

# END IN SIGHT

---

## Association of Pakistani Physicians of New England

---

WE ARE CONFIDENT THAT THE COMBINATION OF  
POTENT BROADLY EFFECTIVE VACCINES AND  
POWERFUL PROPHYLACTIC DRUGS WILL GIVE US  
THE MEDICAL CAPABILITY TO END THE PANDEMIC  
AND ELIMINATE COVID-19.



### IN THIS ISSUE

- End in Sight
- 2021 Year in Review
- 2022 Activity Calendar
- APPNE Elections 2022
- Obituaries
- Pictures

APPNE  
74 Allds Street  
Nashua, NH 03060  
[www.appne.org](http://www.appne.org)

# End in Sight

*Asimah Qayyum, MD*

There is no clear cut definition for when a pandemic starts and ends, and how much of a threat a global outbreak is posing as this can vary country by country. It is somewhat of a subjective judgment because it's not just about the number of cases. It's about severity and is about impact. Although there is no universally agreed upon criteria, countries will look for sustained reduction in cases overtime.

Scientists expect that COVID19 will eventually settle into becoming a more predictable virus like the flu. Meaning it will cause seasonal outbreaks but not the huge surges we're seeing right now. But even then, some habits such as wearing masks in public places, might need to continue. Even after the pandemic ends, COVID will still be with us.

On a more optimistic note several effective vaccines are available. They cause community immunity along with the mindfulness of mask wearing and frequent and early testing. Remdesivir was the first injectable antiviral treatment for COVID 19 to receive FDA approval. Molnupiravir is the first oral antiviral treatment for COVID and is the first pill designed to treat symptomatic COVID. Studies have shown that it reduces hospitalizations and deaths by 50%.

As we brace for a potential new wave of the virus variant called Omicron, the Delta variant being by far the deadliest, there are promising signs also. Paxlovid and molnupiravir are now approved antiviral medications, which can be prescribed as at-home treatments to help fight mild-moderate Covid-19 infection. It can help prevent hospitalization in patients with a mild-moderate form of the disease but at high risk of severe Covid-19 and thus lower some of the pressure facing the healthcare and hospital systems.

If this bears out and the data holds up, there is every reason to believe that there is light at the end of the tunnel.

# 2021 Year in Review

*Yousaf Shaikh, MD*

APPNE had a busy year with many educational, charity and social activities. Following is the summary of our activities.

- **Educational Webinars:** APPNE hosted 4 free public service educational webinars utilizing zoom technology this year. First webinar "All you need to know about Covid-19 Vaccines" was hosted on Feb 4th in collaboration with Pakistan Association of Greater Boston (PAGB). Second webinar "Impact of Pandemic on Children's Mental Health" was hosted on March 6th in collaboration with Islamic Society of Boston Cultural Center (ISBCC). Third webinar "Fasting & The Human Body" was hosted in the month of Ramadan on April 11th and fourth webinar "Sleep Well" was hosted on May 23rd. All webinars were well attended and the recordings were uploaded on YouTube and [APPNE website](#).
- **APPNA-MERIT HIV Webinar Series:** APPNE supported APPNA-MERIT webinar series on HIV to raise awareness and improve education of providers regarding HIV in Pakistan. Webinars were well attended by clinicians in Pakistan and video recordings were uploaded on MERIT YouTube Channel. APPNE will continue to support HIV education next year.
- **Outdoor Picnics:** APPNE hosted 2 outdoors family picnics this year to encourage networking among the Physicians while keeping everyone safe. Summer family picnic was hosted on June 19th at NARA Park, Acton, MA. Fall family picnic was hosted on October 2nd at Pearl Hill State Park, Townsend, MA. More than 50 Physicians and their families attended each picnic and enjoyed Mother Nature.
- **National Institute of Child Health (NICH), Karachi Medical Equipment Project:** APPNE raised funds to buy medical equipment for NICH, Karachi, Pakistan. NICH is one of the largest children's hospitals in Pakistan providing free care to the underprivileged. Project was completed on July 28th, 2021 with the delivery and handing over of over \$13000 worth of infusion pumps, patient monitors and drip stands for semi-ICU unit. Click [here](#) for details.
- **Blood Donation Drives:** APPNE organized 2 blood drives this year in collaboration with the American RedCross and Islamic Center of Boston-Wayland. First drive was hosted on May 29th and the second on Nov. 13th. More than 74 units of blood were collected during these drives.
- **Flu & Covid Vaccination Clinics:** APPNE launched the annual free flu vaccination campaign in early October. This year we hosted 6 vaccination clinics in the tri-state area (MA, NH & RI). We also collaborated with the Worcester Islamic Center (WIC) and the City of Worcester DPH in organizing multiple Covid Vaccination Clinics this year. Currently, biweekly clinics are being organized at WIC.

## 2021 Year in Review

*contd...*

- **Fall Meeting:** APPNE hosted a fall meeting after a gap of 2 years at Knights of Columbus, Lexington, MA on Sunday December 5th. About 100 Physicians, their families and members of the local community attended the event. Program was led by Dr. Daniyal Siddiqui and the guest speaker was Dr. Majid Shafiq who gave an excellent talk on "Vaping and teens: What every Physician and Parent should know". Audiences were entertained with an amazing Urdu poetry by Dr. Ghalaza Alam, Maarij Kirmani and many of our colleagues who shared their talent and love of poetry and music with us. Click [here](#) for the Youtube video.
- **CDRS & Portable Ventilator Fundraisers:** APPNE Board Members Drs. Daniyal Siddiqui and Zahra Sheikh hosted a fundraiser for Comprehensive Disaster Response Services (CDRS) at their home on Nov 21st. More than \$17500 were collected in a few hours. CDRS is a non-profit charitable organization registered in the United States and Pakistan for disaster relief and development work. APPNE also supported a fundraiser by PAGB and HHRD to send portable ventilators developed by Pakistani scientists at MIT. 30 ventilators were sent to Punjab Rescue 112 ambulance service and are helping save lives every day.

## 2022 Activity Calendar

*Saud Javed, MD, Safana Mushtaq, MD*

We are planning multiple social, educational and charitable activities in the year 2022 in accordance with our organization's goals and objectives and we encourage everyone to join us. Dates of some of the programs may change and final schedule will be announced at a later date. More programs will be added.

- |  |            |
|--|------------|
| • Webinar on Physician and Caregiver Wellness  | February   |
| • Webinar on Artificial Intelligence in Healthcare   | March      |
| • Fundraiser to establish APPNE scholarship at UMass   | Jan - Feb  |
| • 18th Annual Meeting  | May 14th   |
| • Summer Family Picnic   | July       |
| • Blood Donation Drive   | June 25th  |
| • Community Educational Programs: BLS and First Aid for kids & Adults, Mental health/mindfulness, healthy diet | Aug - Sept |
| • Flu Vaccination Campaign   | Oct - Nov  |
| • Fall Meeting/Pakistan Cultural Dress Show  | Nov/Dec    |

# APPNE Elections 2022

APPNE Board Members are elected every two years. 4 positions for the Executive Board 2022-2024 are up for election.

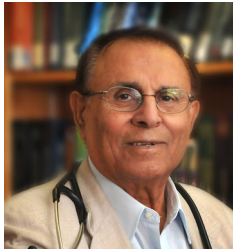
1-President 2-Vice President 3-Secretary 4-Treasurer

Interested candidates can nominate themselves and seconded by any fully licensed Physician/Dentist in the New England area. All nominees and seconders must be paid members of APPNE. The deadline for submitting nominations is January 31st, 2022. Last date to withdraw nomination is Feb 15th, 2022. Elections will be held in March and the results will be announced at the annual meeting on May 14th. Please forward nominations to the chair of the nomination committee - Dr. Syed Iftikhar Hussain: [syedhussain03@yahoo.com](mailto:syedhussain03@yahoo.com).

APPNE Board also includes Members-At-Large from all regions of New England (Eastern & Western MA, RI, NH, ME and VT). Interested candidates with paid membership can send their names to Dr. Syed Iftikhar Hussain: [syedhussain03@yahoo.com](mailto:syedhussain03@yahoo.com). Click [here](#) to become a member of APPNE.

**Syed Iftikhar Hussain, MD   Jamila Khalil, DMD   Khalil Khatri, MD**

## Obituaries



Dr. Kimat Gul Khatak died on Jan 7th due to complications arising from Covid-19 infection. Dr. Khatak graduated from Liaquat Medical College, Jamshoro, Sindh in 1963 and completed his Cardiology fellowship from Baystate Medical Center, Springfield, MA in 1979. He was a well respected Cardiologist at Holyoke Medical Center, Holyoke, MA and well known in the community for his social and charitable work.



Dr. Mobeen A. Sheikh died in a tragic boating accident on March 18th, 2021 in the Caribbean. Dr. Sheikh was a 1995 graduate of Agha Khan Medical College, Karachi, Pakistan. He did his residency training from UConn and fellowship in General Cardiology & Interventional Cardiology from Cleveland Clinic and BIDMC and was working as Chief of Cardiology at Beverly Hospital, Beverly, MA at the time of his death. He was a gifted Cardiologist and will be missed by his colleagues and patients.



Dr. Mohammad Usman Qayyum died due to complications from Covid on April 16, 2021 in Lahore. Dr. Qayyum was a 1980 graduate of King Edward Medical College, Lahore, Pakistan. He completed his post-graduate training in Psychiatry from Norwich Hospital and Berkshire Medical Center. He was the CEO and Medical Director of Psych Care Associates, Ludlow, MA for the last 28 years and was well loved by his friends and patients.

