

APPNA ALBERTA NEWSLETTER

www.appnaalberta.ca



VOL. 1
JANUARY 2025 EDITION



Celebrating a year of Unity, Service and Excellence!
Highlighting APPNA Alberta's 2024 events and
achievements as we step into a promising 2025!





A Message from the President Reflections and Vision



Dr. Amir Aslam

Dear APPNA Members, Colleagues & Friends,

Assalamu Alaikum,

It is with great pride and gratitude that I share the highlights of this remarkable year through the launch of our first APPNA Alberta Chapter Newsletter. I extend my heartfelt thanks to Dr. Fouzia Moyeen, our Editor and Publication Lead, for her dedication and hard work in making this publication possible.

This year has been a testament to the commitment and collaborative spirit of our board members, committee members, volunteers, and the entire APPNA Alberta family. Alhamdulillah, we achieved outstanding milestones, hosting several impactful events that directly engaged both physicians and our community.

Key Highlights of the Year:

i. Health Professionals Appreciation Event:

In collaboration with ICNA, we organized an event at Foothills Medical Centre, serving refreshments to over 2,000 health professionals. It was a meaningful gesture of gratitude for their tireless efforts.

ii. Community Health Awareness Programs:

Partnering with the Pakistan Canada Association, we conducted three well-attended health awareness events in Calgary and Edmonton, fostering education and engagement with the community.

iii. Social Networking and Festive Celebrations:

Our Eid gatherings in Calgary and Edmonton provided joyful opportunities for physicians and their families to connect and celebrate together.



iv. Charity and Welfare Initiatives:

Under the leadership of Dr. Mehnaz Amir and Dr. Zoya Khan, our Social and Welfare Committee raised over \$47,000 during Ramadan and the December Season of Giving. These funds supported families in need in Pakistan and Indigenous families in Red Deer.

v. Advocacy Committee:

Led by Dr. Omair Siddiqui, the Advocacy Committee brainstormed a proposal for integrating International Medical Graduates (IMGs) into the healthcare system. This proposal is currently in draft form and will soon be presented to local government officials.

vi. Hosting APPNA Canada's Inaugural Meeting 2024:

It was an honor for our chapter to host this historic four-day event, which was attended by APPNA members and families from across the USA and Canada. The program included accredited CME sessions, adventurous activities, and vibrant social and networking opportunities. Meeting was attended by the President and Board members of APPNA Central. President Dr Asif Mohiuddin announced the British Columbia Chapter.

vii. CME Programs:

Under the leadership of Dr. Zarqa Quraishi, our CME Committee organized a six-hour accredited CME program for APPNA Canada Conference 2024, approved by CFPC and RCP, enriching the knowledge of participating physicians.

viii. Young Physicians Committee (YPC):

The YPC session hosted by Chapter at the APPNA Canada Meeting 2024 led and moderated by Dr Saad Yasin, focused on the Pathway to Canadian Medical and Residency programs with expert insights from physicians, resident and medical student.

Furthermore YPC Chairs Dr. Aisha Ashraf and Dr. Marya Hussain, took the initiative to organize NAC OSCE preparation sessions, which are set to begin in January 2025

ix. Volunteer Appreciation:

We ended the year with a heartfelt Volunteer Appreciation Day, celebrating the contributions of all those who made these achievements possible.

I extend my sincere gratitude to Prof. Dr. Adnan Mansoor for serving in an advisory role to me and the Board throughout the year. His wisdom and guidance have been invaluable to our chapter's success.

Special thanks to our Founding President and Executive Director Dr. Tariq Awan, for his continuous guidance and unwavering support to me and board. His leadership remains an inspiration to all of us.

I am deeply grateful to our dedicated board members, volunteers, and the entire APPNA Alberta community for their unwavering support and enthusiasm. Together, we have created meaningful impacts, fostered unity, and built stronger connections within our professional and local communities.

Let us continue this journey of service and excellence in the coming years, InshaAllah.

Warm regards,

Dr. Amir Aslam

President, APPNA Alberta Chapter



From the Editor's Desk A Note to Our Readers



Dr. Fauzia Moyeen

Dear Members and Readers,

Salam to all,

The APPNA Alberta Chapter is delighted to present the launch of its biannual newsletter. This initiative is designed to keep you connected with the chapter's activities, highlight the 2024 calendar, and celebrate the dedication and achievements of our vibrant community.

As a proud chapter of the Association of Physicians of Pakistani-descent of North America (APPNA), we stand committed to APPNA's mission of excellence in healthcare, education, and social welfare. Over the years, APPNA has led numerous impactful programs, including free clinics, medical missions, disaster relief initiatives, and innovative projects like telemedicine and public health education. These efforts showcase the power of collective action in improving lives, both locally and globally.

This newsletter will feature updates on Alberta Chapter events, CME opportunities, and stories of community engagement. Continuing Medical Education (CME) remains central to our goals, empowering healthcare professionals with knowledge and skills to address challenges and enhance patient care.

We hope this publication serves as both a valuable resource and an inspiration, reflecting the collaborative spirit of APPNA members. Your contributions and feedback are vital in shaping the future of our initiatives and strengthening our community ties.

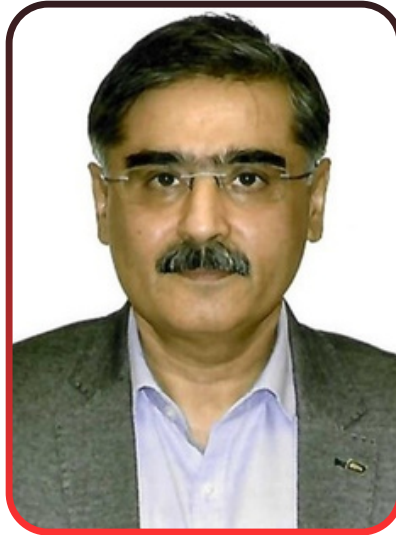
Warm regards,

Dr. Fauzia Moyeen

Editor and Publication Lead

APPNA Alberta Chapter

A Message from Founding President & Executive Director APPNA Alberta



Dr. Tariq Awan

Dear Members and Readers,

it is an absolute honour and pleasure to write few words for APPNA Alberta journey as Founding President and executive director.

Although APPNA presence in Canada existed before, however real journey of APPNA started from APPNA Alberta chapter.

APPNA Alberta founded in 2019 and with the help of its Founders , members, volunteers and communities at large our chapter had unprecedented successes in a very short span.

We established our Calendar for the events very quickly with the focus around Goals and objectives of APPNA and played an important role in Covid era with series of webinars for education and awareness for health care professionals and public, and later held programs for our young physicians to help integrate in the Canadian Health care system.

Additionally ,philanthropic activities with multiple fundraisers, social and Cultural networking among physician members and families with annual activities like APPNA Alberta hike and more

Alhamdollillah, Chapter received best chapter honourable mention award in 2022 among 38 APPNA chapters across North America.

The outstanding milestone, our first timely, open and fair elections in 2021, chapter gained higher levels under the able and visionary leadership of President Saad Yasin.



Our first ever western Canadian conference 2022 hosted by APPNA Alberta Chapter, with our APPNA Leadership presence and support paved the way for more APPNA Canada wide activities with annual meeting, committees , advocacy efforts and helping our young physicians, and further lead the way in founding more APPNA chapters and registering APPNA in Canada.

Lastly, remembering and paying tribute to Late Dr Hussam ul Haque Bawa who was the force and vision behind APPNA Alberta chapter and to remain indebted, our chapter lifetime achievement award to outstanding and distinguished personnels and his legacy continues

Finally, As our Chapter continues its robust activities to continue serving colleagues and communities at large locally and in Pakistan under the dynamic and visionary leadership of current President Amir Aslam and all the esteemed board members, I see a bright APPNA future ahead, Insha'Allah

Long live APPNA

Warm Regards,

Dr. Tariq Awan

MD,CCFP,FCFP



From the Boardroom: Meet Our Directors



Dr. Amir Aslam is a Calgary-based family physician with over 20 years of experience in clinical practice, teaching, and community service. A distinction graduate of Dow Medical College (1996), he trained in the UK NHS, earned a master's degree from the University of Central Lancashire, and published multiple research papers.

Since moving to Calgary in 2014, Dr. Aslam has been an Assistant Clinical Professor at the University of Calgary's Cumming School of Medicine, mentoring medical students and residents. Actively engaged in community initiatives, he led Shaukat Khanum Cancer Hospital fundraising events in Calgary (2021–2023). Formerly General Secretary, he now serves as President of the APPNA Alberta Chapter, promoting collaboration among physicians.

Dr. Amir Aslam
President



Dr. Saad Yasin graduated from Jinnah Sindh Medical University (JSMU) in 1998 and completed Family Medicine training in the UK. He has been a Family Physician in Canada for over 12 years and is a Fellow of the College of Family Physicians of Canada.

Dr. Yasin serves as an Assistant Clinical Professor at McMaster University and the University of Calgary. He is a lifetime member of APPNA, the founding member, and the first elected president of the APPNA Alberta Chapter.

Currently, he is the Immediate Past President of APPNA Alberta Chapter, a member of the APPNA Canada Advocacy Committee and Taskforce, and Co-Chair of the APPNA Canada Young Physicians Committee.

Dr. Saad Yasin
Immediate Past President

From the Boardroom Meet Our Directors



Dr. Tehmina Munaf, a graduate of Foundation University Medical College (2008), has been a Family Physician in Alberta since 2019, specializing in addiction and mental health. She holds certifications from the College of Family Physicians of Canada, the Canadian Society of Addiction Medicine, and the International Society of Addiction Medicine.

She serves as a Clinical Lecturer at the University of Calgary's Department of Family Medicine and is the President-Elect of the APPNA Alberta Chapter. Dr. Munaf is also an Executive with the Section of Chronic Pain at the Alberta Medical Association (AMA).

Dr. Tehmina Munaf

President Elect



Dr. Tabani brings over 30 years of global medical experience from Pakistan, Ireland, England, Saudi Arabia, and Canada. A WONCA Award recipient and contributing author to Public Health and Community Medicine, he is known for bridging physical and mental health care for patients facing challenges like homelessness and severe mental illness. Recently honored by AMA's Shine a Light program, he continues to make significant contributions to the field.

As General Secretary of UMMA, he built a network of physicians for equitable care. A lifetime APPNA member and now General Secretary of its Alberta Chapter, he fosters physician connections, advocates for healthcare access, and expands APPNA's global impact.

Dr. Abdul Sattar Tabani

General Secretary

From the Boardroom: Meet Our Directors



Dr. Ali Nomani graduated from King Edward Medical University (KEMU) in 2010 and completed Neurology training in Pakistan (FCPS) before pursuing a Stroke Fellowship at the University of Alberta Hospital (UAH), Canada. He is Canadian board-certified in Stroke Neurology (FCSC) and Neurology (FRCPC) and holds an American board certification in Neurosonology (RPNI-ASN) and a Master's in Translational Medicine (MSc).

Currently practicing in Alberta's Central Zone, Dr. Nomani specializes in Neurology, Stroke, and MS. He is a Fellow of the Royal College of Physicians of Canada, the Canadian Stroke Consortium, and the College of Physicians and Surgeons Pakistan. A lifetime member of APPNA, he also serves as a Board Member of APPNA Alberta Chapter.

Dr. Ali Nomani

Treasurer



Dr. Nusrat Asif graduated from Jinnah Sindh Medical University (JSMU), Karachi, completing her residency and fellowship in Gynecology and Obstetrics at JSMU. She holds a diploma in Health Information Management from SAIT, Alberta, and became a Licentiate of the Medical Council of Canada in 2009.

She worked as a Physician Assistant in Radiology at Foothills Medical Centre in 2008 and in Oncology at Tom Baker Cancer Centre in 2009. Dr. Asif completed her Family Medicine residency at the University of Alberta (2009–2011), earning her CCFP in 2011 and FCFP in 2022. She has been a family physician in Calgary since 2011.

A lifetime member of APPNA Alberta, she currently serves on its Board of Directors.

Dr. Nusrat Asif

Director

From the Boardroom: Meet Our Directors



Dr. Tariq Awan is a Family physician, He is a Fellow with the College of Family Physicians of Canada and is also clinical assistant professor at the Cumming School of Medicine, University of Calgary. He has recently relocated to Ontario.

Dr Tariq Awan graduated from Rawalpindi Medical College (Punjab university) and has been practicing in Canada since 2001.

He has extensive experience in clinical practice and teaching medical students/ Residents as Hospitalist and community based practice. He was nominated for Best Family physician award in 2015. He served as a lead physician at Northland Medical clinic Calgary since 2012.

Dr Tariq Awan always believed in unity and valued its strength under one banner and has been working passionately for this cause under APPNA Banner.

He is the Founding/ Executive Director APPNA Alberta chapter and APPNA Lifetime Member he has served in many APPNA committees, co-chaired the membership, health day, advocacy committee Canada, he also served in loan, NEC and Medical Corps Committees.

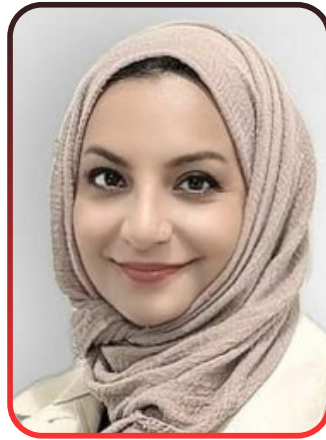
He also had the privilege to Lead Team Shaukat Khanum Calgary to raise funds for poor cancer patients in Pakistan 2019-2021.

He is actively involved in many ongoing charitable and community projects.

Dr. Tariq Awan
Executive Director



A Message from the Social & Welfare Committee



Dr. Mehnaz Amir

Dear Members and Readers,

Salam to all,

We are deeply honored to lead the Social and Welfare Committee of the APPNA Alberta Chapter. This year, Alhamdulillah, we had the privilege to organize impactful initiatives that brought meaningful change to the lives of those in need, thanks to your generosity and unwavering support.

Ramadan Fundraiser:

In March, we conducted a highly successful Ramadan Fundraiser, raising over \$37,000. With the help of ICNA, we distributed more than 2,000 food hampers to underserved families in remote villages across Sindh, Punjab, and Balochistan. These contributions brought hope and relief to communities facing significant challenges.

Season of Giving Fundraiser:

Our Annual Season of Giving Fundraiser, held in December, raised over \$10,000 to support Indigenous families in need in Red Deer. This initiative reflects our commitment to extending support to our local communities during the holiday season.

We are sincerely grateful to the APPNA Alberta Chapter members for their generous donations and support, which have been instrumental in making these initiatives a success. Together, we continue to uphold the values of compassion and service, spreading hope and positivity across borders.

Thank you for making a difference.

Warm regards,

Dr. Mehnaz Amir & Dr. Zoya Khan

Social and Welfare Committee Leads
APPNA Alberta Chapter



CME Chair Alberta report



Dr. Zarqa Quraishi

Dear APPNA Members,

We were delighted to host another successful day of Continuing Medical Education (CME) sessions at the APPNA 2024 National Conference. Based on valuable feedback from last year, we selected topics aligned with the most requested areas for further education.

Our sessions covered a diverse range of topics, including:

- **Hepatology:** Interpreting Abnormal Liver Function Tests.
- **Women's Health:** Menopause and Dysfunctional Uterine Bleeding.
- **Rheumatology:** Inflammatory Arthritis vs Fibromyalgia—diagnostic challenges and treatment approaches.
- **Hypertension Management:** The use of SGLT2 inhibitors and cardiovascular outcomes.
- **Psychiatry in the Community:** Diagnosis and Management of Depression and Bipolar Disorder.
- **Chronic Pain Management:** Opioid prescribing and de-prescribing practices.
- **Obesity Management:** Pharmacotherapy with GLP-1 Agonists and Stimulant Medications.
- **Pediatrics:** Asthma, Common Rashes, and Eczema Management.
- **Physician Well-being:** Strategies for Nurturing Resilience and Preventing Burnout.

We were proud to offer 6 hours of Mainpro+, MOC, and AMA PRA credits, with 100-120 attendees participating enthusiastically. Anonymous feedback was collected to ensure continued improvement.

Additionally, participants had the opportunity to submit research abstracts and display posters, fostering collaboration and showcasing innovative projects.

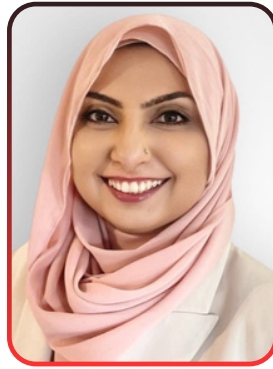
We are deeply grateful to our speakers, attendees, and organizing team, including our advisor Dr. Sarah Makhdoom, and members Dr. Fouzia Sarwar and Dr. Sana Jawad, for making these sessions possible.

Warm regards,

Zarqa Quraishi

CME Chair, APPNA Conference

YPC Alberta Chapter Report



Dr. Aisha Ashraf

The YPC session at the APPNA Canada Meeting 2024 was a key event for undergraduates, IMGs, and physicians in training. Led by Dr. Saad Yasin, Assistant Clinical Professor at McMaster University, it offered practical insights into the CaRMS process and strategies for strong applications.

Panelists and Key Insights:

- **Dr. Aisha Ashraf**, MD (Associate Physician, AHS; Chair, APPNA Alberta YPC) highlighted challenges and opportunities for IMGs in Alberta, emphasizing networking and APPNA resources.
- **Dr. Zarqa Quraishi**, MBBS CCFP (Family Physician, Calgary; Advisor, APPNA Alberta YPC) shared her journey in family medicine, offering guidance on certification and career-building in primary care.
- **Madiha Rana** (3rd-Year Medical Student, University of Calgary) provided tips on residency preparation and transitioning from medical school to residency, with a focus on IMG support.
- **Dr. Ziauddin Hassan**, MBBS FRCS (A&E) FRC EM (Division Lead, Emergency Medicine, Saskatchewan) outlined steps for pursuing emergency medicine, including obtaining certifications and adapting to Canadian protocols.
- **Dr. M. Nadeem Mazhar**, MD FRCP C DABPN FRCPsych (Consultant Psychiatrist, University of Toronto) discussed psychiatry applications, highlighting the demand for mental health professionals and the importance of research, volunteer work, and multidisciplinary experience.
- **Dr. Majid Niaz**, MBBS FRCPC FCP (SA) (Assistant Professor, General Internal Medicine) emphasized academic and clinical rigor for internal medicine applications, advising on hospital-based experience, research, and communication skills.
- **Dr. Wajid Ahmad**, MBBS MAS MSc FRCPC (Public Health and Preventive Medicine Residency) focused on pathways in public health, encouraging candidates to showcase community health interests, research, and a commitment to addressing health disparities.

This session offered aspiring physicians invaluable insights from professionals who have successfully navigated the Canadian medical system. The open-format event reinforced APPNA's dedication to supporting young physicians with accessible resources and expert guidance.

Warm Regards,
Dr. Aisha Ashraf

APPNA Canada Meeting Report



Dr. Saad Yasin

Dear APPNA Members,

Reflecting on the APPNA Canada Meeting 2024 in Calgary fills me with pride and gratitude. This vibrant gathering brought together participants from across the USA and Canada, fostering collaboration and learning.

We were honored by the presence of APPNA leadership, including President Dr. Asif Mohiuddin, President-Elect Dr. Humera Qamar, Treasurer Dr. Shahzad Iqbal, and other esteemed members. A highlight was the Late Hussam Ul Haq Bawa Lifetime Achievement Award, presented to Dr. Ejaz Ghumman and Dr. Riffat Bajwa for their exceptional contributions. The announcement of the APPNA BC Chapter by Dr. Asif Mohiuddin marked a milestone moment.

The event featured an accredited CME session with 6 credit hours led by nine expert speakers, Chaired by Dr Zarqa Quraishi and Moderated by Dr. Abdul Sattar Tabani & Dr. Ali Nomani.

Informative YPC Session successfully held at the event moderated and led by Dr Saad Yasin, featured a panel of expert physicians, resident and medical student. It provided invaluable guidance on pathways to Canadian medical and residency programs.

The weekend was enriched by a memorable Banff day trip, excellent food, and captivating performances by Nitin Suran and the legendary Alamgir. We concluded with a Sunday morning walk and traditional Halwa Puri breakfast.

I extend heartfelt thanks to the Planning Committee for their tireless efforts.

Long live APPNA!

Warm regards,

Dr. Saad Yasin

Co-Chair, APPNA Canada Meeting 2024

some glimpses from the **APPNA Canada Meeting 2024**





APPNA BC Chapter Update

Our Journey, Achievements, and Plans



Dr. Jamil Akhtar

We are thrilled to share updates from the APPNA BC Chapter. Despite challenges, our journey to establish this chapter has been rewarding, and we are proud to announce its registration as a nonprofit in BC, supported by a dedicated board and committees.

Formation and Mission

Creating the APPNA BC Chapter involved building awareness and engaging local physicians. Thanks to community support, we've formalized our mission to serve Pakistani physicians and advance healthcare in BC.

Key Committees

- **IMG Integration Committee:** Focused on bridging gaps and creating opportunities for International Medical Graduates.
- **Education and Research Committee:** Promotes education, research, and professional development through events and partnerships.

Upcoming Events

- **CME Gathering:** Join us on November 30, 2024, for networking and continuing medical education.
- **APPNA Canada Fall Meeting 2026:** Save the date for August 1-3, 2026, in Vancouver—a landmark event for APPNA and the BC Chapter.

Looking Ahead

While challenges in forming committees and building partnerships remain, they've strengthened our resolve. We are committed to supporting members, advancing healthcare initiatives, and upholding APPNA's values.

Thank you for your support as we work to create a thriving medical community in BC. We look forward to seeing you at our events!

Warm regards,

Dr. Jamil Akhtar

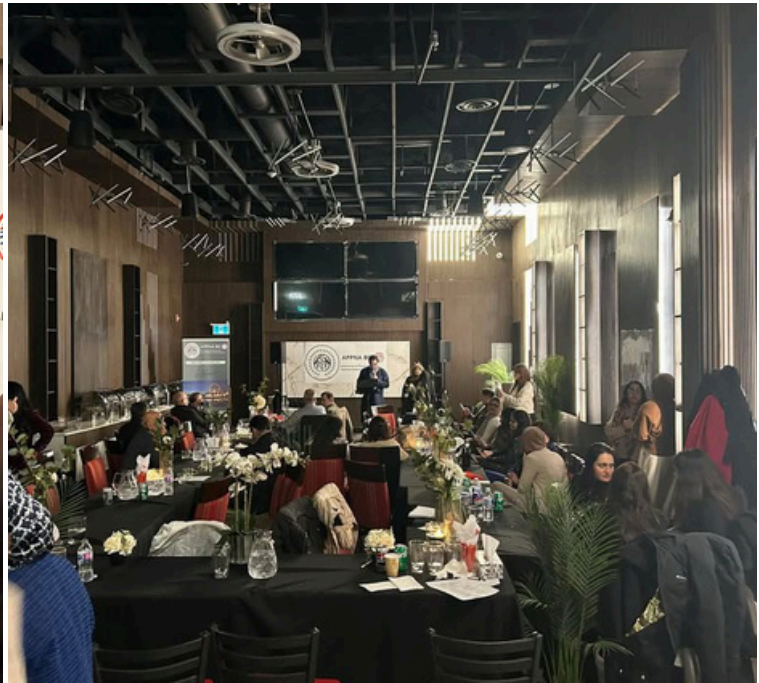
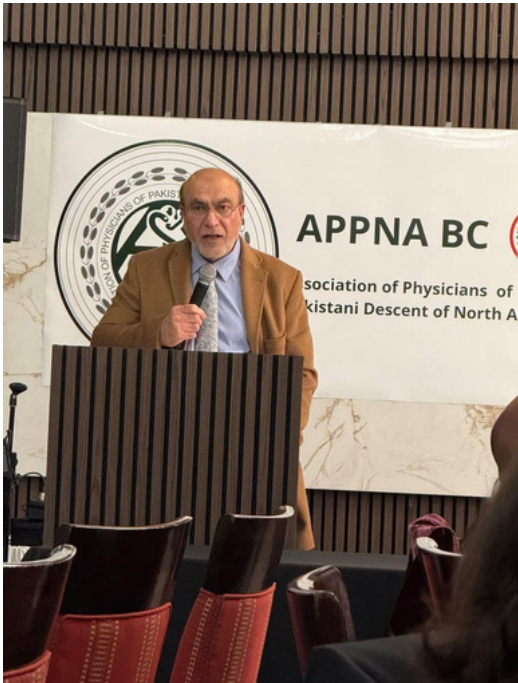
Founder President, APPNA BC Chapter



First Meet & Greet, CME Session

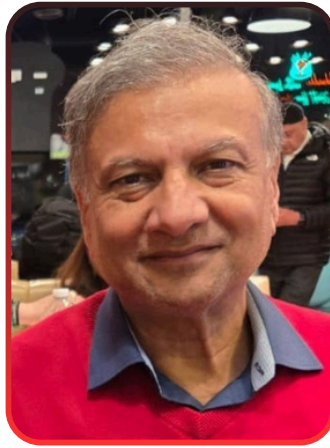
organised by BC Chapter at Vancouver

30 November, 2024





A Message from the APPNA Ontario President



Dr. Naushad Noorani

Dear APPNA Members,

As 2024 draws to a close, it is my privilege to reflect on a year of remarkable progress and achievements for APPNA Ontario. We have built a strong base for continued growth and success.

A major highlight of the year was the Dinner, Education, and Entertainment evening, attended by over 150 participants. The event featured inspiring speeches from APPNA leadership, a Continuing Medical Education (CME) session, and a delightful dining experience. It was a great opportunity for members and non-members to connect in a casual setting, fostering camaraderie and community spirit. Media coverage by Dunya News further underscored the significance of this event in showcasing APPNA Ontario's growing momentum.

I extend my heartfelt gratitude to the APPNA Ontario membership for your enthusiasm, commitment, and support in achieving these milestones. Your support has been vital in enhancing APPNA's profile and fostering collaboration. I would also like to express my deep appreciation to our dedicated Board of Directors—Dr. Razi Sayeed, Dr. Humera Ali, and Dr. Nadeem Mazhar—for their exceptional leadership and unwavering efforts.

As we look ahead to 2025, I encourage everyone to continue supporting APPNA Ontario and invite more members to join our community. Together, we can achieve even greater milestones in the years to come.

Thank you for making 2024 a truly remarkable year!

Sincerely,

Dr. Naushad Noorani,
President, APPNA Ontario
President-elect, DOGANA



Highlights

of the Ontario session





APPNA Alberta Chapter Annual Activities

Seasons Greeting at Foothills Medical Centre

Dated: 25th January 2024

The APPNA Alberta Chapter, in collaboration with ICNA, brought festive cheer to Calgary's healthcare professionals! Over 2,000 medical staff at Foothills Medical Centre were treated to a heartwarming Season's Greetings event.

This thoughtful gesture served to acknowledge and appreciate the incredible dedication and tireless efforts of these frontline heroes. Refreshments and coffee fueled their spirits (and potentially, a late-night shift!), creating a warm and welcoming atmosphere.





APPNA Alberta & PCA Edmonton Partner for Health Event

Dated: 27th January 2024



Community Health Awareness Event

by APPNA Alberta Chapter
in collaboration with
PCA Edmonton



Saturday, Jan 27, 2024

Time: 4 Pm - 7 PM

Venue: PCA hall Edmonton

9226 39 Ave NW Edmonton, T6E 5T9

Speakers



Dr Ashfaq Shuaib
Neurologist Edmonton



Dr Mirza Ikram Baig
Family Physician Edmonton



Program: PCA Hall Edmonton

- 3:45 pm: Registration
- 4:00 pm: Welcome Note
- 4:10 pm: How do you prevent stroke and heart attack
- 4:40 pm: Why do you need a family doctor?
- 5:10 pm: Q&A for both speakers
- 5:30 pm: Physicians meet & greet with APPNA team
- 6:00 pm: Refreshments and networking

Association of Physicians of Pakistani Descent of North America - Alberta Chapter
Pakistan Canada Association - Edmonton



APPNA Alberta & PCA Edmonton Partner for Health Event

Dated: 27th January 2024

APPNA Alberta joined forces with PCA Edmonton for a well-attended community health awareness event. The program featured engaging discussions and fostered physician-patient connections.

Thank you to attendees and partners for making this initiative a success!





APPNA Alberta & PCA Calgary Host Successful Community Health Event

Dated: 25th February 2024

Community Health Awareness Event

BY APPNA ALBERTA CHAPTER
in collaboration with
PCA Calgary



Sunday, Feb 25, 2024

Time: 3:30pm – 6 pm

Venue: PCA Hall Calgary

**507–509, 4656 Westwinds Dr NE,
Calgary T3J3Z5**

Program: PCA Hall Calgary

3:20 pm: Registration

3:30 pm: Welcome note

**3:40 pm: How to fast in Ramadan with
chronic disease? why medication
adjustment is important in fasting?**

**4:20 pm: Medical benefits of fasting.
Nutrition and exercise in Ramadan**

5:00 pm: Q & A

5:30 pm: Refreshment

SPEAKERS



Dr. Asad Mir
Family Physician,
Calgary



Dr. Hanan Bassyouni
Endocrinologist,
Calgary

**Association of Physicians of Pakistani Descent of North America – Alberta Chapter
Pakistan Canada Association – Calgary**



APPNA Alberta & PCA Calgary Host Successful Community Health Event

Dated: 25th February 2024

Excellent Community Health Awareness Event by APPNA Alberta Chapter in collaboration with PCA Calgary.





APPNA Alberta Makes a Significant Impact with Record-Breaking Ramadan Fundraiser

Dated: 25th March 2024

Alhamdulillah (Praise be to God), the APPNA Alberta Chapter's annual Ramadan fundraiser for 2024 was a resounding success!

Thanks to your incredible generosity, we have already received \$35,750 in donations. These funds were promptly presented to ICNA Calgary to expedite the distribution of food hampers to remote, underprivileged areas in Pakistan.

This year's fundraiser surpasses all previous records, demonstrating the remarkable compassion and commitment of the APPNA Alberta community. Your contributions will make a tangible difference in the lives of countless families struggling with food insecurity during Ramadan.



APPNA Alberta celebrates Eid Party in Calgary

Dated: 20th April 2024

Eid party Calgary 2024! what a delightful celebration with fantastic participation!



APPNA Alberta Eid Party in Edmonton

Dated: 22nd June 2024

APPNA Alberta Chapter Eid Party in Edmonton on June 22,2024. The event was well attended by physicians and their families from across Edmonton and area.

Our special guests for the event were honourable MLA, Mr. Sharif Haji who has keen interest in Public health and joined him the chair of Board of Directors of Edmonton Chambers of Commerce and Vice president of Business development, Mr.Aziz Bootwala who shared beautiful remarks on public service during this auspicious event.

Kids and the families enjoyed the games and cake cutting. Prizes were distributed to the winners of games and draws. This evening provided a well organized opportunity to physicians and their families to socialize and celebrate.





**APPNA Canada Meeting 2024 hosted by APPNA Alberta Chapter
August 15-18, 2024 at Premier Calgary Plaza Hotel**

Day Trip to Banff
Dated: 15th August 2024



Qawwali Night

Dated: 16th August 2024





APPNA Canada Conference 2024

Dated: 17th August 2024



APPNA Alberta Chapter 101
—4600 Crowchild Tr NW
Calgary, AB T3A 2L6

403-926-7554
appnaalberta@gmail.com
www.appnaalberta.ca



APPNA Canada Meeting 2024

Saturday, August 17, 2024 07:30–15:15 MDT

Best Western Premier Calgary Plaza Hotel and Conference Centre

1316 33 St NE, Calgary, AB T2A 6B6

6.0-hour CME Opportunity in Calgary

Covering Relevant and Practice-Changing Topics Including:

- Gastroenterology: Interpreting abnormal liver function test result
- Women's Health: Perimenopause & Menopause
- Rheumatology Update: Inflammatory arthritis vs Fibromyalgia
- Cardiovascular: Choosing the right antihypertensive & SGLT2i and cardiovascular outcome
- Psychiatry in community: Diagnosis and management of Depression and Bipolar disorder
- Chronic Pain Management: Opioid prescribing and de-prescribing
- Obesity management: Pharmacotherapy with GLP1 agonist & stimulant medication
- Pediatrics: Asthma, Atopy and Eczema management
- Physician Well-being: Nurturing resilience and preventing burnout in physicians

Learn from renowned expert speakers including:

- | | |
|---|---|
| <input type="checkbox"/> Dr. Carla Coffin (Hepatology) | <input type="checkbox"/> Dr. Yasmin Majeed (Pain Consultant) |
| <input type="checkbox"/> Dr. Jaelena Mannerfeldt (Gynecologist) | <input type="checkbox"/> Dr. Norman Wong (Endocrinologist) |
| <input type="checkbox"/> Dr. Uzma Erum (Rheumatologist) | <input type="checkbox"/> Dr. Syeda Abbas (Pediatrician) |
| <input type="checkbox"/> Dr. Umair Sajid (Internal Medicine/Endo) | <input type="checkbox"/> Dr. Yvonne Kangong (Family Medicine) |
| <input type="checkbox"/> Dr. Ahmed Jamal Janjua (Psychiatrist) | |



FOR MORE INFORMATION AND TO REGISTER, SCAN THE QR CODE, OR GO TO:

<https://portal.ideasregistration.com/ideas-event/207>

Registration Cost: \$125

Registration includes breakfast, lunch, and two catered refreshment breaks.



APPNA Canada Conference 2024

Dated: 17th August 2024





APPNA Canada Conference 2024

YPC Session

Dated: 17th August 2024

APPNA CANADA MEETING 2024

SATURDAY AUGUST 17, 2024 3:30 PM - 4:30 PM-MT

BEST WESTERN PREMIER CALGARY PLAZA HOTEL AND CONFERENCE CENTRE



APPNA ALBERTA YPC invites you to attend
PATHWAYS TO CANADIAN MEDICAL AND RESIDENCY PROGRAMS

MODERATOR



Dr Saad Yasin MBBS CCFP FCFP MRCGP
Assistant Clinical Professor McMaster University
Co-Chair APPNA Canada YPC Committee
Co-Chair APPNA Canada Meeting 2024



PANELISTS



Dr Aisha Ashraf MD
Clinic Assistant
Chair APPNA Alberta YPC



Dr Zarqa Quraishi MBBS
Family Physician
Advisor APPNA Alberta YPC



Madiha Rana
3rd Year Medical Student
University of Calgary



Dr Ziauddin Hassan
MBBS FRCS(A&E) FRCEM
Division Lead Emergency Medicine



Dr Majid Niaz
MBBS FRCPC FCP(SA)
Assistant Professor
General Internal Medicine



Dr M Nadeem Mazhar
MD FRCPC DABPN FRCPsych
Consultant Psychiatrist



Dr Wajid Ahmad
MBBS MAS MSc FRCPC
Associate Chief Medical Officer Ontario

FREE EVENT FOR UNDERGRADUATES, MEDICAL STUDENTS, IMGs AND PHYSICIANS IN TRAINING



APPNA Canada Conference 2024

YPC Session

Dated: 17th August 2024





APPNA Canada Meeting 2024

Alamgir Night

Dated: 17th August 2024





APPNA Canada Meeting 2024

Alamgir Night

Dated: 17th August 2024





APPNA Canada Meeting 2024

Alamgir Night

Dated: 17th August 2024





APPNA Alberta Annual Walk

Dated: 18th August 2024





APPNA Alberta Community Health Awareness Event Edmonton

Dated: 08th December 2024



Community Health Awareness Event
by APPNA Alberta Chapter
in collaboration with
PCA Edmonton



Sunday, December 08, 2024
Time: 10:00 AM - 2:30 PM
Venue: PCA hall Edmonton
9226 39 Ave NW Edmonton, T6E 5T9

FREE EVENT PLEASE REGISTER FOR HEAD COUNT LUNCH WILL BE PROVIDED

Speakers



Dr. Tasneem Dawood
Oncologist



Dr. Ali Nomani
Neurologist



Dr. Shafiq Akbar
Rheumatologist



Dr. Zehra Vicaruddin
Community Palliative Care
Physician



Dr. Abdul Sattar Tabani
Family Physician, General
Secretary APPNA Alberta

Moderator

Program: PCA Hall Edmonton

09:45 am: Registration

10:00 am: Welcome Note

- . Expert speaker sessions for physicians & community members.
- . Importance of prevention and early detection of cancer
- . Multiple Sclerosis - updates and management options for physicians and care givers
- . Dual Defense: Effective strategies for preventing osteoarthritis and osteoporosis
- . Palliative care in home setting
- . Stay Strong, Stay Steady: Home exercises to strengthen muscles and prevent falls. K
- . IMG Session : Pathway to Practice medicine

02:00 pm: Refreshments and networking

Association of Physicians of Pakistani Descent of North America - Alberta Chapter
Pakistan Canada Association - Edmonton

APPNA Alberta Community Health Awareness Event Edmonton

Dated: 08th December 2024

Community health awareness event in collaboration with Pakistan Canada Association Edmonton. Very well participated by physicians and the community. A job well done by our General Secretary and Lead of the event Dr Abdul Sattar Tabani.





APPNA Alberta Chapter Volunteers Appreciation Day

Dated: 14th December 2024

We gathered to honor the exceptional contributions of our dedicated volunteers, whose tireless efforts and commitment are the foundation of our Chapter's success. Their hard work and passion drive our initiatives forward, creating a meaningful impact within our community.

A special congratulations to our President-Elect, Dr. Tehmina Munaf, for organizing such a memorable and well-deserved celebration. Her leadership and vision brought us together to appreciate and celebrate the individuals who make our shared successes possible.



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APPNA Alberta Chapter Season of Giving Fundraiser

Dated: 17th December 2024

A heartfelt thank you to our generous donors for helping us raise \$10,000 for the Red Deer Native Friendship Society. Your support will provide essential aid, including food, shelter, and family support, to vulnerable Indigenous families in Red Deer.

Thanks to our Social and Welfare Committee, led by Dr. Mehnaz Amir and Dr. Zoya Khan in conducting the fundraiser. Special thanks to our Treasurer Dr. Ali Nomani for leading and organizing the fundraiser with the Native Society. Together, we've made a difference!





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