

APCNA

ASSOCIATION OF PAKISTANI DESCENT CARDIOLOGISTS OF NORTH AMERICA

e-Newsletter - Spring 2019

Volume 14, Number 1



APCNA meetings, members, guests and volunteers over the years.

APCNA
SPRING 2019

APCNA

President's Message



Naeem A. Khan, FACC
President APCNA
2018-2019

Dr. Khan graduated from Khyber Medical College in Peshawar Pakistan in 1973. He finished Internship at Roger William Hospital in Providence, RI, in 1977. In 1980, completed medical residency in Worcester, MA. In 1982, completed 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 work, APCNA Humanitarian Activities, and KKE, Khpal Kor Foundation for Orphan Children.

APCNA's Collaborative Work must go on

Dear APCNA friends,

Another year has gone by in the history of Association of Pakistani Descent Cardiologists of North America. It was a very busy year, the work of the organization must go on. With the active teamwork that has developed over the years the APCNA Executive committee held its monthly meetings and we continued on many projects.

We have had a successful APCNA summer meeting in Dallas, TX in July 2018. The detailed reports provided in this issues. APCNA's winter meeting in Pakistan was also a very productive meeting. We have prepared a report on all the activities we had in December 2018 in Pakistan. We are happy to report that APCNA's collaborative work is as strong as ever and the work must go on.

For the future, I see APCNA continuing to grow in numbers and activities. APCNA in competent hands our future is great with these potentials of our new cabinet and executive committee members. We encourage younger cardiologists to take interest in APCNA please let Saquib know what committees you want to be on so we have more participation and make future of APCNA great. Thanks to all that supported me last year in completing my year as president we are all a family. Please support APCNA humanitarian activities. We request each member making an effort to enroll their colleagues and trainees and making sure they understand how we differ from other expatriate alumni groups in being free of politics and show.

I wish the best to the leadership taking over and hope and pray they achieve new milestones. APCNA.

Naeem A. Khan, MD, FACC
President APCNA
2018-2019

APCNA

New Office Bearers APCNA

2019-2020



Membership:

APCNA Membership varies from 150 to 200 depending on the annual renewal of membership. There are 130 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 2019-2020

Saquib Samee, MD, FACC

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-Elect 2019-2020

Maria Viqar, MD, FACC

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 variety of educational programs in Pakistan as part of many APCNA's initiatives. She has been instrumental in developing EP training program for the cardiologists in various institutions across Pakistan.



Secretary

Marriyam Moten, MD, FACC

Dr. Marriyam Moten is a clinical cardiologist at Loma Linda VA Healthcare System, Loma Linda, CA. Born in Hyderabad Sind and raised in East Pakistan, she completed her undergraduate education from Nazareth College, Hyderabad Sind achieving first position in HSC among girls in 1973. She graduated from Dow Medical College in December 1980 before moving to USA in 1981. She then did a year of clinical research as Research Associate at Cardiac Arrhythmia Center, Northwestern University, Chicago, Illinois. Northwestern University in cardiac arrhythmias before completing her internal medicine residency at Cook County Hospital, Chicago, Ill in 1985. She completed her first year of clinical cardiology fellowship at Jewish Hospital of St. Louis at Washington University, St. Louis, MO. This was followed by 2 years of Clinical Cardiology Research Fellowship in non-invasive cardiology in the department of echocardiography followed by her last year of clinical cardiology fellowship both at TUFTS University School of Med, New England Medical Center, Boston, MA ([see more](#)).



Treasurer

Muhammad Raza, MD, FACC

Dr. Raza graduated in 2000 from Punjab medical college, Faisalabad. He was a gold medalist and the best graduate, completed training in internal medicine, cardiovascular medicine and interventional cardiology at Drexel University College of Medicine (Former Hahnemann University Hospital) Philadelphia, PA in 2010. Raza, specializes in advanced interventional cardiology procedures, high risk and complex coronary interventions, a wide variety of endovascular revascularization procedures including limb salvage, EVARs, structural heart interventions including PFO/ASD closures, PVL repairs, TAVRs, mitralclips and watchman implantations. Currently, director of cath lab, serves associate program director of interventional cardiology fellows course by CVI Philadelphia and member of steering committee for structural heart session of C3 meeting. Raza has been working with APCNA since 2006 and has visited Pakistan along with APCNA team for training and education of fellows in Pakistan.

Cardiology Legend Passes Away



Prof Shahbudin Rahimtoola
Died on December 10, 2018

Pakistani-American cardiologist,
professor, teacher, educator,
researcher, mentor and much
more...

**Prof. Rahimtoola also served
on the editorial board of
the Journal of the American
College of Cardiology.**

**His credentials stand at 1420
national and international
presentations and lectures -
11 edited textbooks and 513
scientific articles published
-these include 120 book
chapters, 316 original and
other scientific articles along
with 67 editorials..**

Professor Shahbudin H. Rahimtoola MD MACC 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. Always there to help us promote our organization. He personally brought cardiologists into our organization.

Background:

He was born in Bombay and moved to Karachi. Professor Rahimtoola graduated from Dow Medical College in 1954. After completing house job at the Civil Hospital for three years he proceeded to United Kingdom for further education. He received the MRCP from the Royal College of Physician of Edinburgh in 1963 and he was awarded the Fellowship [FRCP] in 1972. In 1963 Prof. Rahimtoola moved to the United States. He was initially associated with the Mayo Clinic. Moved to Chicago and was Associate Professor of Medicine at the University of Illinois and Chief of Cardiology, Cook County Hospital from 1969 to 1972. He was then appointed as Professor of Medicine at the University of Oregon – a post he held from 1972 to 1980. He then moved to California where he was Chief of the Division of Cardiology at University of Southern California from 1980 till 1992. In 1984 he became the first George C. Griffith Professor of Cardiology. In 1993 he rose to become Distinguished Professor at the Keck School of Medicine, University of Southern California. During the 1990s he also served as Chairman of Council on Clinical Cardiology at the American Heart Association. He was Trustee of the American College of Cardiology.

Prof. Rahimtoola also served on the editorial board of the Journal of the American College of Cardiology. His credentials stand at 1420 national and international presentations and lectures - 11 edited textbooks and 513 scientific articles published -these include 120 book chapters, 316 original and other scientific articles along with 67 editorials.

Prof. Rahimtoola is best known for his work in valvular heart disease, coronary artery disease, results of cardiac surgery, and arrhythmias along with cardio-myopathy and congenital heart disease.

He remained the Editor-in-Chief of Current Topics in Cardiology, a book series dedicated to research and publication for Physicians. He has also served as Editor of Modern Concepts of Cardiovascular Disease [publication of the American Heart Association] and Clinical Cardiology [publication of JAMA].

He served on the editorial board of the Journal of the American College of Cardiology. His credentials stand at 1420 national and international presentations and lectures - 11 edited textbooks and 513 scientific articles published -these include 120 book chapters, 316 original and other scientific articles along with 67 editorials.



Dr. Rahimtoola in 1953, Dow Magazine

Patron

He was instrumental in founding of APCNA. He was the chairman of board of trustees then became the patron of the organization.



Dr. Rahimtoola addressing at the inauguration meeting of APCNA



On March, 7th, 2004 - Inaguration APCNA, from L-R; Dr. Fazal Rehman, Dr. Javed Suleman, Prof Rahimtoola, Prof Jamil Tajik, Dr. Mohyudin.

Prof. Shahbudin Rahimtoola has been termed as a 'contemporary giant' in field of Muslim contribution to medical research. Has also been labelled as 'Cardiologist of the World' and 'Father of Research' by the European Heart Journal in 2013. Mayo Clinic's all-time top fifty practitioners list includes Prof. Shahbudin Rahimtoola.

The FDA awarded him the Harvey W. Wiley Medal. Prof. Rahimtoola was recipient of the William Osler Award from the University of Miami He received the Gifted Teacher Award from the American College of Cardiology in 1986. In 1989 he was the recipient of the James B. Herrick Award from the American Heart Association. In 1996 was awarded the Melvin L. Marcus Memorial Award from the International Society of Heart Failure.

He was conferred the Master of the College from the American College of Cardiology in 1999. The ACC further conferred on him the Distinguished Scientist Award in 2001. In 2000 was conferred the Hamdan Award in the Middle East.

In 2002 was awarded the D.Sc. (Hon) by the University of Karachi in a ceremony held at the Governor House. In 2009 the European society of Cardiology awarded him the Gold Medal for his outstanding contribution to the development of Cardiology. This was followed by the American College of Cardiology honoring Lifetime Achievement status in 2013. APCNA is honored to have known him as someone who went out of his way to promote our organization.

He will be missed by the worldwide community at large and especially by all of us at APCNA Executive Committee, APCNA

In 2006



Dr. Rahimtoola with Dr. Spencer King and Dr. Sultan Ahmad.

Cardiologist of the World

Prof. Shahbudin Rahimtoola has been termed as a 'contemporary giant' in field of Muslim contribution to medical research. He has also been labelled as 'Cardiologist of the World' and 'Father of Research' by the European Heart Journal in 2013. Mayo Clinic's all-time top fifty practitioners list includes Prof. Shahbudin Rahimtoola.

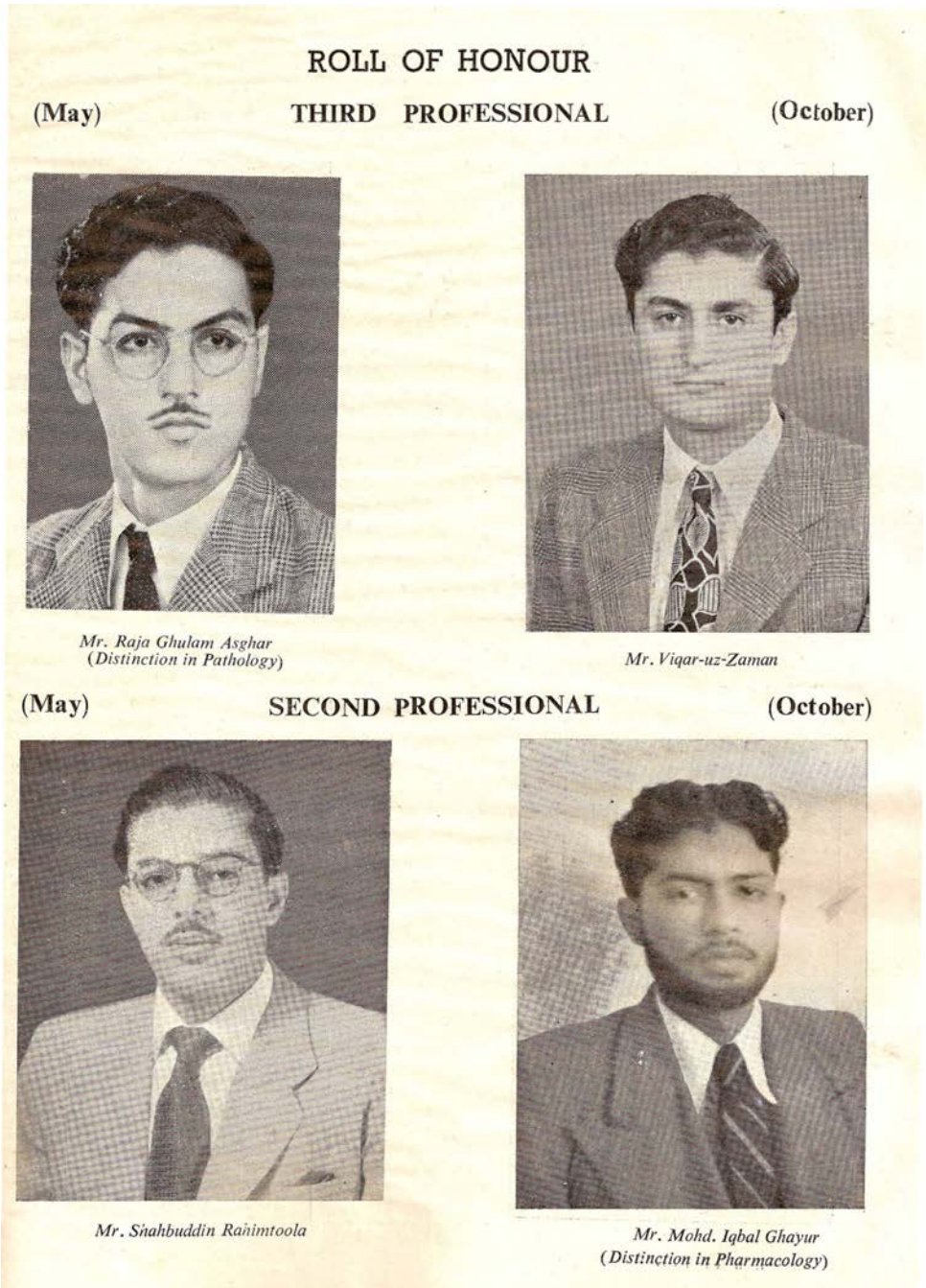
Dow Class of 1954 - Graduated with Honour



Prof Shahbudin Rahimtoola
Died on December 10, 2018

Pakistani-American cardiologist, professor, teacher, educator, researcher, mentor and much more...

He remained the Editor-in-Chief of Current Topics in Cardiology, a book series dedicated to research and publication for Physicians. He has also served as Editor of Modern Concepts of Cardiovascular Disease [publication of the American Heart Association] and Clinical Cardiology [publication of JAMA].



The page from the Dow Archives, a 1953 annual Dow Magazine honoring the distinguished Dowites on their academic achievements.

Distinguished Professor

In 2002 was awarded the D.Sc. (Hon) by the University of Karachi. In 2009 the European society of Cardiology awarded him the Gold Medal for his outstanding contribution to the development of Cardiology. This was followed by the American College of Cardiology honoring Lifetime Achievement status in 2013.



Keck School of Medicine

Division of Cardiology

Shahbudin H. Rahimtoola,
MB, FRCP, MACP, MACC
 Distinguished Professor
 University of
 Southern California
 George C. Griffith Professor
 of Cardiology
 Professor of Medicine
 Keck School of Medicine
 of USC

June 12, 2002

Rizwan A. Karatela, M.D.
 President, DOGANA 2001-2002
 11242 Edgewater Circle
 Burlington, FL 33414

Dear Dr. Karatela:

I have just received a copy of Dow-Link.

I thought you might be interested to know that:

- 1) I was given the Doctor of Science (D.Sc.) (Honoris Causa) from the University of Karachi at a Special Convocation held at the Governor's House, Karachi by Mr. Mohammadmian Soomro, Governor of Sindh and Chancellor of the University of Karachi on Thursday, May 30, 2002; and
- 2) I gave the third Khwaga Muin Memorial Lecture at SIUT (Sindh Institute of Urology and Transplantation), Dow Medical College, May 31, 2002. I also toured part of DOW accompanied by the Dean of Dow Medical College.

I am enclosing copies of some of the events.

With kind regards,

Sincerely yours,

Shahbudin H. Rahimtoola, M.D.

lc

cc: Mustaq Khan, M.D.
 Itafat Alavi, M.D.

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APCNA EVENTS 2018-2019



Naeem A. Khan, FACC
President APCNA
2018-2019



Association of Pakistani-Descent Cardiologists of North America

For Details and Registration:

Naeem Khan, MD
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Past President APCNA
(713) 797-9955

Maria Viqar, MD
Secretary APCNA
(586) 925-1607

Mariyam Moten, MD
Treasurer APCNA
(347) 409-4966

July 7th, 2018
The Hilton Anatole
2201 North Stemmons Freeway, Dallas, TX

Saturday, July 7th, 2018

Room: CORNADO - B

PROGRAM

15th Annual Summer Meeting

Saturday, July 7th, 2018
12:00 noon to 1:30 pm

APCNA Reports, GB Meeting & Luncheon

Educational Lecture:

Tony S. Das, MD, FACP, FACC

Dr. Das is the director of peripheral interventions at Texas Health Presbyterian Hospital Dallas. He serves as a national proctor, teaching physicians the techniques of endovascular therapy and coronary and peripheral vascular laser therapy through weekly demonstration courses. He also serves on the advisory council for several cardiology catheter companies, actively involving himself in clinical research.

All APCNA members and all physicians with Cardiovascular specialty are invited to the APCNA summer meeting



APCNA 14TH ANNUAL MEETING

APCNA Annual Meeting at ACC At the ACC Convention

Del Frisco's

9150 International Dr, Orlando, FL 32819

Saturday, March 10th, 2018

Social Hour 6:00 pm

APCNA Annual General Body Meeting 6:30 pm

APCNA Keynote Address 7:00 pm

MARCH 10TH, 2018

Del Frisco's

9150 International Dr, Orlando, FL 32819

Guest of Honor

Dr. Samin Sharma

Dr. Sharma joined The Mount Sinai Hospital in 1990 where he is currently the Director of Interventional Cardiology (since 1996), Director of Clinical Cardiology (since 2011), Dean of International Clinical Affiliations (since 2011), President of Mount Sinai Heart Network (since 2011) and is the Zena and Michael A. Wiener Professor of Medicine, Cardiology (since 2002). He has authored over 200 articles, 420 abstracts, 15 book chapters and three books to his credit. received his medical degree from S.M.S. Medical College in 1978, Jaipur, India, where he was ranked the number one student in his medical school and State University receiving eight gold medals and five honors.



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 Activities December 2018

APCNA Winter Meeting and Activities in Pakistan



Dr. Wajid Baig

Chairman APCNA
Pacemaker Project and Liason
with other professiona
organizations.

APCNA members have always been committed to participate 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.

Hyatabad Medical Center, Peshawar

Dr. Naeem Khan, President APCNA visited Hyatabad 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.

The APCNA President also has had preliminary discussions with the administration of Hyatabad Medical Center and Dr. Arshad Rehan on the possibility of organizing the APCNA Winter meeting in 2019 at Hyatabad. This will be presented to the EC for their consideration

National Institute of Cardiovascular Diseases (NICVD)-APCNA CME Program

This was the major APCNA event of winter 2019 in Pakistan.

Prof. Zahid Jamal at a very short notice arranged a very well attended CME program at the Campus. This was one of the most well attended CME programs conducted by APCNA with our Local hosts. Dr. Javed Suleman Presented



December 2018

APCNA meeting in Pakistan.
Local faculty

APCNA & APPNA members to share knowledge, hands on experience, and information on diagnosis focusing on management of acute stroke care and early detection, prevention, and treatment of cardiovascular complications by improving measures to control diabetes.

“Major Advances in Interventional Cardiology 2018”, Dr. Assad Khan (Asst. Director Interventional Cardiology Program, Mount Sinai Medical Center, NY) presented “Major Advances in Structural Heart Disease Management”. Dr. Baig presented, “Nuclear Cardiology, Essential to management of Ischemic Heart Diseases”. The Q and A session was very lively. Prof. Naveed Qamar, Executive Director of NICVD appreciated the work done by APCNA over the years and presented the speakers with shields of appreciation.

NICVD-APCNA Initiative on Primary Prevention

Dr. Javed Suleman and Prof. Naveed Qamar formally discussed the possibility of establishment of a program to promote Primary Prevention of Cardiovascular Diseases in Pakistan. This is an initiative that APCNA has tried very hard over the years to start in Pakistan. Several years ago a delegation of APCNA Members had also met with the President of Pakistan to discuss this idea, unfortunately it did not materialize. There is now a new concerted effort being launched by NICVD who have requested Dr. Suleman to work with them on this initiative

Heart Walk

A very successful Heart Walk was arranged at Sea View in Clifton Karachi. This was done to highlight the importance of Heart Healthy Habits and Importance of Primary Prevention.

This walk was arranged jointly by NICVD-APCNA and Nixxor College, Karachi. This is one of the most highly regarded educational institutions in Karachi.

In addition to Students from JSMU, Cardiology Post graduate staff of NICVD,



APCNA Winter Meeting 2018

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, Prof. Lubna Baig, Chair APNNA Institute of Public Health and Mr. Nadeem Ghani, the Principal of Nixxor College.

Prof Zahid Jamal, Prof. Naveed Qamar and Dr. Javed Suleman addressed the attendees on the importance of daily exercise and healthy habits. There was excellent Security Provided by the Local Police and Rangers; The event was covered by Express News where Dr. Suleman was able to address a much larger audience as well

INDUS Hospital Karachi



Dr. Javed Suleman participated in multiple procedures and performed high risk interventions with local faculty/Dr. Imran Ifthikhar

Drs. Suleman, Assad Khan and Dr. Baig met with the CEO and other faculty members to discuss various ways in which we can participate in joint training

programs for the Post Graduate and Junior Faculty at Indus. A recommendation is to formalize a process where at periodic intervals with advanced scheduling APCNA members participate in procedures at the Indus Cath. Lab

Dr. Baig had meetings with Dr. Abdul Bari Khan, CEO Indus Hospital and Dr. Naila Baig Ansari Chair, Indus Hospital Research Center to discuss the “My Heart Your Heart” project between The University of Michigan –Indus Hospital-APCNA. The final details are being worked out. Awaiting approval from Drug Regulatory Authority of Pakistan (DRAP)

Drs. Suleman and Dr. Baig toured the new facilities being built at Indus Hospital to expand care in all fields of Medicine and Pediatrics. The state of the art Automated Laboratory System was inaugurated that day. This facility cost several millions of dollars donated primarily by one donor and his family.



APPNA Health Care Summit 2018/ DOGANA Winter Meeting

Dr. Tariq Shahab presented a CME Lecture at the APPNA Winter meeting held at SIUT

Dr. Baig attended the DOGANA Winter Meeting at Arag Auditorium Dow Medical College.

Nixxor College “Healthy Heart Seminar”

Prof. Zahid Jamal, Dr. Baig and Dr. Qamar presented talks on Prevention of Heart Disease. The latest AHA Guidelines were discussed with students of Nixxor College. Special emphasis was placed on Smoking cessation and the importance of daily exercise.

DOW Medical College-Civil Hospital Karachi

Dr. Baig did a full Morning Session of ICU Rounds at Civil Hospital Department of Cardiology. Teaching rounds with the Postgraduate trainees and Residents. This interactive session was very well attended and greatly enjoyed by those who participated

DOW International Medical College and Dow University of Health Sciences (DUHS)

A Full day CME program and CCU rounds were held at the DIMC-Ojha Campus. Prof. Lashari Chair, Department of Cardiology at DUHS and several other Faculty members from Internal Medicine, Chair of Cardiothoracic Surgery attended this program.

Topics included “Myocardial Perfusion Imaging” and “Supra Ventricular Arrhythmias” for the Cardiology Residents and Postgraduate staff. There was also a very well attended “EKG Interpretation” workshop for the DIMC Medical Students/. Many of these students are from the US.

There is a well-staffed 28 Bed CCU at DIMC-University Hospital. 24 patients were on ventilators. The clinical rounds



APCNA Winter Meeting December 2018

Drs. Assad, Suleman and Baig visited Ziauddin Hospital and Tabba Heart Institute. We met with the Medical Directors of these institutions, visited their new facilities. APCNA hopes to cooperate further with these institutions.

APCNA-Rotary Pacemaker Bank Project

Dr. Javed Suleman and Dr. Baig met with Rotarians Ovais Kohari and Naeem Akhtar to discuss the work of the project.

APCNA has strongly urged the Rotarians to become more involved in Fund Raising efforts in Pakistan and to apply for a Matching-Grant from Rotary International. The Rotarians are committed to organizing a major fund raising event in Pakistan in 2019

Logistics of the Pacemaker Bank were also discussed including better documentation of implanted devices and inventory management

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

APCNA-Medtronic Pakistan

APCNA Pacemaker Bank project has been going well. 60 new devices were delivered in December to Banks all over the country. Mr. Sarmad Maqbool is the new Country Director for Medtronic. Meetings with him were very useful. APCNA has started discussions with Medtronic on Bulk purchase of Cardiac Stents at subsidized rates for use in deserving patients in Pakistan.

Expansion of Pacemaker Bank, Faisalabad

There has been a strong interest from Faisalabad Institute of Cardiology to establish a Pacemaker Bank site at their institute. As instructed by the APCNA EC, Dr. Maria Viqar and Dr. Baig have had several discussions in December with Prof. Naeem Aslam.

The discussions are on going and details will be presented to the EC at the next meeting

Wajid Baig, MD FACC

APCNA, Past President

Chairperson, APCNA Pacemaker Banks.



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



APCNA Upcoming Events **2019**

The Events Meetings Calendar of APCNA



Saquib Samee, MD
President APCNA
2019-2020

APCNA will be holding Fund Raising events throughout the year please help up getting the word out for a noble cause of APCNA Pacemaker Banks helping non-affording patient to get life saving devices.

A Collaboration between the Association of Pakistani-Descent Cardiologists of North America (APCNA) & APPNA (Association of Pakistani Physicians of North America):

APCNA & APPNA Virginia

PRESENT

CARDIOVASCULAR SYMPOSIUM 2019

+ A Night of Entertainment & Fundraising for

Pakistan's 1st PaceMaker Bank

CONTACT

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President, APCNA
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Dr. Attique Samdani, MD
President, APPNA Virginia Chapter
asamdani@vacancer.com



Saturday, April 13th

**Symposium:
4 - 6:30 pm**

**Dinner & Entertainment:
6:30 pm**

**Collegiate School |
Hershey Center for the Arts**

**103 N. Mooreland Road,
Richmond, VA 23229**

APCNA Summer Meeting at the APPNA Convention 2019

APCNA will be holding its annual summer meeting at the APPNA Convention 2019 in Orlando, FL on Saturday at 12 noon to 1:30 pm. We will be providing more details about the events soon.

APCNA Winter Meeting in Pakistan, December 2019

APCNA will be holding its annual winter meeting in December 2019 in Pakistan. We will be providing more details about the events soon.

APCNA Meetings 2016-2019

In Picture



APCNA Hearwalk in Karachi 2016



APCNA Hearwalk in Karachi 2018



APCNA Heartwalk summer 2018



APCNA joined APPNA in heartwalk 2018



Dr. Tony Das presented certificate a APCNA - Jult 2018



Dr. Wajid Baig conducting a Nuclear Cardiology Workshop at the DUHS & CHK in December 2016.

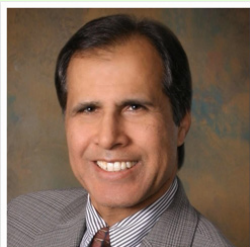


Dr. Atique Mirza, Dr. Wajid Baig, Dr. Maria Viqar and Dr. Saquib Samee representing APCNA at the Medtronic meeting in February 2017, at the Medtronic Headquarters.

Pakistan Cardiac Society at the ACC

PCS's Joint Session with the ACC March 2017

Report



Amin H. Karim MD

Dr. Amin H. Karim is a practicing interventional cardiologist in Houston, TX. Dr. Karim is the founder of GlobeMedic site, a popular medical community list serve.

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)



Dr. Bashir Hanif from Tabba Heart Institute presented STEMI in Pakistan and highlighted his centers experience with emergency treatment of acute MI as well challenges faced due to lack of patient education, transfer to hospitals and lack of resources. In spite of these issues Tabba does a fair number of successful angioplasties with good outcomes. The importance of thrombolytic therapy was also discussed as an option in Pakistan due to its availability and cost.

A second paper on STEMI was presented by Prof. Khalida from Civil Hospital Karachi. She showed that a combination of thrombus aspiration followed by stent placement yielded good results in her lab. At the ACC 2017, Pakistan was followed by the Egyptian Cardiac Society presentations.

Report by
Amin H. Karim MD
A GlobeMedic Report.



Contributors

We are thankful for the generous support provided by APCNA members in carrying out the mission of APCNA.

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



Association of Pakistani Descent Cardiologists of North America

2019

APCNA

APCNA

Fact Sheet 2019

**Facts
about
APCNA**

2019

- ✦ APCNA established in 2004 in New Orleans.
- ✦ 90% membership is Lifetime members.
- ✦ APCNA is 503 (c) Non-Profit Organization.
- ✦ APCNA Winter Meetings in Pakistan
- ✦ Cardiology Lectures & CCU Rounds
- ✦ Echo , TEE & Nuclear Workshops
- ✦ BLS Training for Healthcare workers
- ✦ Interventions for the non-affording patients
- ✦ Cardiac supplies to non-affording patients
- ✦ Pacemaker Banks Established in Pakistan
- ✦ Transfer of Technology
- ✦ Preventive Cardiology Initiatives in Pakistan

APCNA

2019

APCNA Pacemaker Bank in Pakistan

by Wajid Baig, MD



Dr. Wajid Baig

Chairman APCNA
Pacemaker Project and Liason
with other professional
organizations.

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

Background:

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

The Magnitude of the Need:

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

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

Inauguration: The First Pacemaker Bank in

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





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. Maryyam 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, implantable 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



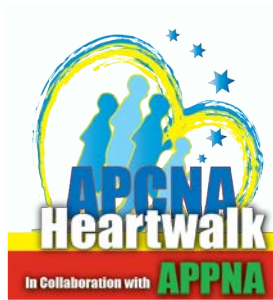
The CEO of Tabba Heart Institute, Ms. Maryyam Tabba, and NICVD's Consultant, Dr. Zahid Jamal, HBI - Mr. Ashraf Hasnain, Ovais Kohari and others.

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 Leads the way in Providing

Life Saving Devices to the Deserving Patients in Pakistan

From the Archives - March 2012



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

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

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

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

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

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

Help APCNA help the Poor Patients in Pakistan.

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



Saving Lives

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

APCNA Pacemaker Project

Update 2018

Update - March 2018

by Wajid Baig, MD



Dr. Wajid Baig

Chairman APCNA Pacemaker Project and Liason with other professional organizations.



Dr. Maria Viqar

Co-Chairperson, APCNA Pacemaker Project.

APCNA Pacemaker Bank Project Update 2018

APCNA Pacemaker Bank Project

The APCNA-Pakistan Pacemaker Bank has been working well providing life-saving Pacemakers and Defibrillators to deserving patients in Pakistan over the last several years. We started the project in association with Heartbeat international (HBI) Florida. This outstanding NGO was providing us Pacemakers and defibrillators that they were able to get from different device company's across the world. Unfortunately, this relationship ended almost 2 years ago, Pakistan customs would not allow us to bring these devices into the country due to the "Use by date regulations" in the customs register. These regulations were promulgated at the time of partition. Hence, India has the same issue with the import of these devices. The devices that were being shipped to Pakistan were brand-new shelf life was between 5-7 years. We were not able to convince the authorities that these were safe devices.

Since we were no longer able to obtain these devices from Heartbeat International, APCNA decided to approach our members, their families and friends to help support this project. We were able to raise funds ourselves that has allowed us to continue providing these devices to the deserving patients all over Pakistan.

So far, we have provided 100 Pacemakers to five institutions in Pakistan, which are a part of our Project. Due to the cost of devices, we can only purchase Single and Dual chamber pacemakers and not defibrillators.

APCNA is indebted to the Physicians and staff at Hayatabad Medical Center, Peshawar, Sheikh Zayed Hospital, Lahore, National Institute of cardiovascular diseases (NICVD) Karachi, and Indus Hospital, Karachi.

We have asked our members to donate \$1000 towards each device; this allows us to purchase brand-new Medtronic devices with all required wires etc. They are delivered directly to these institutions in Pakistan. Our negotiations with Medtronic has allowed us to purchase these devices at a substantial discount.

Our Rotary partners help us in maintaining records. Rotarian Naeem Akhtar working on this diligently. Record keeping is very important to us. There are some donations specifically designated as Zakat, and screening of eligible patients is very strict

Our hope is now to expand the project and include implant sites at other cities in Pakistan.



Collaborative Effort, membership support and hard work to run APCNA pacemaker project is helping low socioeconomic patients in Pakistan.

With the generosity of our members and active participation in our fund raising efforts, expanding this project will not be difficult. We thank our members for their support

Mirza Wajid Baig MD FACC Chair
Maria Viqar MD FACC. Co-Chair
APCNA-Rotary Pakistan Pacemaker Bank Project

Update 2017, Collaborative Effort.

To allow us to purchase these new devices we then had to raise funds from our members and their friends.

I am extremely grateful to the hard work of our leaders who stepped up to the challenge and have helped us raise almost \$95,000 so far.

Fundraisers have been held in Orlando (twice), New York, Washington and most recently in Houston.

This could not have happened without the help of members like Tariq Shahab, and our Past President's Khurram Moin, Javed Suleman and President-Elect Amin Karim. In addition to them many other APCNA members who live locally in those cities worked hard to make these events a great success.

Our aim is to hold fund raising events in all the major cities of the country and would like to start with Chicago,

Currently we have 5 implanting sites in Pakistan:

- + Tabba Heart Institute (THI), Karachi
- + National Institute of Cardiovascular Diseases (NICVD), Karachi
- + Indus Hospital, Karachi
- + Sheikh Zayed Hospital, Lahore
- + Hyatabad Medical Complex, Peshawar

Dallas and Los Angeles. I request all members to please join in this effort and come forward in helping us reach the goal of raising \$100,00 each year.

With your help we can easily do this.

The donations are Tax Deductible and if designated as Zakat, will be used only for Zakat eligible patients.

Members and their friends/families can donate directly through the link on our website www.apcna.net

Currently we have 5 implanting sites in Pakistan:

Tabba Heart Institute (THI), Karachi

National Institute of Cardiovascular Diseases (NICVD), Karachi

Indus Hospital, Karachi

Sheikh Zayed Hospital, Lahore

Hyatabad Medical Complex, Peshawar

Our hope is to expand this program to sites in Multan, Rawalpindi, Hyderabad and other cities once we have the funds available to support the expansion.

We could not have done any of this work with the help of the administrators of the above institutions and the Implanting Physicians. We are extremely grateful to Drs. Bashir Hanif, Zahid Jamal, Bari Khan, Faisal Qadir, Sajid Dhakam, Amber Malik, Zahid Awan and their colleagues.

They have donated their time and expertise to help these patients lead a productive life.

APCNA is also indebted to our Rotary Colleagues, Rtn. Ovais Kohari and Rtn. Wahab Lakhani without their leadership none of this was possible.

We are extremely happy that Rtn. Naem Akhtar has taken charge as coordinator of this Pacemaker Bank in Pakistan. His expertise in management as a

APCNA - Association of Pakistani-decent Cardiologists of North America was established in 2004 with one of its core missions to foster scientific development and education in fields related to the cardiovascular system for the purpose of improving the quality of medicine and delivery of better healthcare. These are some of the highlights of APCNA's work since 2004.

APCNA Pacemaker Banks: First Pacemaker Bank in Pakistan:

Hundreds of Pacemakers for the deserving non-affording patients in Pakistan

The pacemaker project chaired by Dr. Wajid Baig in collaboration with Heartbeat International, Tampa, Rotary Club Pakistan and Tabba Heart Institute set up the First Pacemaker Bank in Karachi. The project since then has grown to have banks in Karachi, Lahore and Peshawar. Over 250 devices provided so far to deserving patients who could not afford these lifesaving devices.

Echo and TEE Workshops:

Annual workshops > 200 cases and lectures

Non-Invasive cardiology workshops are also as important and enthusiastically received by the local faculty and the housestaff. Here interesting cases are discussed and a 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 greatly appreciated by the local faculty who diligently care for these patients with meager means. These supplies over the years have helped many deserving and non-affording patients.

CCU Teaching Rounds & Cardiology Lectures:

More than 300 didactic lectures at Pakistan's institutions

Cardiology lectures on updates in cardiology, CCU rounds with the local faculty and case presentation and discussion with the house-staff are now a regular feature of APCNA winter meetings.

BLS Training for Healthcare Workers:

Support of BLS training in Pakistan under APCNA members.

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

APCNA members as manuscript reviewers:

Manuscript reviewing for Pakistan Heart Journal.

APCNA Journey Through Time

2004 - 2019

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.



Collaboration with Societies:

Ten annual winter cardiology conferences in academic hospitals across Pakistan

APCNA has established a good working relationship with the leadership of the Pakistan Cardiac Society. A delegation of APCNA and PCS had an extensive meeting at Regency Plaza Hotel in Karachi in December 2008. APCNA and PCS are now holding joint conferences in Pakistan.



Interventional Workshops and Interventions for the Deserving Patients

Over 600 cases performed by the visiting APCNA members in Pakistan and with over 75 workshops on the Interventional Cardiology Updates

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



APCNA in AHA Heart Walk:

AHA Heart Walk 2007 raised \$1,000 for AHA by APCNA youth

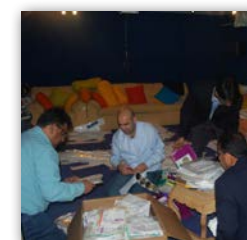
APCNA members and their families have been actively participating in the AHA Heart Walk program in Florida. From 2007 many more heart walks have been organized to raise funds for the APCNA pacemaker banks.



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 the winter of 2008.



Nuclear Cardiology Workshop:

Nuclear cardiology workshop Lady Reading Hospital, Peshawar

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



APCNA is dedicated to working on its core mission and to collaborate with organizations in USA and in Pakistan in the future. Please visit our website for more information. www.APCNA.net

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E-Newsletter Spring, 2019



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Please **DONATE** - [Here](#) - for APCNA Pacemaker