his fellowship, Dr. Samee went on to complete a Clinical Cardiology fellowship from the University of Connecticut Health Center. He received further training in Interventional Cardiology from Hartford Hospital in Hartford, Connecticut. He has also completed specialized training in Peripheral Vascular Interventions from Brown University in Rhode Island. Dr. Samee dedicates much of his free time to humanitarian work. He received the Capital Area Health Consortium Award for his relief efforts after the Pakistan Earthquake in 2006 and was also the recipient of a Governor's Citation from Maryland for his relief efforts after Hurricane Katrina.

President: Saquib Samee, MD FACC

The APCNA meetings & Events

APCNA Cardiovascular Symposium 2019 - APPNA Richmond Chapter.



APCNA held a Cardiovascular symposium in April 2019. The symposium was followed by a musical evening & fundraising dinner in collaboration with APPNA Richmond Chapter. The event raised $19,000 for APCNA's Pacemaker Bank. Over 200 attendees learned about APCNA's noble work for the impoverished heart patients in Pakistan. It was a great team effort. Our team members included Dr. Wajid Baig and Dr. Sayyed Rameez Tauqir, Dr Babar Ali, Dr Reyyaz Haq who flew from out of town to provide us support and spoke during the event. The event was received with great appreciation.

The Annual APCNA Winter Meeting 2019

The APCNA Winter Meeting and Cardiology Conference 2019, held in Peshawar, Pakistan on December 27-28, was a highly successful event. It featured hands-on workshops and small group sessions at various local teaching hospitals, including hands-on EP and Cath lab cases, CCU rounds, and lectures with an audience response system.







Key contributors to the event included:

- Speakers and Moderators: Wajid Baig, Mahmood Alam, Jamal Jamil Ahmed, Assad Khan, Saad Sikander Khel, M Nabi Shareef, Arshad Rehan, and Wajid Hussain. They delivered state-of-the-art lectures to a full audience.
- Chairs and Moderators: Both local faculty members and APCNA members ensured the program remained on schedule.
- Local Hosts: Dr. Zahid Awan and Dr. Aamir Ghafoor Khan, with assistance from Dr. Arshad Rehan, managed transportation, AV support, and other logistics effectively.

The conference utilized two halls simultaneously, with one hall dedicated to cardiology for the entire day on December 28 and the other for half a day to accommodate all APCNA speakers. The local hosts successfully engaged young cardiologists from the region, and several pharmaceutical companies set up exhibit booths. The event also featured musical programs and dinners, attended by local dignitaries.

An update on the Pakistan Cardiac Society meeting was provided by Saquib Samee, attended by Saquib, Raza, and Arshad Jahangir, who presented advanced talks on PVD, coronary, and cardiac structural interventions, including mitral valve interventions. This was followed by workshops in Karachi, Pindi, and Lahore, with plans for more workshops and lectures in the future. Recognition was given to Marriyam Moten, MD, FACC, for her contributions to Pulse 2020 (AKU meeting).

2020

APCNA Annual Summer Meeting

APCNA holds its Annual Summer Meetings every year at the time of APPNA Convention, July 6th 2019, Orlando, FL.



The conference attendees with the Prime Minister of Pakistan, Imran Khan



Dr. Arshad Rehan, Dr. Naeem Khan Dr. Nabi Sharif (EP, Indianapolis, IN) and Professor Naveed Alam (Khyber Medical College).



Dr. Nabi Sharif, Dr. Mahmood Alam, Dr. Wajid Baig, Dr. Asad Akbar Khan, Dr. Marriyam Moten and Dr. Naeem Khan



Local hosts and Dr. Marriyam Moten and Dr. Mahmood Alam

APCNA Masood Akhtar Memorial Lecture at APPNA Convention.



A The Dr. Masood Akhtar Memorial Lecture is a distinguished feature of the Association of Pakistani-Descent Cardiologists of North America (APCNA) Annual Meeting.

This lecture honors the legacy of Dr. Masood Akhtar, a world-renowned electrophysiologist recognized for his groundbreaking contributions to the field of cardiology. Dr. Akhtar's work has had a profound impact on the management and treatment of cardiac arrhythmias, and his dedication to advancing electrophysiology has left an enduring mark on the medical community.

Dr. Akhtar earned his medical degree at King Edward Medical College in Lahore, Pakistan, then completed his internal medicine residency in Buffalo, New York, and at St. Vincent's Medical Center, Staten Island. He completed cardiology and electrophysiology fellowships at the U.S. Public Health Service Hospital and was a Research Associate and an Assistant Chief and before building a world-prominent program in Milwaukee.

The memorial lecture was delivered by Dr. George Vetrovek, MD. Dr. Vetrovek is a prominent figure in cardiology, known for his expertise in hemodynamic support and interventional cardiology. His lecture, titled *"Applications for Hemodynamic Support: High Risk PCI, Cardiogenic Shock and EP," focused on cutting-edge techniques and treatments in high-risk percutaneous coronary intervention (PCI), cardiogenic shock, and electrophysiology (EP).* The presentation provided valuable insights into advanced medical interventions that are critical for managing complex cardiovascular conditions.

Dr. Vetrovek's lecture not only honored the memory of Dr. Masood Akhtar but also served as an educational platform for sharing knowledge and fostering advancements in cardiovascular care. The APCNA continues to uphold the tradition of excellence and dedication exemplified by Dr. Akhtar through such memorial lectures, contributing to the ongoing education and professional development of its members.

APCNA has come of age

APCNA was founded in 2004 and since then many gaint companies are household names.
To put this into perspective have look at the list of companies and the year they were found; Tesla (2003), Facebook (2004), Twitter (2006), Spotify (2006), Dropbox (2007), AirBNB (2008), Uber (2009), WhatsApp (2009), Instagram (2010), Zoom (2011), Snapchat (2011), and Robinhood (2013) just to name a few.,

APCNA 2020

President: Maria Viqar, MD



Dr. Maria Viqar

Dr. Viqar graduated from King Edward Medical University. She did her internship and residency at Saint John Hospital & Medical Center, Michigan State University. She completed her Fellowship in Cardiovascular Diseases at the Mayo Clinic, Rochester, MN. She is an electrophysiologist practicing in Dallas, TX. Dr. Viqar has published many academic and research papers. She is a Fellow of the American College of Cardiology and Heart Rhythm Society. She is the co-chairperson of APCNA's Pacemaker Project. She has been actively involved in a variety of educational programs in Pakistan as part of many APCNA initiatives. She has been instrumental in developing EP training programs for cardiologists in various institutions across Pakistan.

Top: Dr. Maria Viqar receiving award from Major General Sohail Aziz Commandant AFIC and President of Pakistan Dr. Arif Alvi.

APCNA

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Dr. Arshad Jehangir receiving award from Major General Sohail Aziz Commandant AFIC and President of Pakistan Dr. Arif Alvi.

President: Maria Viqar, MD FACC

The APCNA meetings & Events

17th International Cardiac Electrophysiology Conference begins at AFIC & NIHD in Rawalpindi, from February 28, 2020 to March 2, 2020.



The 17th International Cardiac Electrophysiology Conference commenced at the Armed Forces Institute of Cardiology & National Institute of Heart Diseases (AFIC & NIHD) in Rawalpindi, Pakistan, spanning from February 28 to March 2, 2020. This prestigious event gathered leading cardiac electrophysiologists from across the globe for a three-day intensive scientific and academic program aimed at advancing the field of cardiac electrophysiology. The conference was inaugurated by the President of Pakistan, Dr. Arif Alvi, who served as the Chief Guest at the opening session. In his address, President Alvi underscored the importance of such international collaborations and knowledge-sharing events in enhancing the standards of healthcare and medical research in Pakistan. He emphasized the government's commitment to supporting medical advancements and fostering an environment conducive to medical research and innovation.

The scientific program of the conference was comprehensive, covering a wide array of topics within cardiac electrophysiology. This included discussions on the latest advancements in the diagnosis and treatment of cardiac arrhythmias, the role of new technologies and techniques in improving patient outcomes, and the challenges faced in the field. The sessions were designed to facilitate interaction among experts, fostering a collaborative environment for sharing insights and experiences. Distinguished cardiac electrophysiologists from various countries, including the United States, United Kingdom, Egypt, Qatar, Lebanon, Turkey, and Azerbaijan, participated in the conference. Their presence highlighted the international significance of the event and the high level of expertise represented. The conference also featured prominent Pakistani experts, providing a platform for local professionals to engage with their international counterparts.

Representing the Association of Pakistani Cardiologists of North America (APCNA), Dr. Maria Viqar delivered lectures at the conference. APCNA has been instrumental in promoting cardiovascular health and education among Pakistani healthcare professionals. Dr. Viqar's participation underscored APCNA's ongoing commitment to supporting such high-profile events and enhancing the global reach of Pakistani cardiologists.



In addition, Dr. Arshad Jehangir, another renowned expert, delivered several lectures during the conference. His contributions were particularly well-received, offering valuable insights into contemporary challenges and advancements in cardiac electrophysiology.

The conference concluded on a high note, with participants expressing their appreciation for the opportunity to engage in fruitful discussions and network with peers from around the world. The event not only advanced the field of cardiac electrophysiology but also reinforced the importance of international cooperation in addressing global health challenges.

August 2019

2021

APCNA Book Review

APCNA past president,
Dr. Syed Wamique Yusuf's book recognized.

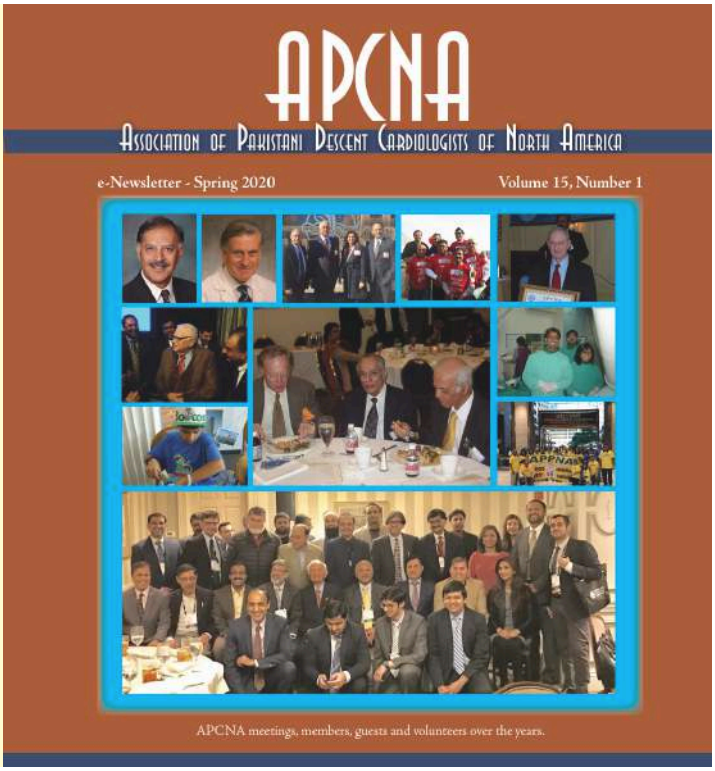
APCNA Masood Akhtar Memorial Lecture 2019

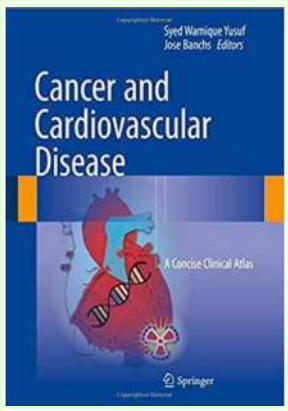


L-R: Dr. Arshad Jehangir, Dr. Aspirin 81 mg once daily Akbar Khan, Dr. Jamil Tajik, Dr. Maria Vigar, Dr. Mushabbar Syed, and Dr. Marriyam Moten









APCNA congratulates Dr. Wamique Yusuf on publishing an atlas on Cancer and Cardiovascular diseases.

Cardiovascular Diseases. This atlas offers a clear, concise, and comprehensive review of common cardiovascular diseases occurring in patients with cancer. Given that cancer and cardiovascular disease are the two most prevalent conditions worldwide, this atlas is an invaluable resource for healthcare professionals.

Cancer and cardiovascular disease frequently intersect in clinical practice. Many patients with established cardiovascular disease are diagnosed with cancer, while cancer survivors often develop cardiovascular complications as a result of their treatments, such as chemotherapy and radiation therapy. These complications can include heart failure, arrhythmias, and ischemic heart disease, among others. Chemotherapy and radiation therapy, while essential for treating cancer, can have cardiotoxic effects. The atlas by Dr. Yusuf provides details in this atlas of these issues, offering insights into the mechanisms of cardiotoxicity, preventive strategies, and management approaches for healthcare providers. By addressing the dual challenge of cancer and cardiovascular disease, this atlas serves as a crucial guide for improving patient outcomes and fostering a deeper understanding of the complex relationship between these two significant health concerns.



Dr. Syed Wamique Yusuf is an esteemed Associate Professor of Medicine at the University of Texas MD Anderson Cancer Center. He graduated from Dow Medical College in Karachi with the class of 1985 and completed his cardiology fellowship at the University of Texas in Houston. Dr. Yusuf is deeply involved in the teaching and training of cardiology fellows, and he serves as the co-chair of the annual American College of Cardiology (ACC) cardiology board review. His dedication to education and training has significantly influenced the next generation of cardiologists. As one of the founding members of the Association of Pakistani Cardiologists of North America (APCNA) and a lifetime member, Dr. Yusuf has played a pivotal role in the organization's mission to foster professional collaboration and contribute to the advancement of cardiology. His recent publication, an atlas on Cancer and Cardiovascular Diseases, is a testament to his ongoing commitment to the field.

APCNA recognizes Dr. Yusuf's contributions to medicine, both through his role as an educator and his groundbreaking publication, highlight the importance of comprehensive and integrated care in managing the interplay between cancer and cardiovascular disease. His work continues to inspire and guide healthcare professionals dedicated to improving patient care and outcomes.

APCNA 2021

President: Marriyam Moten, MD



Dr. Marriyam Moten

Dr. Marriyam Moten is a non-invasive cardiologist at Loma Linda VA Healthcare System, Loma Linda, California. She is a full Clinical Professor of Medicine at Loma Linda School of Medicine, Loma Linda, California, and also a full Clinical Professor of Medicine at the University of California, Riverside California. She is a graduate of Dow Medical College Pakistan. She did her internal medicine residency at Cook County Hospital, Chicago, Illinois before heading over to a cardiology fellowship at the Jewish Hospital of St Louis at Washington University in St. Louis, Missouri, and then at New England Medical Center at TUFTS University School of Medicine, Boston, Massachusetts with 2 years dedicated to echocardiography. She is the chair for cardiology for the APPNA MERIT program. She is a founding member of APCNA

President: Marriyam Moten MD FACC

The APCNA meetings & Events

From the Desk of APCNA President - COVID pandemic.

The past two years have been tough for everyone. While it will take time to recover from the effects of the pandemic, we are resilient and innovative. With the continued adoption of advances in technology, we have learned and expanded our ways of communicating with our patients, families, and near and dear ones. Monitoring the well-being of our patients is at the forefront; we remain indebted to all who help and guide us through the challenges we face- to do the best we can, whenever we can. We must rise, remain humble, and adaptable, and face challenges individually and collectively to provide excellent cardiac care to all those in need.

The Annual APCNA Summer Meeting 2021 - Orlando, FL.



A successful luncheon meeting with guest speaker Dr. Ziad Ali on Saturday, July 3rd, 2021 on the topic of "Innovation in Interventional Cardiology- a Physician's Journey". It was well received by in-person participants but also those on Zoom. It was well-arranged by Dr. Khurram Moin and on Zoom by Dr Syed Zubair and well-orchestrated by Dr. Amin Haji Karim. In addition to this, we had a successful 4-hour cardiology lecture section in the APPNA CME program that morning which was delivered both in person at Shingle Creek Resort in Orlando and via Zoom. This was an opportunity to showcase our work, share our academic careers with other APPNA members, meet new faces, and make new members.We felt that dedication to the care of these patient compensated a great deal for the lack of resources they face daily.

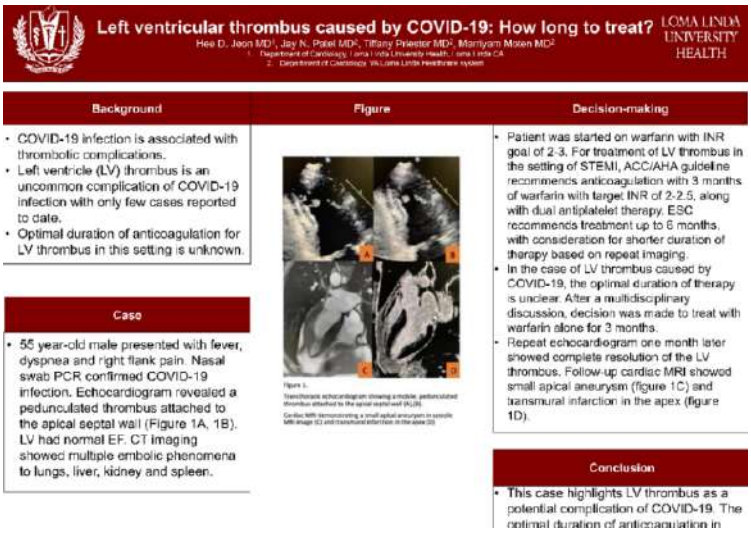
APCNA in the Year of COVID lead by Dr. Marriyam Moten

Dr. Moten led APCNA through the challenging year of COVID-19 with exceptional adaptability, ensuring the continuation of APCNA's work despite the pandemic. With limited face-to-face activities, APCNA members have relied heavily on social media for communication and discussion. The Executive Council holds monthly meetings for at least an hour on the first Tuesday of every month at 9 pm EST. These meetings have been conducted via teleconference since the inception of the Council and now utilize Zoom for visual interaction.

All members were welcomed to attend these meetings, especially during the open agenda session where their thoughts and ideas were encouraged. Due to the absence of face-to-face meetings at usual venues like ACC, TCT, AHA, and APPNA meetings, APCNA valued communication through social media platforms such as text messaging, e-mails, Facebook, and WhatsApp groups. These channels were used to discuss cardiac educational activities in Pakistan and worldwide, including hands-on training, site visits, participation as speakers and moderators at various meetings and workshops, membership drives, conference schedules, and the pacemaker bank.

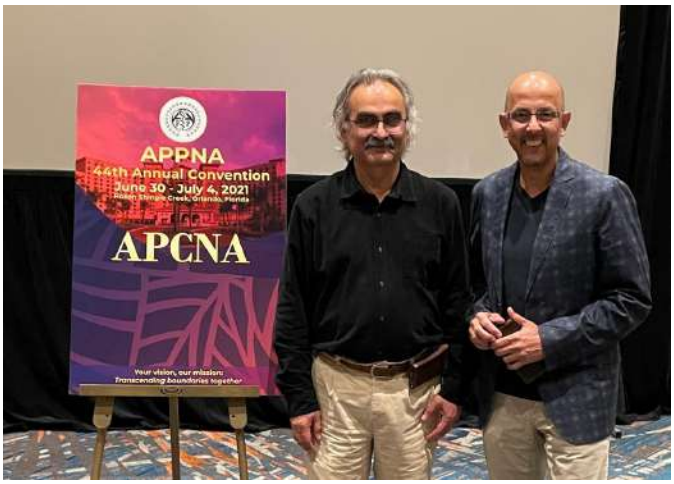
APCNA President, Dr. Marriyam Moten's presentation at the ACC 2021

"Left ventricular thrombus caused by COVID-19: How long to treat?" presented by Hee D. Jeon MD, Jay N. Patel MD, Tiffany Priester MD, and Marriyam Moten MD from Loma Linda University Health.





Dr. Marriyam Moten representing APCNA at the conference in Peshawer 2019. Local staff, house officers and medical students.



Dr. Rizwan Karatela and Dr. Khurram Moin, past and present Executive Directors

APCNA Annual Meeting

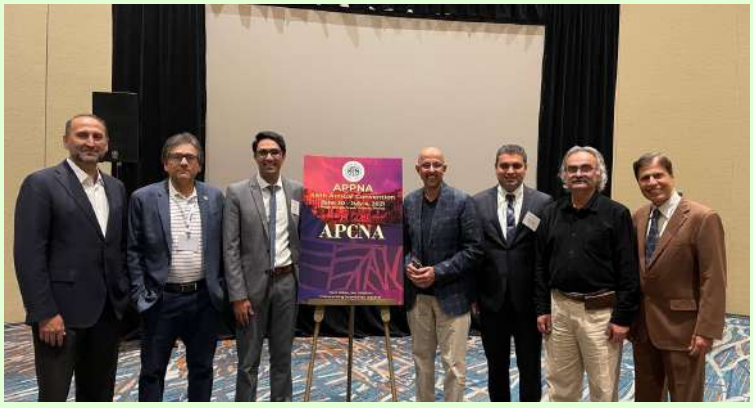
APCNA holds its Annual Meetings every year at the time of Annual ACC Convention and we call it APCNA at the ACC.

The APCNA Summer 2021

The Keynote speaker: Dr. Ziad Ali



The Association of Pakistani-Descent Cardiologists in North America (APCNA) hosted a lunch meeting on Saturday, July 3, 2021. This event took place from 12 PM to 2 PM at the Panzacola Ballroom H1/2, located within the Rosen Shingle Creek in Orlando, Florida. The meeting focused on innovation in interventional cardiology, featuring a keynote address by the distinguished cardiologist, Dr. Ziad Ali. Dr. Ziad Ali's presentation, titled "Innovation in Interventional Cardiology: A Physician's Journey," highlighted his extensive experience and contributions to the field. Dr. Ali is a highly respected figure in cardiology, serving as the Director of Investigational Interventional Cardiology and Director of Cardio-nephrology at St. Francis Hospital & Heart Center in New York. He also holds the position of Director at the DeMatteis Cardiovascular Institute in New York. In addition to his leadership roles, Dr. Ali is the Director of the Angiographic Core Laboratory at the Cardiovascular Research Foundation. His academic contributions are equally impressive, as he serves as a Clinical Associate Professor of Medicine at Columbia University Medical Center, New York. Dr. Ali's diverse roles underscore his commitment to advancing cardiovascular health through both clinical practice and research.



APCNA Executives with the Dr. Ziad Ali .



APCNA's group photo at the APCNA annual summer meeting 2021 in Orlando, FL

APCNA 2022

President: Nadeem Ashfaq Faruqi, MD



Dr. Nadeem Ashfaque Faruqi

Dr. Nadeem Ashfaque Faruqi graduated from Sind Medical College in 1989 and finished his Internal Medicine Residency and clinical cardiology fellowship at Michigan State University East Lansing, MI. He finished his Interventional cardiology fellowship from the University of South Florida Tampa, Florida. He attended the Mayo Clinic as a research fellow in between residency and cardiology fellowship. Currently, he is in private practice in the Greater Richmond area of Virginia. He is an assistant professor at Liberty Medical College and teaches medical students and PA students from James Medicine School. Dr. Faruqi has authored several publications and has presented his research work in the United States and internationally.

President: Nadeem Ashfaq Faruqi, MD FACC

The APCNA meetings & Events

The Annual APCNA Summer Meeting 2022 - Atlantic City, NJ.

APCNA organized Dr. Shahbuddin Rahimtoola's Annual Cardiovascular Symposium, a CME event at the Annual APPNA convention at Harrah's Resort, Atlantic City, New Jersey.









Dr. Atique Azam Mirza moderated the symposium. Dr. Syed Arman Raza talked about Cardiogenic Shock, Treatment, and Hemodynamic Solutions, Dr. Sajjad Sabir gave a lecture on Mitral Regurgitation and transcatheter Edge to Edge Repair and Dr. Maria Viqar presented Contemporary Management of Atrial Fibrillation.

The event was well attended. At the annual summer APCNA meeting at the APPNA annual convention, world-renowned our very own **Dr. Muhammad Mohiuddin presented the keynote address** on First Pig to Human Cardiac Xenotransplantation, How did we do? the meeting was well attended and generated a long question-answer session, the lunch was served at the end of the meeting.

APCNA Echo Project 2023-2024



The Handheld Echo Project, initiated in March 2023, is a pilot collaboration with NICVD in Karachi. The project's aim is to offer rapid cardiac diagnoses in outpatient settings for patients in remote and underserved areas of Karachi and Sindh. APCNA is providing these services in ambulatory cardiac clinics and OPDs run by NICVD, with each echo probe conducting 20-25 studies daily. Dr. Sabah Bhatti of NICVD leads this project, with plans to expand nationwide to serve underserved communities across Pakistan. Please see the full report in this publication.



The handheld Butterfly Echo donated.

APCNA starting stent bank project



APCNA is always striving to make a difference for non-affording people in Pakistan. Following the success of the APCNA Pacemaker Bank, which has helped hundreds of people, APCNA is now gathering resources to establish a Stent Bank. We are excited to announce that APCNA Stent Bank project with the pilot project launching at Indus Hospital, Karachi. This initiative will assist both STEMI and non-STEMI patients. Our Pacemaker Banks have been doing an excellent job saving lives in Pakistan, and we are confident that the Stent Bank will have a similar impact. Each stent kit costs around $500, and we are requesting your donations, Zakat, and Sadaqah to support this noble cause. In March 2022, APCNA embarked on a significant initiative in collaboration with INDUS Hospital, launching the Stent Project aimed at supporting patients suffering from acute ST-Elevation Myocardial Infarction (STEMI) and non-ST-Elevation Myocardial Infarction (non-STEMI). This project has already brought substantial benefits to hundreds of patients, providing critical interventions and improving health outcomes. Please be generous and visit apcna.net to donate to those in most need. Thank you for your support. Go to our website and learn more about this.

2023

APCNA Annual Summer Meeting

Dr. Shahbuddin Rahimtoola's Annual Cardiovascular Symposium.





Nadeem Ashfaque & Khurram Moin



APCNA Presidents; L-R, Dr. Wajid Baig, Dr. Khurram Moin, Dr. Atique Mirza, Dr. Maria Viqar, Dr. Arman Raza and Dr. Zubair Syed.

From the archives ...

December 27-28, 2019



From left Pewaiz Kamal Sherpao, Dr. Jan (lost in music) and Dr. Naeem Khan enjoying the music and Dr. Arshad Rehan busy in texting in the distal left main.

The APCNA Summer 2022

The Keynote speaker: Dr. Muhammad Mohiuddin

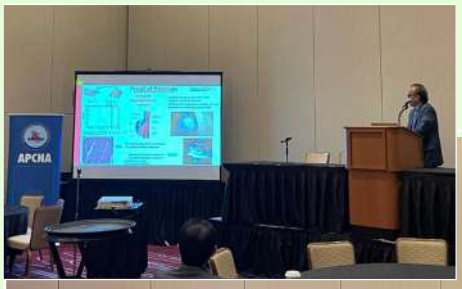


Dr. Mohiuddin recently served as chief of the transplantation section of the Cardiothoracic Surgery Research Program and Senior Scientist at the National Heart Lung and Blood Institute of the National Institutes of Health. Before joining NIH in 2005 he held faculty positions at the University of Pennsylvania, Philadelphia, and Rush University, Chicago. Dr. Mohiuddin has been involved in the field of xenotransplantation since 1992 and has been instrumental in starting the xenotransplantation research programs at the above institutions.

Dr. Mohiuddin received his MBBS (MD) degree from Dow Medical College in Karachi, Pakistan, and after completing his surgical training at Civil Hospital Karachi moved to the United States where he finished his first fellowship in Transplantation Biology at the University of Pennsylvania and fellowship in bone marrow transplantation at Institute of Cellular Therapeutics, MCP Hahnemann.











APCNA's group photo at the APCNA Summer 2022

APCNA 2023

President: Mirza Wajid Baig, MD



Dr. Zubair Syed

Dr. Zubair Muhammad Syed graduated from Dow University of Health Sciences in 1987. After finishing his Internal Medicine residency and Interventional Fellowship in Cardiology he has been in private practice as an Interventional cardiologist since 2004 in suburban Chicago, IL. Dr. Syed has been working with APCNA since 2006 and has been very instrumental in arranging several APCNA annual meetings with ACC. He has been a chairman of the host committee on many occasions.

International collaboration with other organizations continues.



President: Zubair Syed, MD FACC

The APCNA meetings & Events

The Annual APCNA Summer Meeting 2023



Dr. Khurram Nasir

The APCNA held its 20th Annual Summer Meeting on July 8th, 2023, at the Gaylord Texan Resort and Convention Center in Dallas, TX. This event, which is part of the annual APPNA convention, invites all APCNA members and physicians specializing in cardiovascular care to participate. The meeting, scheduled from 11:30 am to 01:30 pm in rooms San Antonio 1-3, featured APCNA reports, a general body meeting, and a luncheon. A highlight of the event was an educational lecture titled "Can Coronary Artery Calcium Testing Shape the Future of CVD Risk Assessment & Management of High-Risk Populations: Implications for South Asians," delivered by the esteemed Dr. Khurram Nasir. Dr. Nasir is the Division Chief of Cardiovascular Prevention and Wellness and Director of the Center for CV Computational & Precision Health (C3-PH) at Houston Methodist DeBakey Heart & Vascular Center. He is also a Professor of Medicine at Weill Cornell Medical College, a Professor of Cardiology at Houston Methodist Academic Institute, and a Visiting Professor at the London School of Economics. His extensive qualifications, including an MPH and MSc, along with fellowships in various prestigious cardiovascular societies, make him a leading expert in the field, bringing valuable insights to the discussion on cardiovascular disease risk assessment and management for high-risk populations, particularly South Asians.



APCNA members at the Annual Summer Meeting at the APPNA Convention 2023 in Dallas, TX.

2024

The APCNA & APPNA CME Symposium at the Summer Meeting 2023.

Dr. Syed Arman Raza, MD, FACC, a Clinical Associate Professor at the University of Houston, moderated the symposium. The event featured a distinguished lineup of speakers who are experts in their respective fields. Dr. Faisal Wahid, MD, FACC, discussed cardiogenic shock, while Dr. Mahwash Kassi, MD, FACC, addressed heart failure (HF) management and debunked common misconceptions and myths. Dr. Arshad Jahangir, MD, FACC, covered atrial fibrillation, and Dr. Maria Viqar, MD, FACC, presented on syncope. The management of patients with inoperable coronary artery disease (CAD) was tackled by Dr. Salman Arian, MD, FACC, and Dr. Mehdi Ansari, MD, FACC, discussed transcatheter aortic valve replacement (TAVR). The symposium was chaired by Dr. Khurram Moin, MD, FACC, who also serves as the Executive Director of APCNA. The Chairman of APPNA CME, Dr. Hussain Haidri, MD, played a crucial role in organizing this educational event. The symposium is named in honor of Dr. Shahbudin Rahimtoola, a renowned figure in the field of cardiovascular medicine.

The APCNA Fall 2023

The Keynote speaker: Dr. Mahwish Kassi



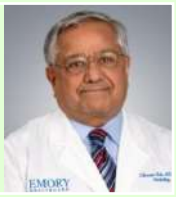
The APCNA had fall meeting on Saturday, November 18, 2023, at the Hilton Americas in Houston, TX. Key figures in APCNA leadership, such as Dr. Zubair M. Syed (President), Dr. S. Arman Raza (President-Elect), Dr. Mahwish Kassi (Secretary), and Dr. Danyal Khan (Treasurer), were instrumental in the event's organization. The meeting included a luncheon and an educational lecture on "Devices in Heart Failure" by Dr. Mahwish Kassi, who is an Assistant Professor of Cardiology at the Academic Institute at Houston Methodist and Weill Cornell Medical College. The event provided an excellent platform for APCNA members and cardiovascular specialists to engage and learn from each other.



Dr. Khurram Moin aand Dr. Arshad Rehan past presidents of APCNA enjoying with the current president Dr. Arman Raza.

APCNA Recognizes Dr. Tanveer Rab

Recognizing Dr. S. Tanveer Rab: A Pillar in Cardiology



The Association of Pakistani Cardiologists of North America (APCNA) is proud to recognize the remarkable achievements and stellar career of one of its founding members, Dr. S. Tanveer Rab. Dr. Rab is a distinguished Professor and Interventional Cardiologist at Emory University in Atlanta, Georgia, where his contributions to the field of cardiology have been monumental. He earned his medical degree in 1979 from the University of Karachi, Pakistan, and completed his residency in Internal Medicine at Henry Ford Hospital in Detroit, Michigan, from 1983 to 1986. His specialized training in Cardiology and Interventional Cardiology took place at Emory University between 1986 and 1990, where he joined the faculty in 1988 and has since played a pivotal role in educating and mentoring the next generation of cardiologists.

Dr. Rab has been a founding member of APCNA. He is Board Certified in Medicine, Cardiology, and Interventional Cardiology, and holds the prestigious titles of Fellow of the American College of Cardiology and the Society of Coronary Angiography and Interventions. His dedication to the field is evident through his extensive involvement in the training of general and interventional cardiology fellows at Emory University. Over the years, he has been a guiding force in shaping the careers of countless young cardiologists, sharing his vast knowledge and expertise through hands-on training and comprehensive teaching methods.

Currently, Dr. Rab serves on the Publications Committee and the Leadership Committee of the Interventional Section Leadership Council of the American College of Cardiology. As the chair of the complex angioplasty group, he has made significant contributions to advancing the field of interventional cardiology. His tenure as the former chair of the Interventional Section's publication committee saw him authoring or co-authoring twelve peer-reviewed articles, addressing critical issues within the interventional community. His recent appointment to the examinations writing committee for the subspecialty of Interventional Cardiology by the American Board of Internal Medicine (ABIM) further underscores his expertise and leadership in the field.

Dr. Rab's clinical research interests are both diverse and impactful, focusing on Left Main and coronary bifurcation interventions, various coronary atherectomy procedures, and the management of patients with cardiac arrest and cardiogenic shock. His work has sparked national and international discussions, leading to his participation in writing groups for consensus documents that shape clinical practice. Through his research and clinical practice, Dr. Rab has significantly advanced our understanding and treatment of complex cardiac conditions, earning him recognition and respect worldwide.

In celebrating Dr. Tanveer Rab's contributions to cardiology, APCNA honors not only his professional achievements but also his unwavering commitment to excellence in patient care and education. His legacy is one of dedication, innovation, and a lifelong passion for improving cardiac health outcomes, inspiring both his peers and the many cardiologists who have trained under his mentorship.

APCNA 2024

President: Syed Arman Raza, MD



Dr. S. Arman Raza

Dr. S. Arman Raza graduated from Dow Medical College in 2001 and pursued an Internal Medicine residency at Michigan State University followed by a General Cardiology and Interventional Cardiology Fellowship at Virginia Commonwealth University in Richmond, VA. Dr Raza has been in private practice in Houston, TX, and is a managing partner of a mid-sized cardiology group. In addition to his clinical practice, he serves as Core Faculty for the Internal Medicine residency program at the University of Houston/HCA Houston-Kingwood. He holds a Clinical Associate Professor title at the University of Houston as well. Dr Raza is a Fellow of the American College of Cardiology (FACC) and also a Fellow of the Society of Cardiovascular Angiography and Intervention (FSCAI). In addition, he serves on the Membership Committee as well as Membership Committee Liaison to the Structural Heart Disease Council of SCAI (Society of Cardiovascular Angiography and Intervention).

President: Syed Arman Raza, MD, FACC, FSCAI

The APCNA meetings & Events

APCNA's Current Cabinet 2024 -2025

APCNA I am honored and thrilled to extend my heartfelt congratulations to the newly elected APCNA cabinet for 2024-2025. As we embark on this exciting new chapter, I am filled with optimism and enthusiasm about the possibilities that lie ahead for our organization.

Each member of our new cabinet brings a wealth of experience, dedication, and a shared commitment to advancing the mission of APCNA. Dr. Danyal Khan, our Secretary, has a distinguished background in Pediatric Cardiology and Adult Congenital Heart Disease, with over two decades of service at Nicklaus Children's Hospital. Our Treasurer, Dr. M. Musa Khan, brings extensive expertise from his clinical and leadership roles at the Baylor College of Medicine and the Heart Institute of East Texas. With such a talented and dedicated team, I am confident in our ability to achieve new milestones.

Together, we will continue to build on the strong foundation laid by our predecessors, striving to enhance the professional development of our members, improve healthcare standards, and foster a spirit of collaboration and unity within our community. I am particularly excited to work alongside our new President-Elect, Dr. Mahwash Kassi, who brings a wealth of knowledge in Advanced Heart Failure and Transplant Cardiology, along with her extensive academic and clinical experience.

I am confident that with your innovative ideas, tireless efforts, and unwavering passion, we will achieve new milestones and set higher benchmarks in our endeavors. Let us work hand in hand to create impactful initiatives, meaningful projects, and lasting contributions to the field of healthcare.
I look forward to collaborating closely with each of you, drawing on our collective strengths and diverse perspectives to steer APCNA towards greater heights. Together, we will make a difference and leave a lasting legacy for future generations.



Dr. Arman Raza, president APCNA donating butterfly echoardiogram machine to Dr. Tahir Saghir, Executive Director of NICVD 2023

The APCNA Summer 2024

The Keynote speaker: Dr. Farzad Najam

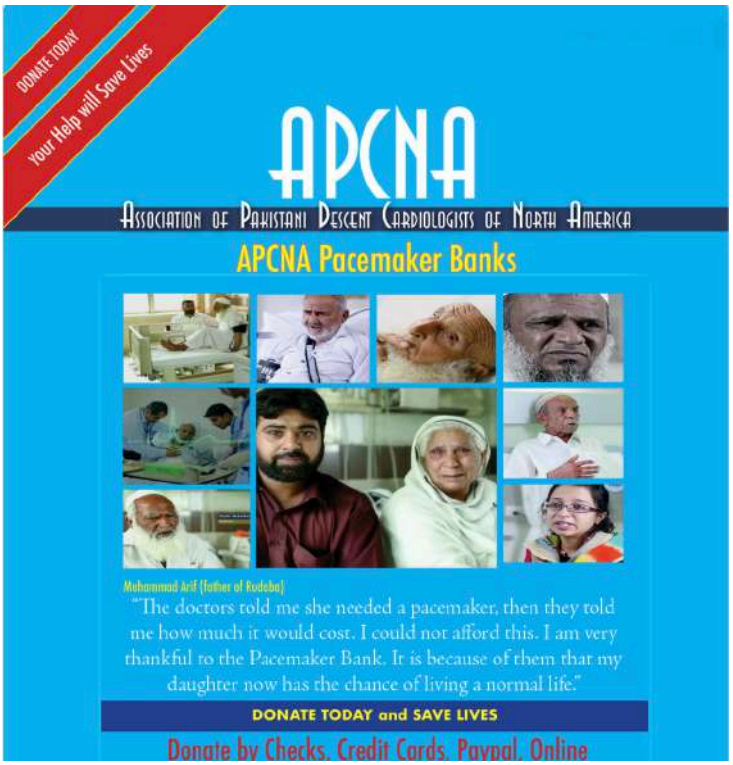


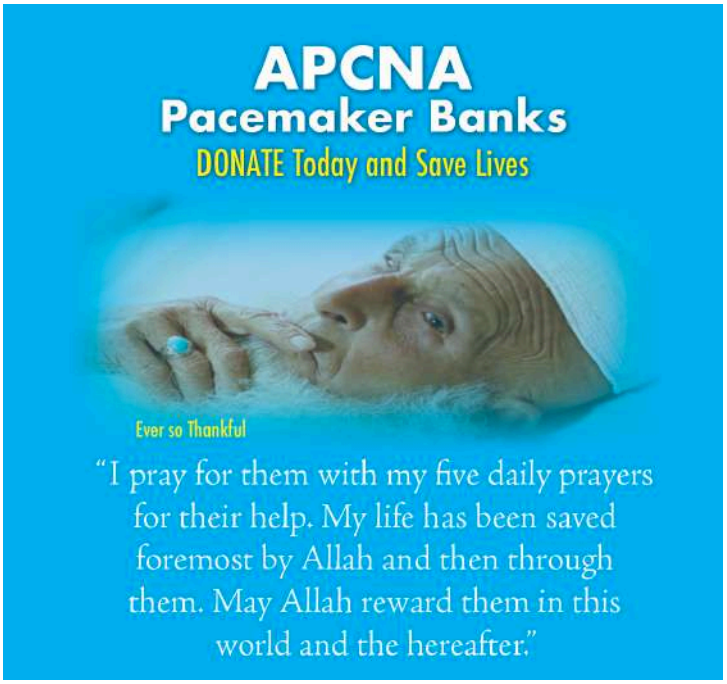
Dr. Farzad Najam is the Director of Cardiac Surgery and Clinical Professor of Surgery at The George Washington University Hospital. He is board certified in Thoracic Surgery. He specializes in cardiac surgery and has expertise in mitral valve repair surgery, surgery for atrial fibrillation, valvular heart disease, thoracic aortic diseases, Transcatheter aortic valve replacement (TAVR) and Extracorporeal Membrane Oxygenation (ECMO). The Annual Summer Meeting 2024 in Washington DC on Saturday, July 6th, 2024.

APCNA's Work Continues ...

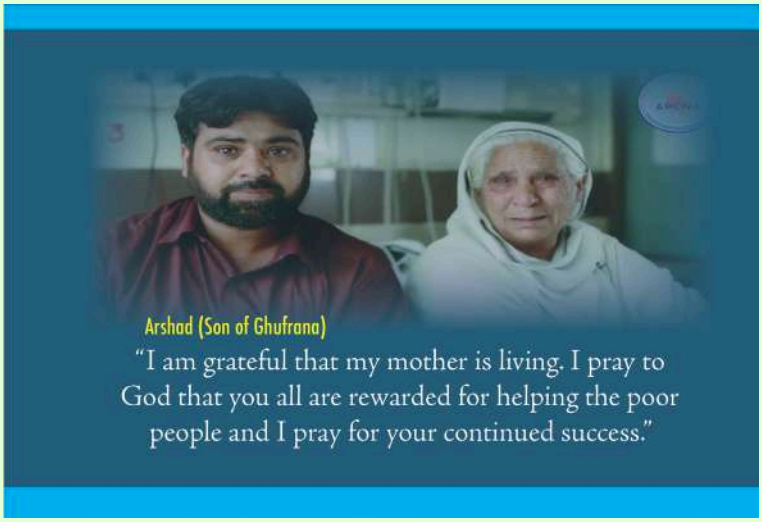
APCNA Pacemaker Bank and Cardiac Supplies donations are always needed.

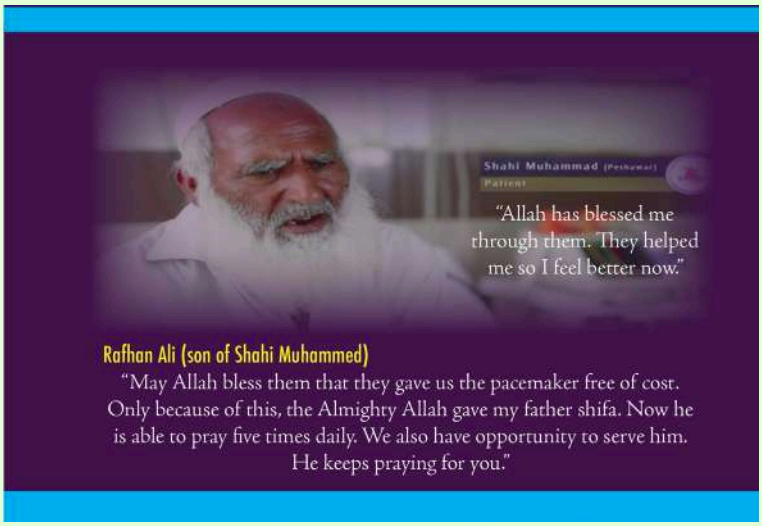
APCNA's work will continue and we ask to please consider making donations to these ongoing APCNA projects.





To Learn more about the APCNA Pacemaker Banks and Donations of cardiac supplies stents and related things please visit our website. Make a donation and make a diffence for the recipients and their families.







There are hundreds of patients who need your help. You can make a donation of $500 and save one patient's life and their entire family as you save a sole bread earner in these cases.

The impact is huge: -----> www.apcna.net





Dr. Baqir and Dr. Motem at the ACC



President APCNA and the Chairman host committee at work



APCNA at the ACC 2010 - Chicago

APCNA Presidents

From 2004 to 2024 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

2014 - 2015; Khurram Moin

2015 - 2016; Atique Mirza

2016 - 2017; Mushabbar Syed

2017 - 2018; Amin H. Karim

2018 - 2019; Naeem A. Khan

2019 - 2020 Saquib Samee

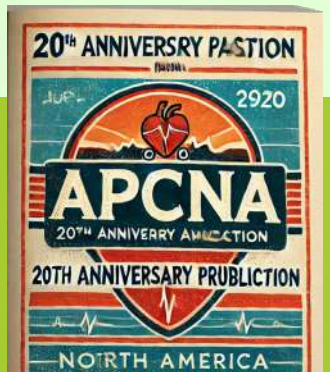
2020 - 2021; Maria Viqar

2021 - 2022; Marriyam Moten

2022 - 2023; Nadeem Ashfaque

2023 - 2024; Zubair Syed

2024- 2025; S. Arman Raza



APCNA
2004 - 2024

APCNA
A Journey Through the Years

Part II

Projects Landmarks and Events

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 Preventive Cardiology
7. APCNA Partners with U of Michigan - *Wamique Yusuf*
8. APCNA remebering the departed.
9. APCNA Handheld Echo project.

2004 2024

From the Archives - December 2007

APCNA Pacemaker Bank in Pakistan

by Wajid Baig, MD



Dr. Wajid Baig

Chairman APCNA Pacemaker Project and Liason with other professioanl 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 pubic 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

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 Yusafzai 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.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. I 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, Peshawartaken

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 as a doctor in Army and was an administrator of Mayo hospital in service & Khyber hospital in KPK post retirement. - Dr. Naeem Khan





From the Archives - March 2012

APCNA Leads the way in Providing

Life Saving Devices to the Deserving Patients in Pakistan



Dr. Wajid Baig

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

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 Heatbeat 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.

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

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.

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.

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.



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 Pacemaker Project

UPDATES 2024

2024

by Wajid Baig, MD and Maria Viqar, MD



Dr. Wajid Baig

Chairman APCNA Pacemaker Project and Liason with other professioanl organizations. Past president of APCNA



Dr. Maria Viqar

Co-Chairperson APCNA Pacemaker Project and Past president of APCNA

APCNA Pacemaker Bank - Updates June 2024

Pacemaker Bank Update June 2024
The report above was in 2020. The APCNA Pacemaker Bank has made many operational changes adapting to the realities on the ground:

- Maria Viqar, our Past-President and an Electrophysiologist is now a Co-Chair of the Pacemaker Bank. Her efforts and leadership have been exemplary and we are fortune to have her in this role.
- Pacemaker companies are not donating devices anymore. Their manufacturing protocols have changed where they only make devices real time and not in bulk and store them. We remember when the device representative would carry the devices in the trunk of the Car and give it to the hospital as needed. Now the device is shipped overnight.
- Then came COVID-19. This changed many things. Unfortunately, it did not change the fact that patients were still getting sick, but devices were not available.
- Pakistan was now under Medtronic administratively from Turkey. The MECAT (Middle East, Central Asia and Turkey) region was no longer the local regional headquarters. We knew their managers well, now we had to get acquainted with others.
- We continued to look for avenues to do our best in continuing efforts to donate devices and were able to negotiate with the new team at Medtronic. Dr. Atique Mirza, our Pat-President did a lot of hard work in making this possible.
- Since we do not get any more donated devices, APCNA members their friends and families are the source of our funding. Their generosity in keeping this life saving endeavor is truly heartwarming.
- Having looked at different companies and discussing with our colleagues in Pakistan, we decided that Medtronic is our best partner in Pakistan.
- We have negotiated new Prices for Devices, as one would expect, these are higher than our previous agreement.
- We collect the donations, transfer the funds to Medtronic and devices are delivered in batches of 10 to the hospitals that need them most.
- With the leadership from Past-President Saquib Samee, we added Tahir Heart Institute in Chenab, Punjab as an implanting site. Many of us have known and worked with Gen. Nuri who leads the Cardiac program at the hospital.

The need to help these deserving patients continues to grow. We are indebted to our donors for their response whenever we have approached them, they have responded. This marquee program of APCNA owes everything to our members and their donations.

Let us continue and grow this charitable project into the next decade. We have new leadership in APCNA. One can see how involved they are in continuing this project and looking in other ways to expand our charitable projects in Pakistan. A good example is the Stent-Bank project spearheaded by Kurram Moin, our Past-President and current Executive Director. I look forward to working with the dedicated team at APCNA continually expand our work as we look to establish more centers in Punjab and Baluchistan.

Mirza Wajid Baig MD
Maria Viqar, MD
APCNA Pacemaker Bank Project.

In Remembrance:

Gone But Never Forgotten, they Forever Live in Our Hearts.

Remembering Dr. Shahbudin Rahimtoola

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



Professor Rahimtoola passed away on December 10, 2018. Professor Rahimtoola was present at the first APCNA meeting in New Orleans when our Association was established. He was a Mentor to our Association. He personally brought cardiologists into our organization.

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.

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.

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.

In loving memory of our esteemed colleagues who have departed this world, we dedicate this page to honor their contributions and cherish their enduring legacy. Their unwavering dedication and tireless efforts significantly shaped our association, leaving an indelible mark on our hearts and minds. As we reflect on their achievements and the moments we shared, we are reminded of their invaluable presence and the positive impact they made within our community. Though they are no longer with us, their spirit and passion continue to inspire us. They will be profoundly missed, but their memory will forever remain a beacon of light in our journey forward.



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.

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



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.



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 BLS

by Marriyam Moten, MD



Dr. Marriyam Moten
Past president of APCNA

Collaborative Effort in Basic Life Support Training for Health Care Workers in Pakistan.

"Vision, leadership and commitment, led to make an impact on the training for Basic Life Support Program that will help millions."

Basic life support is offered by APCNA by Marriyam Moten MD, FACC, MPH, MHA, Professor of Medicine Loma Linda School of Medicine and University of California Riverside. She is the Chair of the APPNA MERIT cardiology committee section and past president of APCNA who emphasizes on education and primary prevention of cardiac disease.

This course is registered under the APPNA academy and is available for free for any medical students and recent graduates. It consists of 2 educational webinars of over 1.5 hours duration. These 2 educational lectures are meant to share knowledge among attendees about basic life support. Recognition of the need for CPR and the basic skills needed is also discussed along with discussions on how and when to use AED, relieve airway obstruction in anyone of any age, and basic treatment strategies as applicable in areas where the services are limited and where we as healthcare providers can make an impact on saving lives.

This course has per-lecture test questions, followed by a lecture and post-test for attendance with an explanation of the answer. Both the recorded lectures and slides are available online for review by the registrants.
These webinars when conducted online have well over hundreds of participants with live questions and answers sessions. Each webinar is held on demand with a live speaker, moderator, and panelists from Pakistan and USA.

These webinars have been very well received as noted by the number of registrants, and their active involvement in Q&As and online chat. In addition, these webinars have perked up the interests of the Pakistani medical colleges who encourage their students to attend these online webinars BEFORE they provide hands-on training in their respective institutions and issue appropriate BLS certification after successfully completing the hands-on training and multiple choice questions as required for certification. In addition, some physicians in Pakistan have now taken formal AHA courses and become instructors on their own after attending these webinars. This shows a positive impact of the role of APCNA to further and improve cardiac healthcare in Pakistan with no financial burden on APCNA.

APCNA continues to welcome those who are interested in propagating BLS courses in Pakistan. In addition, there is now a demand to provide an ACLS lecture webinar series for Pakistan which we plan to initiate in the coming years.



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 re-cycling 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 Collaboration on Peventive Cardiology

by n, MD

Collaborative Efforts in Preventive Cardiology in Pakistan: A Lifeline for the underprivileged.

«Vision, leadership and commitment, led to make an impact on the training

In 2023-2024

Preventive cardiology is a crucial field that focuses on reducing the risk of heart disease through early detection and lifestyle modifications. In Pakistan, where a significant portion of the population lacks access to basic healthcare, collaborative efforts in this field are making a profound impact. These efforts are particularly vital for underprivileged communities, which are disproportionately affected by preventable diseases due to limited resources and healthcare access.



One of the landmark achievements in this regard has been the enhanced collaboration with the National Institute of Cardiovascular Diseases (NICVD) in Karachi. This partnership has paved the way for significant advancements in preventive cardiology, benefiting countless individuals who previously had minimal access to healthcare.

Establishment of a Preventive Cardiology Clinic

A preventive cardiology clinic was established in suburban Karachi. This initiative aims to provide early diagnosis and intervention for cardiovascular diseases, focusing on lifestyle changes and medical management to prevent the progression of heart disease. The clinic serves as a model for similar initiatives across the country, highlighting the importance of preventive care in reducing the burden of cardiovascular diseases.



Preventive Cardiology Clinic team of AIPH-JSMU, NICVD and APCNA in Landhi, Karachi campus under the leadership of Prof. Hannah Asghar, finalizing patient's data collection forms aiming towards improving clinical outcomes.

Distribution of Handheld Echo Machines

Another significant milestone was the distribution of handheld echo machines to all 17 NICVD clinics across Sindh. This initiative, spearheaded by past president Dr. Nadeem Ashfaq Faruqui, has greatly enhanced the capacity for diagnosing and managing structural heart disease. These portable devices enable healthcare providers to perform echocardiograms, a critical diagnostic tool, even in remote and underserved areas. This capability is transformative, allowing for early detection and timely management of heart conditions, which can significantly reduce morbidity and mortality rates.

Impact on Underprivileged Communities

The collaborative efforts in preventive cardiology are having a remarkable impact on the lives of many deserving underprivileged individuals. By providing access to early diagnosis and preventive care, these initiatives are addressing the root causes of cardiovascular diseases. This approach not only improves individual health outcomes but also reduces the overall healthcare burden on society.

For underprivileged communities, who often face barriers such as financial constraints, lack of awareness, and limited healthcare infrastructure, these efforts are life-changing. The preventive cardiology clinic and the deployment of handheld echo machines are ensuring that quality healthcare reaches those who need it most. This comprehensive approach is crucial in bridging the healthcare gap and fostering a healthier population.

The Road Ahead

While significant progress has been made, the journey

APCNA, JSMU & NICVD



Inauguration of Prevnetive Cardiology Clinic.
Sitting L-R: Dr Rehana Siddique is Exec Director Appna institute of public health. Dr Arman Raza President APCNA. Dr Khawar Kazmi is HOD Preventive Cardiology NICVD, Dr Azam Khan is Registrar Jinnah Sindh Medical College. **Standing L-R:** Dr. Javed Suleman, Dr Hannah Asghar is head of cardio metabolic disease prevention in NICVD and head of preventive cardiology clinic which is a joint effort of AIPH - JSMU, NICVD and APCNA, Mr. Murtaza Wahab Mayor of Karachi, Dr Amjad Siraj Memon is Vice Chancellor of Jinnah Sindh Medical University and Dr Tahir Saghir is Executive Director of National Institute of Cardiovascular Diseases.

towards comprehensive preventive cardiology care in Pakistan continues. Ongoing collaboration among healthcare providers, government bodies, and international organizations is essential to sustain and expand these initiatives. Public health campaigns to raise awareness about heart health and preventive measures are also vital.

In conclusion, the collaborative efforts in preventive cardiology in Pakistan, particularly through partnerships with institutions like NICVD, are making a substantial



Preventive Cardiology Clinic Inaugurated by Barrister Murtaza Wahab, Mayor of Karachi on Tuesday, December 26th, 2023

Food Is Medicine

by Farrukh S. Malik, MD



Dr. Farrukh S. Malik

Dr. Mailk is a Heart failure Transplant Cardiologist at Vanderbilt University in Nashville. His interests include Neurohormonal modulation and inflammatory markers in advanced heart failure. He serves as a member of the Board of Governors (BOG), American College of Cardiology (ACC), and is the current Governor of ACC Tn. He is the co-chair of the ACC BOG task force for the Food in Medicine initiative.

Several recent studies have pointed out the positive impact of such strategies on improved healthcare outcomes and costs. Cumulative supportive data is adding to the movement to implement food and nutrition interventions in the prevention, management, & even reversal of chronic disease.

An apple a day!
Food for thought or Paradigm shift.

Chronic health conditions such as Diabetes, Hypertension, and Coronary artery disease account for significant healthcare costs, morbidity, and mortality. Healthcare expenditures increase exponentially with each chronic illness. The Centers for Disease Control and Prevention estimates that 90% of all healthcare costs in the United States go towards treating chronic disease, about 3.7 trillion dollars a year.

There is increasing evidence that a diet rich in processed foods, added sugar and salt contributes to several chronic health conditions. Diet-related chronic health conditions are the leading cause of death and disability in the United States and worldwide and account for almost 20% of mortality. This global epidemic of diet-related chronic disease, associated mortality, and their costs of care has prompted many health professionals to consider using food as a strategy for patient care and disease management.

Food is Medicine

Food is Medicine (FIM) is a broad initiative to prioritize integrating specific food and nutrition interventions with standard healthcare strategies in the management, prevention, and amelioration of chronic disease. FIM is focused on increased consumption of a variety of whole, minimally processed, plant-based foods and limited intake of highly processed foods rich in sugar, oil, and salt.

Food is Medicine Interventions.

Food is medicine interventions currently include three strategies. Medically tailored meals. Medically tailored groceries. Produce prescriptions.

Medically tailored meals:

These are fully prepared meals designed by a professional based on individual assessment of the patient. These recipients are with complex medical diagnoses such as HIV, cancer, or advanced Heart failure and are unable to shop or prepare meals.

Medically tailored Groceries:

Medically tailored groceries are non-prepared grocery items selected by a nutrition professional as part of a treatment plan. These are typically collected at a clinic or community point and prepared at home and are designed for recipients with cardiometabolic conditions such as diabetes mellitus, hypertension, and cardiovascular disease. The recipients can prepare food at home.

Produce Prescriptions:

Produce prescriptions include vouchers or debit cards for free or discounted produce. They are usually distributed by healthcare providers and restricted for produce purchases. They are appropriate for the broadest number of recipients for both disease prevention and management.

Elements for FIM Program Success

Clinician education:

Nutrition education is sub-optimally covered in medical curricula. Healthcare professionals receive less than 1% of lecture hours on this subject. For FIM initiatives to be equitably available to all patients, it is imperative that such education be a part of medical Curricula.

Research and Data:

Robust randomized trials are needed to study the long-term effects of FIM initiatives on health indices and costs of care. Similar studies are needed to study the comparative efficacy of different options on a long-term basis and address the scale and duration of such interventions.

Funding For FIM:

Widespread implementation of FIM programs would require sustainable funding, either private or Public. Positive data on FIM programs on costs of care for chronic disease would have a favorable impact on policy regarding healthcare spending on FIM as a viable part of integrated healthcare programs.

APCNA Handheld Echo Project

by Nadeem Ashfaque Faruqi, MD



Dr. Nadeem Ashfaque Faruqi

Dr. Nadeem Ashfaque Faruqi is the past president of APCNA 2022-20233







Dr. Nadeem Ashfaque Faruqi with Dr. Zahid Jamal and all the NICVD team with the Butterfly Handheld Echo equipment to be used in for the patients.

Background and Inception:

The Handheld Echo Project was initiated in March 2023 as a collaborative pilot project between the Association of Pakistani Cardiologists of North America (APCNA) and the National Institute of Cardiovascular Diseases (NICVD) in Karachi. The primary objective of this project is to address the significant gap in access to quick and accurate cardiac diagnostic services in remote and underserved areas of Karachi and Sindh.

Objectives

- **Rapid Cardiac Diagnosis:** To provide immediate and reliable cardiac assessments to patients in outpatient settings.
- **Accessibility:** To reach remote and underserved populations who otherwise have limited access to specialized cardiac care.
- **Efficiency:** To enhance the operational capacity of cardiac clinics by integrating portable echocardiography technology.

Implementation.

APCNA has equipped ambulatory cardiac clinics and outpatient departments (OPDs) run by NICVD with advanced handheld echocardiography probes. These devices are highly portable, making them ideal for use in varied clinical settings, including those with limited infrastructure.

- **Daily Operations:** Each handheld echo probe performs approximately 20-25 echocardiographic studies daily, significantly boosting the diagnostic throughput of the clinics.
- **Team Leadership:** The project is spearheaded by Dr. Sabah Bhatti of NICVD, along with a dedicated team of healthcare professionals committed to delivering high-quality cardiac care.

Services Provided

The project offers comprehensive echocardiographic evaluations, which include:

- **Assessment of Heart Function:** Evaluating the pumping efficiency of the heart.
- **Detection of Cardiac Abnormalities:** Identifying structural and functional abnormalities of the heart.
- **Monitoring Chronic Conditions:** Ongoing monitoring of patients with chronic cardiac conditions to manage and adjust treatment plans.

Expansion Plans

Given the success of the pilot phase, there are ambitious plans to expand the Handheld Echo Project across Pakistan. The expansion strategy includes:

- **Scaling Nationwide:** Extending the reach of the project to underserved communities throughout the country.
- **Training Programs:** Implementing comprehensive training programs for healthcare providers in remote areas to operate the handheld echocardiography devices effectively.
- **Partnerships:** Collaborating with additional healthcare institutions and organizations to support the expansion and sustainability of the project.

Impact

The anticipated impact of the Handheld Echo Project is substantial:

- **Improved Access to Care:** Bridging the gap in access to cardiac diagnostic services for remote and underserved populations.
- **Early Detection:** Enabling early detection and intervention for cardiac conditions, which can significantly improve patient outcomes.
- **Healthcare System Efficiency:** Enhancing the overall efficiency of the healthcare system by reducing the burden on centralized hospitals and providing timely care at the community level.

In summary, the Handheld Echo Project represents a significant advancement in the delivery of cardiac care in Pakistan, leveraging innovative technology to provide timely and accurate diagnoses to those who need it most.



APCNA Journey Through Time 2004 - 2024



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 100 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.

Echo and TEE workshops:

Annual workshops > 300 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.

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 250 devices implanted so far in the deserving patients who could not afford these devices.

CCU teaching rounds.

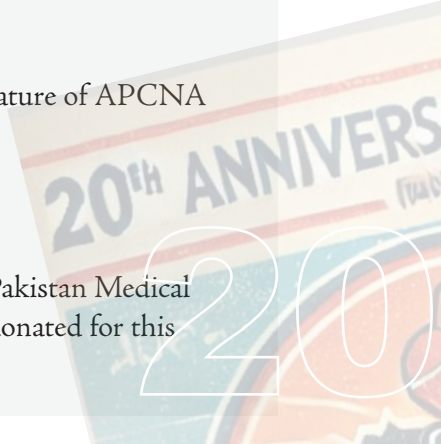
Annual sessions at various medical colleges in Pakistan

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 Twenty 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.



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 20 years in different hospitals in Pakistan. Interventional Cardiologists have performed hundreds of difficult PCI's in various institutions in Pakistan. 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.



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



Preventive Cardiology Clinic:
Collaborative Efforts in Preventive Cardiology in Pakistan:
A Lifeline for the underprivileged

APCNA Echo Project:
Collaborative Efforts with NICVD in Pakistan:
Handheld Echo for the underprivileged

Professor Jamil Tajik

Advisor APCNA

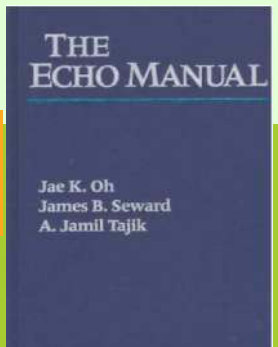


Prof. A. Jamil Tajik

Dr. A. Jamil Tajik is the Thomas J. Watson, Jr., Professor Emeritus in honor of Dr. Robert L. Frye and Chairman Emeritus of Zayed Cardiovascular Center, Mayo Clinic, Rochester, MN. Dr. A. Jamil Tajik graduated from King Edward Medical College in 1965. He is the former President of Aurora Cardiovascular Services, Aurora St. Luke's Medical Center in Milwaukee, Wisconsin.

He received the Mayo Clinic Department of Medicine Outstanding Mentorship Award in 2005. An Annual Tajik-Seward Echo Lectureship was established in 2006 by Mayo colleagues.

Every Cardiology Fellow would remember this Echo Manual during their training.



Recognizing Dr. Jamil Tajik.

As an advisor of APCNA since its inception, Dr. Tajik has provided continuous guidance and support, playing a crucial role in the organization's growth and success. On the occasion of APCNA's 20th Anniversary, we proudly recognize Dr. Jamil Tajik for his unwavering dedication and invaluable contributions to our community.

A distinguished cardiologist whose illustrious career has left an indelible mark on the field of cardiovascular medicine. After earning his medical degree from King Edward Medical College Lahore, Pakistan in 1965, he honed his expertise through a Residency and Fellowship in Cardiology at the Mayo Graduate School of Medicine. His commitment to excellence saw him appointed as a consultant in Cardiovascular Diseases at the Mayo Clinic, Rochester, MN, in 1972. His leadership and visionary approach were further demonstrated during his tenure as the echocardiography laboratory director from 1980 to 1992, and as chairman of the cardiovascular division from 1993 to 2002. Dr. Tajik's contributions continued as he joined Aurora Health Care in Wisconsin in 2010. A prolific member of professional societies, including the American Heart Association, American College of Cardiology, and the American Society of Echocardiography, he has played pivotal roles such as Chairman of the Electrocardiography Committees for both the AHA and ACC, and Chairman of the ACC's International Committee from 2001 to 2006.

Awards & Honors

Throughout his career, Dr. Tajik has been honored with numerous awards and recognitions that reflect his outstanding contributions to cardiology. Dr. A. Jamil Tajik has received awards and special recognitions including the Distinguished Alumnus Award presented by the King Edward Medical College Alumni Association (North America) in 2000. He received the Medal of Merit in 2001 from the International Society for Heart Research. He was named the Distinguished Fellow of the American College of Cardiology in 2003. He also received the Echo Pioneer Award in 2003. Dr. Tajik was presented the Medal of Excellence by His Majesty the late King Hussein of Jordan in 1996. He was inducted as an Honorary Fellow in the Hungarian Cardiac Society in 2003, the Mexican Cardiac Society and the Italian Cardiac Societies in 2005 and the Japanese College of Cardiology in 2008. He received the prestigious Ellis Island Medal of Honor Award in 2005. He was elected as a Fellow of the International Academy of Cardiovascular Sciences in July 2005. He was an invited participant in the Clinton Global Initiative Conference in September 2005. He received the Mayo Clinic Department of Medicine Outstanding Mentorship Award in 2005. An Annual Tajik-Seward Echo Lectureship was established in 2006 by Mayo colleagues. Japanese Society of Echocardiography honored him by establishing the Annual A. Jamil Tajik Young Investigator Award in 2008. Dr. Tajik received the "Lifetime Achievement Award" of the American Society of Echo in June 2009.

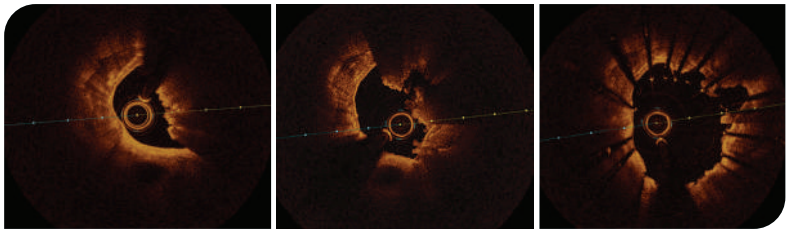
Dr. A. Jamil Tajik is an active member of professional societies and organizations including the American Heart Association (AHA), American College of Cardiology (ACC), American Society of Electrocardiography (ASE), International Society of Cardiovascular Ultrasound (ISCU) and Heart Valve Society of America (HVSA). He served as the Chairman of the Electrocardiography Committees for both the AHA and ACC. He was the Chairman of the ACC's International Committee from 2001-2006. He is a member of the Editorial Board of 10 prestigious cardiology journals.

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The Scholar Among Us

Amin H. Karim, MD, MRCP (UK) FACC, FACP, FRCP (Edin)



Dr. Amin H. Karim

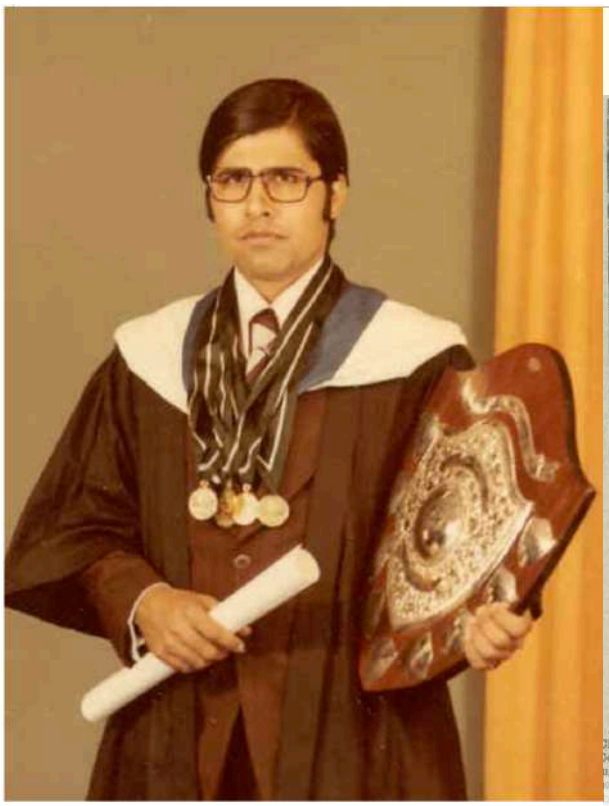
Dr. Karim graduated from Dow Medical College in 1977 securing the highest honors one can get. Seven Gold Medals covering almost all disciplines of medicine. The feat no one has achieved before. Dr. Karim received M.R.C.P (UK) in 1981, and F. R. C. P (Edin) in 1998. He completed his Internal Medicine Residency from Sinai Hospital of Baltimore, and Cardiology Fellowship from the Baylor College of Medicine in 1987

Recognizing Our Past President - Amin H. Karim

Entering medical school in the fall of 1977 brought a wave of enthusiasm, elation, and a profound sense of accomplishment. Immersed in the vibrant environment of Dow Medical College, one of the most distinct memories from those early days was the convocation held for the graduating class of 1977. This was not just our first Dow Medical College convocation but a profoundly inspirational event.

What made this convocation particularly memorable was the extraordinary achievement of one Dow graduate, who was decorated with seven gold medals. As fresh medical students, we were in awe, trying to catch a glimpse of this outstanding graduate and lining up to shake hands with him. Although we had only been at Dow for a few months, we witnessed one of the most scholarly achievements imaginable. This display of dedication and hard work became a powerful source of inspiration for all of us, setting a high standard and motivating us to strive for excellence in our own medical journeys..

Awards & Honors



Dr. Amin H. Karim holding a prestigious Dow Shield of Honor at the Dow Convocation. **January 1978**

Far Right: A section of the Dow Graduates taking oath in chorus at the 3rd annual convocation of the Dow Medical College yesterday. On right extreme (in front row) is Dr. Amin Haji Karim who topped in final/professional M.B.B.S. examination with honours in medicine, surgery, gynaecology, eye, and hour and createn am all-time record of winning seven gold medals.-Dawn photo.

DAWN - January 20, 1978



A section of the Dow Graduates taking oath in chorus at the 3rd annual convocation of the Dow Medical College yesterday. On right extreme (in front row) is Dr. Amin Haji Karim who topped in final/professional M.B.B.S. examination with honours in medicine, surgery, gynaecology, eye, and ENT and created an all-time record of winning nine gold medals.—Dawn photo.

Serve patients with devotion

Call to new doctors

By Our Staff Reporter

Justice Agha Ali Haider, Acting Chief Justice of the Sind High Court, advised the doctors entering the profession to give a sympathetic hearing and a smile to the patients and serve the ailing while Dr. Sibtain Jilani stood third in the merit list and was also awarded gold medals for his honours in Surgery and Gynecology.

Dr. Ehsan Rashid, Vice-Chancellor, opened the Convocation.

Mr Azizur Rahman, President of the Dow Students Union while wel-

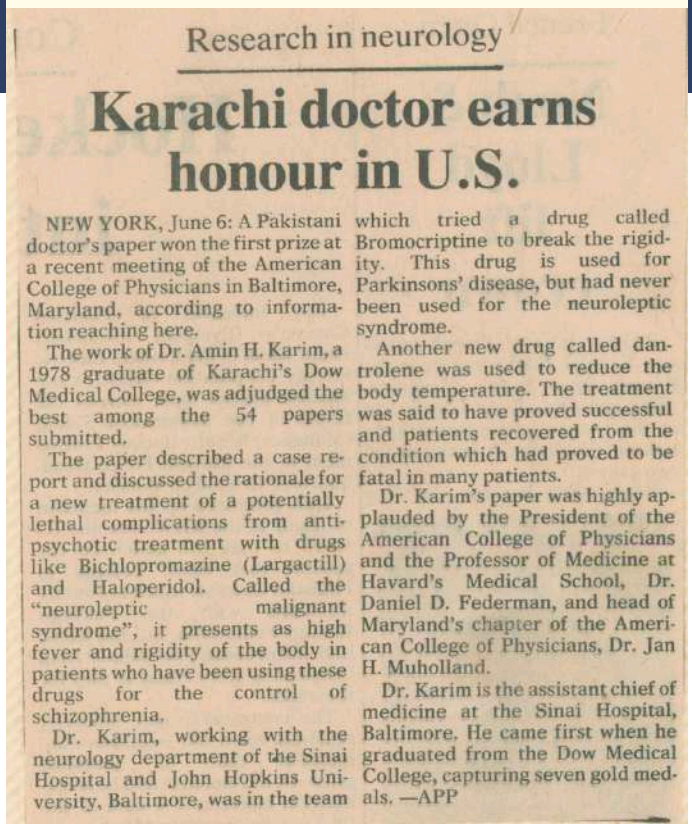
Film and TV Training Academy soon

A film and television training academy is proposed to be set up in the country by the Ministry of Information and Broadcasting in collaboration with the Ministry of Culture. This was stated by Mr Zahur Azar, Federal Information Secretary, while distributing the best TV commercial awards for 1976-77 at a function held in

Truly A Renaissance man

Amin H. Karim, MD

DAWN - June 7, 1983



Research in neurology

Karachi doctor earns honour in U.S.

NEW YORK, June 6: A Pakistani doctor's paper won the first prize at a recent meeting of the American College of Physicians in Baltimore, Maryland, according to information reaching here.

The work of Dr. Amin H. Karim, a 1978 graduate of Karachi's Dow Medical College, was adjudged the best among the 54 papers submitted.

The paper described a case report and discussed the rationale for a new treatment of a potentially lethal complications from antipsychotic treatment with drugs like Bichlopromazine (Largactill) and Haloperidol. Called the "neuroleptic malignant syndrome", it presents as high fever and rigidity of the body in patients who have been using these drugs for the control of schizophrenia.

Dr. Karim, working with the neurology department of the Sinai Hospital and John Hopkins University, Baltimore, was in the team which tried a drug called Bromocriptine to break the rigidity. This drug is used for Parkinsons' disease, but had never been used for the neuroleptic syndrome.

Another new drug called dantrolene was used to reduce the body temperature. The treatment was said to have proved successful and patients recovered from the condition which had proved to be fatal in many patients.

Dr. Karim's paper was highly applauded by the President of the American College of Physicians and the Professor of Medicine at Havard's Medical School, Dr. Daniel D. Federman, and head of Maryland's chapter of the American College of Physicians, Dr. Jan H. Muholland.

Dr. Karim is the assistant chief of medicine at the Sinai Hospital, Baltimore. He came first when he graduated from the Dow Medical College, capturing seven gold medals. —APP

GlobeMedic: www.GlobMedic.org

Dr. Amin H. Karim is a Founder and Editor-in-Chief of Globemedic Knowlegde Institute. GlobeMedic started as an email group in 2003 when the eList of the Association of Pakistani-Descent Cardiologists of North America (APPNA) was closed down (a decision of the Association to avoid conflicts of interest and to dissociate from the views of the email writers). GlobeMedic provided a freelance email forum for the members and non members of APPNA to express their views and experiences. The group was initially under Yahoo Groups and when Yahoo decided to get out the email groups, it was transferred to Google Groups. It continues to exist as globemedic@googlegroups.com with Amin H. Karim as its founder and moderator. Subsequently, a closed GlobeMedic Facebook group was established as well as a busy WhatsApp chat group where membership is by invitation.

MISSION: To impart knowledge based on the experience of practicing physicians and surgeons and other professionals, in an informal manner. Not all patient encounters, thoughtful diagnostic workups of patient problems, innovative and skillful procedures and surgeries make it to published case reports. This website will allow the busy practitioner to share his/her experience and procedure details for others to know about.

Truly a Renaissance Man: Dr. Amin H. Karim

In the fall of 1977, a fresh cohort of medical students entered Dow Medical College, filled with enthusiasm and a sense of accomplishment. They saw and Dr. Amin H. Karim, who would go on to set an unparalleled standard of excellence. At the convocation for the graduating class of 1977, Dr. Karim was decorated with seven gold medals, a feat that covered almost all disciplines of medicine and had never been achieved before. This extraordinary accomplishment became a source of inspiration for his peers and juniors alike, showcasing the dedication and hard work required to excel in the field of medicine.

Dr. Karim's pursuit of excellence did not stop at Dow Medical College. He went on to earn his M.R.C.P (UK) in 1981 and F.R.C.P (Edin) in 1998. He completed his Internal Medicine Residency at Sinai Hospital of Baltimore and a Cardiology Fellowship at the prestigious Baylor College of Medicine in 1987. His career in cardiology has been marked not only by his clinical expertise but also by his commitment to teaching and mentoring the next generation of cardiologists. Dr. Karim has been at the forefront of cardiology practice, contributing significantly to both patient care and medical education.

Beyond his professional achievements, Dr. Karim embodies the true spirit of a Renaissance man. His interests and skills extend far beyond cardiology. He has been deeply involved in community development and his medical school alumni class's philanthropic projects. His mastery of computers, photography, blogging, and web development has enabled him to organize and catalog photography and knowledge base bring together diverse groups of professionals for the exchange of ideas and professional development. Through these efforts, he has created a unique community called "GlobeMedic," which serves as a platform for global medical professionals to connect and collaborate.

Dr. Amin H. Karim's multifaceted talents and accomplishments illustrate the breadth of his proficiency and knowledge across various fields. His ability to excel in medicine while also engaging in community service, technology, and the arts underscores the Renaissance ideal of a well-rounded individual. Dr. Karim's legacy is one of relentless pursuit of knowledge, dedication to his profession, and a commitment to improving the world around him, making him a true Renaissance man in every sense of the term.

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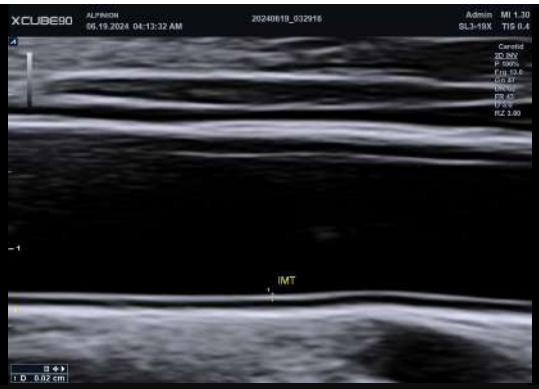
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