



**2007
Executive
Committee**

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**Volume 2:
October, 2007
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Pakistan Physicians Society

The Illinois Chapter of APPNA

President's Message



PPS started as a professional medical society of Pakistani American physicians in 1980. The driving force behind its creation was a burning desire to provide a forum for social and scientific interaction and dialogue, both at the individual and the family level. With dedicated and unselfish volunteerism, our predecessors were successful in realizing this dream. I am glad to state that PPS has come a long way since then and continues to thrive.



Every fall, new members are elected and every New Year a new group takes over the responsibilities to carry on the vision with a new vigor. As always, younger members have arisen to the challenges and invigorated PPS with a sense of unstinted dedication. Dear friends, this is commitment! Our generation is here to carry on with the traditions of yesterday with a new esprit de corps. All of our programs this year have been (Ma Sha Allah) well attended overflowing with happiness, congeniality, laughter and giggles of kids! Welcome to the PPS for the new millennium!

I want to share with you many exciting events that are coming up. Constitutional amendment to expand the membership to physicians of Pakistani-descent of any medical school awaits your approval at the annual meeting. An outstanding CME program with joint sponsorship with APPNA awaits your attendance. Our Community health awareness program (CHAPS) will hold still another health fair on November 4th, 2007. This time the emphasis will be on special services geared towards Hajjis.

Earlier this year, PPS recognized individuals and institutions for their support towards the victims of 2005 earth quake. That gesture was taken extremely well at local hospitals and enhanced the image of PPS in the local medical community. Later this year we will honor some of the major medical organizations at our annual meeting. Our own society was honored by the Chicago Society of Internal Medicine in April in a special meeting. We will (In-Sha-Allaha) continue this theme of telling the story of this great society to other organizations.

On behalf of the Executive Committee I am grateful to the membership for allowing us to serve this august body.

Arif Agha, M.D.
President

Chicago Society of Internal Medicine (CSIM) chose this year to honor President of Pakistan Physicians Society for serving its membership and Chicago Medical Community with distinction at its annual President's Dinner. The dinner was held at East Bank Club, 500 N. Kingsbury St., Chicago on May 14, 2007.



Arif H. Agha, M.D. receiving an award from Dr. Melvin Goldstein, President Chicago Society of Internal Medicine, Chicago on May 14, 2007.

Secretary's Report

Dear PPS Members,
Assalam Alaikum

This has been a wonderful year as far as our activities of PPS are concerned. With your help and support, our Spring Meeting and Annual Picnic were very successful. As always, we were able to involve a large number of our members in these programs. This year, we also made efforts to reach the local community and represent our society. This was evident in our Spring Meeting, when we invited the President of Advocate Good Samaritan Hospital and the CEO of Adventist Hinsdale Hospital, who were honored for their support for victims of the 2005 earthquake of Pakistan. They reciprocated our gesture with their own goodwill by mentioning our society favorably in their newsletter. Our society was also represented at a meeting of Chicago Society of Internal Medicine by our president, Dr. Agha.

Apart from providing social, educational and charitable activities, another responsibility of any society is to support its members at times of need. Recently, in an incident of profiling, discriminatory

remarks were made about Pakistani Physicians at a local hospital. The society registered a strong protest with the administration of that hospital. I am glad to report that the matter received appropriate attention. It is times like these when a platform such as ours can show the strength of unity. I appeal all members to encourage other physicians of Pakistani-descent to become members of the society and have one voice and position on matters that are important to all of us.

Annual meeting is the much anticipated event of the year. We are working hard to make this a memorable event and hope that our membership will honor us with their presence on this day. Thank you.

Fatima Ahmad, M.D.
Secretary



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CHAPS Report

Three and a half years ago, in one of Pakistan Physician Society (PPS) meeting, the idea of Community

Health Awareness Program (CHAPS) initiative was floated. Several scenarios were discussed. Finally it was agreed that once a month a few physicians along with some volunteers (medical students and health care workers) will meet at the Islamic Foundation Villa Park. The plan was to offer blood pressure and blood sugar checkup and general counseling regarding the 3 most common illnesses i.e., Diabetes, Hypertension and Coronary artery disease at no cost to individual/s. This plan was presented to the Board of Trustees of Islamic Foundation and with their blessings the program was started.

Alhamdulillah, the program has been very successful and the community's response has been quite positive. In addition to regular clinics, a few health fairs are also arranged to provide services to the community. The next health fair will be held on Sunday November 4th, 2007 at Islamic Foundation basement. This year, PPS plans to provide Health Travel Kits and will offer inoculation for meningococcal vaccine at cost. Further details will be available shortly.

Dr. Itifat Alavi
Chairman CHAPS



Health Fair Report
(May 6, 2007)

By Taj Elahi, MD

The format of the Health Fair was similar to the one held in February. The fair was advertised in the Voice of Islam, through

fliers and announcements at the mosque, through emails and by word of mouth.

Forty-two adult patients attended and took advantage of the free blood testing and medical advice offered. Patients came from many Chicago suburbs, including Villa Park, Westmont, Aurora and Berwyn. Some were residents in the Chicago area, but a fair number were visitors from overseas, especially parents of US residents.

Services provided included basic blood pressure and diabetes screening, as well as more detailed fasting blood tests arranged with an outside laboratory free of charge. The tests included electrolytes, liver and kidney function tests, and a lipid profile. Twenty-two patients received blood draws. Results were compiled and communicated individually to patients.

Consultations and exams were provided by volunteer physicians including Dr P Rasul, Ophthalmologist, Dr Shaista Arain, Psychiatrist, Dr Abid Khurshid, Pumonologist, Dr Z. Syed, Cardiologist, Dr R Elahi, Hematologist/Oncologist, Dr I Alavi, Gastroenterologist and Dr A. Agha, Urologist. Primary care opinions and advice were offered by Dr T Elahi and Dr F Agha. Two volunteer nurses also gave of their time for blood pressure and sugar checks.

A database of patients who attended is being maintained for future events.

We look forward to similar events in the future, hopefully broadening the scope of our services over time.

Memorial Day Picnic Gallery *It was a picnic to remember!*



Come Join Us!
November 4, 2007
10:00 AM to 2:00 PM
Pakistan Physicians
Society
Free Health Fair
 At Islamic Foundation, Villa Park
See insert for complete information.



Treasurer's Report

Time passes but the work goes on. PPS executive committee has been very busy this year in organizing all the programs professionally and according to the wishes and requirements of its members. It is true that the financial state of our society hasn't been the best in the last few years but the present Executive Committee is working diligently to improve the bottom line. Increasing interest in the membership and pharmaceutical sponsorships are helping to achieve this goal. It is our hope that our society will grow stronger (financially) so that we may be able to serve and benefit our membership and our community. I am thankful to all who has helped me in any way and ask for their continued support in future. We look forward to seeing you at the annual fall meeting.

Ramadhan and Eid mubarak

Javed Imam, M.D.
 Treasurer

Officers



From left to right: Drs. A. Agha (President) M. Ahsan (President Elect), F. Ahmad (Secretary) & J. Imam (Treasurer)

Members at Large



From left to right: Drs. W. Kagzi, Z. Syed, I Memon, A. Arshad and N. Khurshid

CME Program

November 10, 2007, 9 AM to 12 PM



Oak Brook Medical & Surgical Center

2425 West 22nd Street, Oak Brook, IL 60523

- * There is **no registration fee** for attending the CME program.
- * Attendees desiring **CME Certificate** will pay \$20 to APPNA to receive 3 hours of Category 1 credit towards the AMA Physician's Recognition Award.



Pakistan Physicians Society
The Illinois Chapter of APPNA
P.O. Box 4584, Oak Brook, IL 60522-4584

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Annual General Body Meeting and Banquet

Donald E. Stephens Convention Center

Formerly the Rosemont Convention Center
5555 N. River Road
Rosemont, IL 60018

* **ON-LINE Registration**
Available: www.ppsil.org

Early Bird Registration for discount ends by October 20, 2007

November 10, 2007

6 PM till mid-night

Program will be highlighted by:

- A Talent Show
- Brief Educational activity
- Musical Entertainment Adults
- DJ For Adolescent Children
- Clown for Younger Children
- Memorable Banquet Dinner

The Consul General of Pakistan, Presidents of some of the major medical associations, and other dignitaries will honor the occasion.

Don't miss this November to Remember.



* **FREE Parking**

Mark Your Calendar:

Pakistan Physicians Society's Free Health Fair: November 4, 2007

10:00 AM to 2:00 PM

Location: **Islamic Foundation, Villa Park, IL**