



RMCAANA

Connection

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Hina Naushad

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Dear Rawalians,

It is an honour for me to serve as the president of RMCAANA for 2013. Over the past years Rawalians in North America have been engaged in improving health care and education in Pakistan through various projects. One of the key roles for RMCAANA is also to serve its alumni, and any organization that strives to serve and grow relies heavily on its member satisfaction. For this purpose RMCAANA conducted its first online membership survey in 2013 which provided a baseline and guide for us to improve as an organization. Through this feedback we have received many great ideas and comments that will help shape our organization in the near future. In this issue of RMCAANA newsletter you will find a great message from Dr. Umar, who is the first rawalian to become the principal of RMC. Rawalians are a dynamic group of physicians who are not only academically successful in many fields of medicine all over the world, but also acquire some unique qualities to excel in a field that most Pakistani's shy away from i.e Athletics! Read my excerpt on page 3 about my conversation with a unique Rawalian; Dr. Tania Uwais.

Recently, I had the pleasure to visit the RMC teaching block campus in Holy Family Hospital and met with Dr. Umar on June 12th, 2013. We discussed many ideas for continued collaboration; among those was an effort to coordinate credentialing verification for Rawalians residing in North America. I am pleased to announce that Dr. Umar has personally reassured to provide timely credential verification to all Rawalians. Please contact Dr. Umar directly for this purpose, while he works on designating a liaison/coordinator for alumni document verification in the near future.

Hope you can all join us on July 5th in Orlando, FL for our alumni dinner and program. In the end I would like to thank the RMCAANA executive council (Rummana Aslam, Sohail Minhas, Waqas Tariq, Shahida Rehmani, Qasim Hassan & Sophia Janjua) and past presidents, especially Avais Masud, Babar Rao, Amer Akmal, Nadeem Iqbal, and many more for their hard work and continued efforts in improving our organization and giving back to our alma mater.

I look forward to your active participation in RMCAANA. The best way to participate is through your membership for which you can visit www.appna.org or email me @ president@rmcdocs.com. If you have any suggestions or want to help alumni in any capacity, please don't hesitate to contact me.

Hina Naushad, MD

President RMCAANA 2013



MESSAGE FROM PRINCIPAL RMC, DR.. MUHAMMAD UMAR:



It gives me great pleasure to write this message for RMCAANA, which is a part of the Rawalpindi Medical College family. The association of RMCAANA with Rawalpindi Medical College depicts the marvelous past of this college and predicts its bright future. I cannot resist mentioning Dr. Babar Rao, Dr. Avais Masud, Dr. Shahid Rafique, Dr. Sohail Ikram, Dr. Farhat Khan and many other Rawalians who have been the backbone for RMCAANA for many years.

The contribution of the Rawalians of North America for RMC is tremendous and projects like the Burn Centre in Holy Family Hospital, collaboration with Psychiatry Department in Benazir Bhutto Hospital, Rawalpindi, Centre for Liver and Digestive Diseases (CLD) Holy Family Hospital, various CME Programs in Dermatology, Pathology, Neurology and Medicine, support for undergraduates in research, electives and residency in USA are classic examples of how the Rawalians in North America have contributed towards their alma mater. Being a Rawalian, it just makes me more proud of RMCAANA.

Our goal to achieve excellence in academics, patient care, research and training is only possible with the help of our alumni. RMC being the premier institution in Northern Area of Punjab, provides patient care and training to many undergraduates and postgraduates. The Faculty of RMC are renowned in various fields nationally and internationally e.g. Gastroenterology, Hepatology, Psychiatry, Gynecology and others. Rawalians have played a pivotal role in post graduate education in Pakistan, by having two Rawalian councilors in CPSP – the only fellowship awarding body in Pakistan. I sincerely hope and wish that the relationship of RMC and RMCAANA will strengthen during my tenure. I am planning to hold a Rawalian International Meeting in December, 2013 with Collaboration of RMCAANA and APPNA. In the end, I would like to thank the current President RMCAANA, Dr. Hina Naushad for giving me the opportunity to interact with all of you. We are all part of the Rawalian family and I believe that the faculty of RMC along with all the Rawalians will InshAllah make RMC the best medical college in the country.

Prof. Dr. Muhammad Umar

MBBS, MCPS, FCPS (PAK), FACG (USA), FRCP (L),

FRCP (G), ASGE-M (USA), AGAF (USA)

PRINCIPAL Rawalpindi Medical College

CHIEF Allied Hospitals Rawalpindi

Chair & Professor of Medicine

Rawalpindi Medical College Rawalpindi Pakistan

Chief Gastroenterology & Hepatology Division

Holy Family Hospital Rawalpindi Pakistan

Ex-Governor, American College of Gastroenterology (ACG)

Chairman Asia-Hep Pakistan

Past President Pakistan Society of Gastroenterology

Past President Pakistan Society of Hepatology

President Rawalians' Research Forum

A TRULY INSPIRATIONAL RAWALIAN: By Hina Naushad, MD

I am really excited to introduce and share excerpts of my talk with an amazing Rawalian, from RMC batch of 87. Dr. Tania Uwais, an emergency room clinician in New Jersey, is truly an inspirational figure for what she has achieved in a field that Pakistani women are not famous for. Tania is an avid runner. However, she does not limit herself to 5, or even 10k runs. Tania's race of choice is the marathon. These are 26.2 mile races. She started her marathon career in 2002 when she ran the New York City Marathon. So far, she has run 15 marathons in locations all over the world, and she doesn't plan on stopping any time soon. She is the only person of Pakistani descent I am aware of who has run this many marathons and on top of that she achieved the distinct honor of qualifying and running the prestigious Boston Marathon twice in 2008 and 2009. Here are some excerpts of my talk with Tania.

On how did she start running and how she keeps it up:

I started running seriously when my family settled down at a beautiful shore community in New Jersey. Before that, I started exercising at first through cycling and spent some time on the treadmill for my personal fitness but it was in Virginia, where we stayed for 2 years, we had beautiful running tracks in our neighborhood and I started running and got hooked into running and never looked back.

From running short distances to Marathons:



In the beginning I was running mostly 5 K's and 5 miles and then increased my distance to 10 mile and 1/2 marathon. Initially I didn't think about running 26.2 miles for marathon. In 2001, my husband Avais ran New York City marathon. He always told me I was a better runner than he was. He told me if he could have run marathon, there was no reason why I could not do so. I started training for marathon and very next year, in 2002 ran New York City marathon and I finished in a better time than his was. It was an amazing and a very emotional experience for me. The sense of achievement and satisfaction I felt was unbelievable.

About her different marathons: In USA and overseas:

I have run NYC marathons 4 times, Philadelphia 3 times, Boston twice, Marine Corps marathon Washington D.C. and Jersey Shore once each. Now I'm running mostly marathon in overseas locations. I ran Berlin in 2010, Paris in 2011 and just last month April 2013 London Marathon. I got injured weeks before London Marathon and have not recovered yet. If I recovered soon and had enough time to train, I'm planning to run Tokyo marathon in Feb. 2014.

About her most difficult marathon:

The most recent one, London Marathon. I got injured while training at a beautiful hilly place in Finger Lakes area of NY State, just weeks before London marathon. I ran the whole 26.2 miles limping and it was really painful. I also ran Chicago marathon in 2008 when the city was going through an unseasonably heat wave. Some runners died and many ended up in hospital due to heat related illness. It was tough!

And about Boston Marathon:

Boston is the oldest and the only marathon in the world which requires a runner to qualify for it by running another designated marathon under the qualifying time. That makes Boston the most prestigious Marathon in the world and every serious Marathon runner dreams of running the Boston like

doing PhD in running, I qualified for Boston by running Philadelphia under qualifying time in Nov. 2007 and again by running Boston marathon in 2008 under qualifying time and ran the next Boston marathon in 2009. That I think was the high point of my Marathon "career" and the most satisfying one for me.

About her running for the Burn Center:

In 2008 I ran Chicago marathon to raise funds for the Rawalian Burn Center at Holy Family Hospital. Through generous donation from many RMC graduates and some non-RMC donors, more than twenty thousand dollars were raised. Running 26.2 miles through that infamous Chicago heat wave of October 2008 was really tough but I knew I was running that day for a very Nobel cause that kept me going. When I visited the burn center the following winter, and watched the burn patients being treated, it was a very stratifying experience for me. I was happy that my aches, pain and blisters through the Chicago marathon had made a small difference in their lives for the better.



On motivating others to running:

Many people among my friends, family and at the job have started running following my footsteps. My brother Dr. Rizwan Khan, a Khyber MC graduate recently ran Nashville and then Philadelphia marathons. A good friend of mine, Dr. Ayesha Chaudhry, an AIMC graduate, here in NJ, just ran her first 1/2 marathon and I'm sure will run a marathon someday. Many people at my hospital have been running short distances and 1/2 marathons with me.

On her finding time for training and running:

Like all others, I have a family and busy job but it's all about keeping my priorities right. I hardly miss running, even a short distance, whether at home or traveling, even in Pakistan. Snow, rain, hot or cold weather, I run in every season.

On her message to Rawalians in Particular and Pakistanis in general:

Being physicians, all of us are well aware of the need for physical fitness and benefit of running and aerobic exercise but not many of us make it a priority and as a community we lag behind others in spending time on exercise, both men and women. Some exercise, as long as it's regular is better than nothing. Not everyone has to be a marathon runner but some aerobic exercise should be a must to do activity in one's life, older or younger. If you cannot run or don't like it, buy a treadmill, elliptical or any exercise equipment for home or buy a gym membership, before you buy a TV or refrigerator for your home.

"I've learned that finishing a marathon isn't just an athletic achievement. It's a state of mind; a state of mind that says anything is possible."



RMCOF UPDATE: By Babar Rao, MD, FAAD

RMCOF, Rawalpindi Medical College Overseas Foundation, was founded by graduates of Rawalpindi Medical College about a decade ago, to help out with philanthropic work in Pakistan especially in the health care field. The first project, and so far the most significant achievement by RMCOF, is the establishment of a burn center in Holy Family Hospital in Rawalpindi. A brief report on this project is as below:

In 2006, a small group of physicians recognized the need for a burn treatment center that would be available to the public in the Rawalpindi/Islamabad area of Pakistan, which had a 73.8% mortality rate for burns, and strived to fill that need through a privately funded endeavor. Until 2006, there was no burn center in the public sector in the Rawalpindi/Islamabad area. There were few centers available to the military and/or federal employees, and of course, the private sector. At that time, the mortality rate in the Rawalpindi area for major burns was extremely high at 73.8% as compared to other neighboring countries. Therefore, a small burn center was established by the Rawalpindi Medical College Overseas Foundation (RMCOF) in collaboration with APPNA and the Rawalpindi Medical College Alumni Association of North America (RMCAANA).



The space for this facility was provided by Holy Family Hospital in Rawalpindi, which was converted into a burn center with private individual donations, mostly from RMCOF, RMCAANA and APPNA. The initial staff consisted of one plastic surgeon, two medical officers, six nurses, and fifteen other staff members. The initial facilities included a burn ICU, a hydrotherapy unit, inpatient dressing rooms, outpatient clinic, library, and a seminar room. A review conducted after two years of operation showed a total of 1,546 outpatients seen,

1,956 consults, 1,610 surgical procedures, and 97 patients were admitted as inpatients, of which 55 recovered and were discharged. These initial results revealed that mortality had been reduced from 73.8% to 36%. At this point, an effort was made to convince the Punjab government to assume responsibility for this facility, as the private funds were being exhausted. After a very long and arduous process, the Punjab government agreed to assume responsibility for the clinic in 2010.

The following audit, which was conducted at the 5 year mark, 2.5 years after the facility had been administered by the government, the total number of patients admitted had climbed to 596, of which 365 were discharged, showing a mortality rate of 31%. The total number of outpatients was 8,579; total number of consults 1,038, and total number of surgical procedures was 7,670. These results clearly demonstrate how many patients have been positively affected and how many lives have been saved from the efforts of a small group of doctors who identified a need in a community and acted upon it, and were able to cooperate and involve the local government to the benefit of that community.



Before



After

RMCOF has also helped flood victims a few years ago and has built about 200 single family homes in a small village near Bhakkar. There are several other smaller projects at medical college level, which are being helped by RMCOF. Each year, at the Summer Meeting, board members of RMCOF and the Executive Consul of RMCAANA select a new project to be started in Pakistan.

Yes! I want to pledge for RMCOF welfare projects.

Amount: \$ _____ Check Credit Card

Credit Card #: _____ Exp Date: _____

Name: _____ Phone: _____

Address: _____ Cell: _____

City: _____ State: _____ Zip: _____ Email: _____

Signature Date