



Newsletter  
Volume 8, Number 2

# Apcna

Association of Pakistani-Descent Cardiologists of North America

APCNA SUPPORTS APPNA HEART

HEALTHY HEARTS FOR HEALTHY COMMUNITIES TO PROMOTE HEART HEALTHY LIFESTYLE



**Healthy Hearts for Healthy Communities**



Newsletter  
Volume 8, Number 2

# Apcna

Association of Pakistani-Descent Cardiologists of North America

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## President's Message



**It was the best of times. And it keeps getting better.**

Dear colleagues, it is an honor to write this message as the 9th president of the Association of Pakistani Cardiologists of North America (APCNA). Much change has taken place in the discipline of cardiology (or more accurately, cardiovascular disease), over the past decade. While we can debate the merits and de-merits of the different aspects of practicing cardiology in North America, it is heartening to see that APCNA is doing as well as it ever was. Better in fact. When APCNA was formed back in 2004, it was comprised of a handful of well meaning and energetic cardiologists of Pakistani origin. Their goal was simple: to make an organization that would collect the talents of US-based Pakistani cardiologists and utilize their combined skill set to combat the scourge of cardiovascular disease in Pakistan. Today APCNA has over 100 active members between the two coasts (including some overseas), and it is still growing. It is recognized both at home (by the American College of Cardiology) and in Pakistan (by the Pakistan Cardiac Society). Its members have delivered countless lectures in Pakistan, and have performed hundreds of procedures for indigent patients in Pakistan. Through its collaborations, APCNA has established two pacemaker banks in Pakistan, one in Karachi and one in Peshawar. A third one is being planned for the near future. This year saw the first publication (of many) from the APCNA driven Korangi Heart Study. One could keep going with the list of APCNA's achievements, but suffice it to say that this is the 'little organization that could', and it is my privilege to be a part of it.

While APCNA is an independent organization, it has a special relationship with APPNA - one that has only gotten stronger over time. APCNA has enjoyed the support of APPNA from the get go, and it is no surprise that a number of APCNA members have risen through the ranks of APPNA over the past decade. The APPNA President this year, Javed Suleiman, was one of the founding members of APCNA (as well as its first President), and he remains one of its most active members. APCNA's summer meeting ('APCNA at APPNA') is much looked forward to by members of both organizations, as is the APCNA-APPNA Annual Heart Walk. This year's theme is: Healthy Hearts for Healthy Communities. Both organizations cater to the same communities in the US and in Pakistan, and this is the reason why it makes perfect sense to combine our efforts be it in the realm of charitable work, continuing medical and public education or philanthropy. I look forward to a memorable summer meeting, and hope that is just a glimpse of the bright future that both organizations have ahead of them.

Sincerely,  
Salman A. Arain, MD

# APPNA Heart and Summer Meeting 2013

## Healthy Hearts for Healthy Communities The unified theme for APPNA in the year 2013

“APPNA’s theme for this year is “Healthy Hearts for Healthy Communities”. Cardiac diseases have become the #1 killer disease in both developing and developed countries which includes both USA and Pakistan. It is a true pandemic that respects no borders.” - *Javed Suleman*



**Javed Suleman**

*Javed Suleman, MD is a founding president and member board of trustees of APCNA. He has adopted Healthy Hearts for Healthy Communities theme this year for APPNA.*

Dear Colleagues,

I am honored to be the founding President of APCNA. Over the years APCNA has become a strong and exemplary organization. With this phenomenal growth it continued to follow the path of professionalism, transparency and mutual respect. I salute the long line of the selfless leaders in APCNA who have made this organization truly a vibrant and productive organization.

APPNA’s theme for this year is “*Healthy Hearts for Healthy Communities*”. Cardiac diseases have become the #1 killer disease in both developing and developed countries which includes both USA and Pakistan. It is a true pandemic that respects no borders. To quote, “*Misfortunes always comes in from a door which is left open*”, and in this case it is the lack of education and interests in addressing the “open doors” of the cardiac risk factors. With the cooperation from APCNA (Association of Pakistani-Descent Cardiologists of North America) and under the banner of Social Welfare and Disaster Relief Committee of APPNA we are working on a *Patient Awareness Program* of educating our communities both in North America and in Pakistan regarding heart healthiness and appropriately addressing the risk factors to prevent from future cardiac events.

I thank APCNA, its leaders, activists and volunteers for helping us promoting this year’s “Heart Healthy” theme. In this Summer Meeting in Orlando you will see the colors of APCNA and APPNA blending together – to form rainbow of colors, and I am sure you will cherish these moments throughout the meeting.

All the best.

*Javed Suleman, MD, FACC*  
President APPNA 2013



**Wajid Baig**

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

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.

**From your heart to their heart. DIL SAY DIL 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.*



# APCNA leads the way in Providing Life Saving Devices to the deserving Patients in Pakistan

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

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

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

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

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

Help APCNA help the Poor Patients in Pakistan.

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



**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.**



*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.*

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 last December.

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



*APCNA members attending this year’s ACC Convention in San Francisco*

# APCNA Heart Healthy Hearts for Healthy Communities

## *Risk of Heart Attack in APPNA and APCNA*



**Nadeem Afridi**

*Dr. Nadeem Afridi is the past president of APCNA and actively working on the Non-Communicable disease project in Pakistan.*

This article is specifically written for naturalized Americans (of South Asian and Middle Eastern origin including Pakistan, India, Bangladesh and Afghanistan) and their children.

### **Programs:**

#### **Smoking:**

Men of all ages and young women smokers: Awareness campaign, nicotine replacement therapies

#### **Diet:**

More South Asian foods and less Western foods, fast foods and restaurant foods. More fruits and vegetables, low salt diet (read labels), and less sugary drinks. Reduce portion size. Last meal of the day 3 hours before bedtime, less fatty and small amount. Use water 6- glasses per day.

#### **Women and Elderly**

at home: Walk 45 min per day (at least 1-3 miles)

This article is specifically written for naturalized Americans (of South Asian and Middle Eastern origin including Pakistan, India, Bangladesh and Afghanistan) and their children.

Non Communicable Diseases (NCD) includes heart attacks, strokes, cancers, lung disease (COPD) related to smoking and psychiatric disorders. For most of these diseases the underlying cause is a combination of South East Asian genetics (which they cant change) and which they bring from their lands and life styles they adopt in their land of immigration USA (Which they can change).

Life style risk factors include consumption of diets rich in fat including fast foods, pizza's and restaurant foods (hypercholesterolemia), diets rich in simple sugars, (cakes, ice cream, candies, sugary drinks) leading to hyperglycemia and diabetes, diet rich in salt leading to high blood pressure and finally high caloric intake (large portion size) leading to obesity. Cigarette smoking (possibly due to old habits and stress) and lack of regular exercises adds fuel to the fire (maybe literally).

The data from South East Asians who settled in the US and in England in the 60's and 70's is revealing. South East Asians men have one of the highest rates of heart attacks in there adopted lands more than whites. What is more alarming is that the diseases manifests itself in there 40's and 50's. This is in contrast to age matched whites in which the disease manifests in there 50's and 60's. Lifestyle risk factors, as described above, cause early manifestation of the disease in South Asians.

In both men and women of South East Asian descent, rates of obesity, hyperglycemia, diabetes and high blood pressure far exceed their white counterparts. In addition, lack of understanding of diseases, there hectic work life in there new land, seeking help late in the disease process adds to the burden and late presentation of the disease, in this segment of the population.

Now what to do? By identifying segments of population in South East Asian at risk and creating awareness, would be a good starting point. These groups can be stratified into socioeconomic or education strata. Modules may be developed for lower economic strata and there families (small business owners, cab drivers etc) and moderate to high socioeconomic groups (professionals i.e. doctors, engineers), home bound individuals (women and elderly).

### ***Know your numbers by heart for your heart:*** (Self Monitoring)

#### **Own a weighing machine:**

BMI calculation, (available at AHA web site). For South Asians a healthy BMI is 23.

#### **Own a BP machine (Omron automatic):**

Check your BP Regularly (Once per month). Know what is normal. 120-130 is normal, 131-140 is pre-hypertensive, anything above 140 is high blood pressure. Check BP at rest (not after eating or exercise). If higher than 130-140, see your doctor.

#### **Own a Pedometer:**

Clock at least 3-4 thousands steps per day. 2000 steps is one mile, 4000 steps is 2 miles and 6000 steps is 3 miles. Build your self up to 6000 steps per day to be fit.

#### **Talk to your doctor:**

Have your doctor check your cholesterol profile and Hemoglobin A1C for blood sugar. Keep a record of our numbers and ask your doctor if you have a tendency for increased cholesterol, diabetes or high blood pressure.

# APCNA - APPNA Heartwalk in Collaboration with APPNA at the APPNA Convention 2013

## You Can Help Save Lives!



**Atique Mirza**

*Dr. Atique Mirza is a lifetime APCNA member and Secretary of APCNA.*



This year, more than one million walkers will participate in nearly 350 Heart Walk events throughout the United States. The APCNA-APPNA Heart Walk is part of this nationwide event. It was started almost four years ago. The donations collected during the Heart Walk will be used to provide pacemakers for the neediest human beings in Pakistan. The Heart Walk not only promotes healthy life styles but also makes a difference in life and death situations in the lives of hundreds of Pakistanis. Walk with friends, family, or strangers and make bonds along the way. Participation in this event will help in our fight to save lives.

The Heart Walk promotes heart healthy, physical activity that can be done in a fun and friendly environment. Walking is a form of aerobic exercise and is one of the easiest ways to increase physical activity and improve health. Physical activity increases heart rate, strengthens heart, and increases blood circulation through body, bringing more oxygen and nutrients to organs. Exercise also increases the lungs' ability to take in oxygen, lowers blood pressure, helps to reduce body fat, and improves blood sugar and cholesterol levels. The Heart Walk has become APCNA-APPNA's premiere event for raising funds to save lives from heart disease by providing pacemakers in Pakistan to those who are at the verge of losing their lives due to heart disease.

The chance to help save lives is certainly the most rewarding and time worthy reason to join APCNA-APPNA Heart Walk team. Join the APCNA-APPNA Heart Walk with families and friends to save lives.

The chance to help save lives is certainly the most rewarding and time worthy reason to join APCNA-APPNA Heart Walk team. Join the APCNA-APPNA Heart Walk with families and friends to save lives.



**In 2010, APCNA Heartwalk at the APPNA convention in Dallas**





Newsletter

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Association of Pakistani-Descent Cardiologists of North America

## APCNA SINCE 2004

Cardiology Lectures:  
 > 300 didactic lectures.  
 Interventional Cardiology:  
 > 100 workshops, > 400 PTCA cases.  
 Echo and TEE workshops:  
 > 150 cases and lectures.  
 Cardiology Supplies for patients:  
 > 4 million \$ worth of donations.  
 First Pacemaker Bank in Pakistan:  
 for the deserving non-affording pts..  
 First PVD Workshop:  
 First PVD workshop in NWFP.  
 Collaboration with Societies:  
 ACC, PCS, Indus Hospital.  
 Interventions for the Deserving Pts...  
 > 500 cases performed helping pts.  
 APCNA in AHA Heart Walk  
 AHA Heart Walk 2007.  
 First IMUS use in NWFP:  
 Lady Reading Hospital, Peshawar.  
 Nuclear Cardiology Workshop:  
 Lady Reading Hospital, Peshawar  
 CCU teaching rounds.  
 Medical colleges in Pakistan  
 BLS training for healthcare workers.  
 BLS training in Pakistan.  
 Second Pacemaker Bank in Pakistan:  
 for the deserving non-affording pts..  
 First ACC-PCS Joint Session:  
 On cardiac imaging in Pakistan.  
 Korangi Heart Study, Survey.  
 In preventive cardiology in Pakistan  
 APCNA Heartwalks 2010 & 2012.  
 Promoting heart healthy lifestyle.  
 APCNA Health Screening at APPNA  
 Awareness of screening heart diseases  
 APCNA Patient Awareness Books  
 Funding awareness books in Urdu  
 APCNA at the ACC convocation  
 APCNA seated - convocation 2012

## APCNA CALENDAR 2013- 2014

APCNA Winter Meeting 2013  
 December 2013, Pakistan.  
 APCNA Annual Meeting ACC 2014  
 March 29-31, 2014, Washington, DC  
 APCNA Summer Meeting 2014  
 July 2014, Washington, DC

## APCNA

2653 Treanor Terrace,  
 Wellington, FL 33414  
 (561) 714 - 8656  
[www.apcna.net](http://www.apcna.net)

On the Cover:  
 APPNA Heart for Heart Healthy Theme

## APCNA NEW CABINET FOR 2013 - 14



Salman Arian  
President



Khurram Moin  
President-Elect

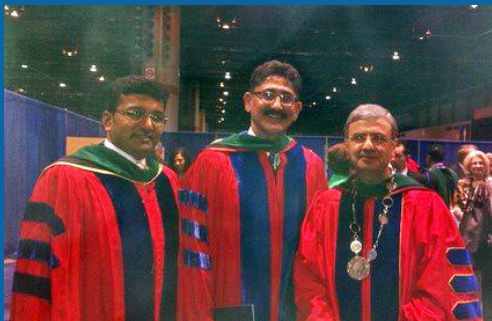


Atique Mirza  
General Secretary



Mushabbar Syed  
Treasurer

## APCNA RECOGNIZED AT ACC CONVOCATION 2012 -13



It is a testament to the hard work and professionalism of the APCNA that the ACC officially acknowledged it as a partner organization and the president of the APCNA was seated at the convocation of the ACC alongside the leadership of the ACC and other national and international organizations at its annual sessions in Chicago this year. APCNA wishes to congratulate and thank its members for achieving this important milestone.

## APCNA BLS TRAINING CENTER AT PMA HOUSE, KARACHI



APCNA felt that there was a great need of training health care professionals in the Basic Life Support. With this in mind it established the BLS course center in 2008 the PMA house. It provided the required supplies to run the BLS course. APCNA members trained six doctors as Master trainers of the BLS course who in-turn would carry on the subsequent courses at the PMA on a regular basis. A total of 46 health care professionals were trained that day.

## THE FIRST ACC-PCS JOINT SESSION ON CARDIAC IMAGING IN PESHAWAR



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