

# PMASA Newsletter

Issue 2, August 2013



*PMASA President  
Dr. Abdul Qayyum Aslam*

**President**  
*Dr. Abdul Qayyum Aslam*

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## Message From The President

Dear Members,

Blissful month of Ramadan and the joyous celebrations of Eid are over. We are now looking forwards for our annual CME day and dinner. I would like to proudly share the news that PMASA is now an official partner of the Northern Adelaide Medicare Local (NAML).

I am glad about successful conduction of mock exam and CME activities. This process of teaching and learning along with socializing is an imperative part of the programme.

I encourage all PMASA members to renew their membership as well as convince their colleagues and friends to join for our collective welfare and representation.

Congratulations to my team members for their hard work.

Wishing for our organization's strength, mutual co-operation and vitality in future.

President

Dr. Abdul Qayyum Aslam

### Inside this issue:

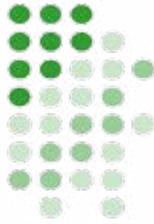
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**Pakistani Medical  
Association  
South Australia**



# Recent Events

by Zainab Naseem, Zara Latif and Raima Amin



2013 has been busy and successful year so far for PMASA with a number of educational and social activities taking place for our members and their families. Here is what we've been up to:

## Educational Activities

PMASA held its first CME evening for the year on the 21st March at the House of Chow Restaurant in Adelaide. Dr Kym Bannister, Senior Renal Physician from RAH, gave an informative talk on Chronic Kidney Disease, Cardiovascular Disease and their interrelated risk factors. More than 20 members attended the event. The halal Chinese food offered by the restaurant was thoroughly enjoyed by the attendees.

PMASA is committed to professional education and growth of young Pakistani doctors in South Australia; and as such one of our key programs is organizing mock exams for our members. The first mock exam for the year was organized for the AMC and RACGP candidates, held at the Martin Road Family Practice on the 28th April. Dr Farooq Ahmed generously offered the venue and educational resources for the event. Avant was the sponsor of the event. PMASA is thankful to all the examiners and Dr Khalil Ghuman and Dr Zainab Naseem for their time and effort in providing such a valuable experience. It was a well attended activity that helped Pakistani doctors to brush up their communication skills for clinical examinations. Mock exams are a fantastic learning opportunity and we encourage members to make use of this free event in the future.

A Medico Legal Issues and Risk Management Seminar was held on 14th June at The Red Ochre Grill in Adelaide. Avant was the sponsor for the event. Speakers included Avant's legal attorneys, council members and medical advisors. Real life examples were considered where medical practitioners have been inflicted with wrongful lawsuits, and information regarding dangers of medical practice indemnities were discussed. An exercise based on a case study was organized and Dr Usman Ahmed was the winner of the activity. We also had lucky draws on the night with 1st prize gift hamper being won by Dr Afsheen Rehan. The delectable dinner and dessert was the highlight of the chilly evening.



# Recent Events



by Zainab Naseem, Zara Latif and Raina Amin

## Family Day

PMASA arranged a get-together for its members and their families over the Easter long weekend. The event was held at the beautiful Greenhill Park in Victor Harbour and offered an enjoyable day for all. There were lots of activities available for everyone. The kids enjoyed go-karting, water slides and rock climbing; the ladies amused themselves with minigolf and paddle boating; and the men made use of the opportunity to set up a cricket match. This was followed by a lavish one-dish lunch and dessert.

## Cricket clash draws crowds

PMASA and SAIMA (South Australian Indian Medical Association) had a friendly T20 cricket match on 8 November 2012. Cricket fever gripped both teams, as we all know how much the Indians and Pakistanis love their cricket. It was great to see so many people coming to support their teams and pride was in the air as both sides sang their National Anthem before the match. PMASA batted first and scored 136/10 in 25 overs. SAIMA gave a good fight, but the Pakistani team managed to beat the Indian team by 12 runs. RizwanLatif was awarded the man of the match; Ahad Rana was given the best batsman; and best fielder went to Abdullah Rana.

Well done guys!



# Upcoming Events

PMASA has an exciting second half of the year in store for its members. The annual CME Day and Gala Dinner will be held on Sunday the 6th October 2013 at the Crowne Plaza Adelaide. Save the date in your diaries! We will be releasing details soon on the registration process and ticket sales. The event was hugely successful last year and we assure you it will be bigger and better this year!

The second mock exam will be held on the 15th September at 10 am at the Martin Road Family Practice, Parafield Gardens. The exam is aimed at FRACGP and AMC candidates. Please contact Dr Khalil Ghuman at 0432 797 654 or Dr Zainab Naseem at 0424 904 545 for any further details. PMASA is also looking for senior members to act as examiners and assist with the activity. If you are able to help out, email us at [pakistanimedicalassociationsa@gmail.com](mailto:pakistanimedicalassociationsa@gmail.com) with your expression of interest.



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## Targeting of Low-Dose CT Screening According to the Risk of Lung-Cancer Death.

Kovalchik S.A, Tammemagi M, Berg CD, Caporaso NE, Riley TL, Korch M et al.  
N Engl J Med 2013; 369:245-254.

### Background

In the National Lung Screening Trial (NLST), screening with low-dose computed tomography (CT) resulted in a 20% reduction in lung-cancer mortality among participants between the ages of 55 and 74 years with a minimum of 30 pack-years of smoking and no more than 15 years since quitting. It is not known whether the benefits and potential harms of such screening vary according to lung-cancer risk.

### Methods

We assessed the variation in efficacy, the number of false positive results, and the number of lung-cancer deaths prevented among 26,604 participants in the NLST who underwent low-dose CT screening, as compared with the 26,554 participants who underwent chest radiography, according to the quintile of 5-year risk of lung-cancer death (ranging from 0.15 to 0.55% in the lowest-risk group [quintile 1] to more than 2.00% in the highest-risk group [quintile 5]).

### Results

The number of lung-cancer deaths per 10,000 person-years that were prevented in the CT-screening group, as compared with the radiography group, increased according to risk quintile (0.2 in quintile 1, 3.5 in quintile 2, 5.1 in quintile 3, 11.0 in quintile 4, and 12.0 in quintile 5;  $P=0.01$  for trend). Across risk quintiles, there were significant decreasing trends in the number of participants with false positive results per screening-prevented lung-cancer death (1648 in quintile 1, 181 in quintile 2, 147 in quintile 3, 64 in quintile 4, and 65 in quintile 5). The 60% of participants at highest risk for lung-cancer death (quintiles 3 through 5) accounted for 88% of the screening-prevented lung-cancer deaths and for 64% of participants with false positive results. The 20% of participants at lowest risk (quintile 1) accounted for only 1% of prevented lung-cancer deaths.

### Conclusions

Screening with low-dose CT prevented the greatest number of deaths from lung cancer among participants who were at highest risk and prevented very few deaths among those at lowest risk. These findings provide empirical support for risk-based targeting of smokers for such screening. (Funded by the National

## An Audit of Osteoporotic Patients in an Australian General Practice

Darren Parker  
June 2013; 42 (6): 3-427

### Background

Osteoporosis is a major contributor to morbidity and mortality in Australia, and is predicted to accelerate as the population grows and increases in age. The aim of this study was to audit 10 general practitioners for their identification of patients with risk factors for osteoporosis, and appropriate screening, treatment and follow up care.

### Methods

Patient medical records over a 12 year period from 10 GPs at a rural medical centre were retrospectively audited using the PENCAT software. The management of osteoporosis was compared with guidelines from The Royal Australian College of General Practitioners.

### Results

The study included 402 patients, both men and women, aged 60–95 years, with at least one risk factor in addition to age. Only 35% of all patients had been scanned for osteoporosis, and the percentage varied with age, gender, and number and type of risk factors. Overall, 66% of patients with osteopenia, and 26% with osteoporosis, were receiving no medical treatment. Additionally, 48% of those with previous low bone mineral density scans had not had recommended follow up scans.

### Conclusion

General practitioners are the healthcare hubs of our communities, including for prevention of diseases such as osteoporosis. The low level of concordance with the guidelines suggests that in this general practice community, passive screening for osteoporosis has been less than effective. Active surveillance, such as the PENCAT tool used in this study, would offer an alternative approach. Further studies could then evaluate whether incorporating this into the usual practice audit process leads to improved patient outcomes.

© Australian Family Physician.



# Stories from our members

## Message from Dr Siraj ul Haq

I would like to share this story with my friends & colleagues about a project I and my family have undertaken back home in Pakistan. It is ambitious as well as daunting but at the same time challenging & rewarding. We have chosen my ancestral village of KALU KOTHA as the subject for this social experiment. The village is just off the Grand Trunk Road in the district of Attock. It has a population of some 5000 and has the make up of a typical Punjab village. The object of the exercise is to show by example and thus familiarise the village folk with some good civic sense, healthy respect for the environment and sustainable living. These include awareness, preservation and pride in our HERITAGE, both built as well as objects & articles of domestic use, pieces of decoration & tools of trade from yesteryears. Next is to emphasise the value & importance of OPEN SPACE at a time when farming land is being rapidly swallowed by demand for housing as the population increases at an alarming rate. Thirdly encouraging PLANTING TREES whether these be fruit trees, for shade or providing habitat for the bird life. Importance of trees is something the locals need to be reminded of time & again as too many established trees are being felled for timber and fuel, in itself an ecological disaster.

To achieve all of the above the ancestral home (which I inherited) has been faithfully restored with all the original features and fittings. The land around the house (some 5 kanals) has been spared subdivision and planted with rows of fruit trees instead. Plans are afoot to harvest the rainwater off the roof with gutters & storage tanks. I am also exploring the possibility of installing solar panels to provide some much needed alternative to the devastating power shutdowns. As we all know very well load shedding, unfortunately has become a fact of daily life in Pakistan.

All in all this pilot project is a small contribution towards some very big causes. And for the old renovated house itself it is being used as a craft & vocational centre for the village girls, managed and run by local staff. I will be happy to provide further information about this project. Any comments or suggestions will also be most welcome.

Yours sincerely,

*Siraj-ul Haq*

*(PMASA Membership no: 057-250512)*

## Children Corner



*Areeba Ayaz*



*Rafey Asif*



*Shehroz Ayaz*

# MembersNews

- We are proud of Mr Irfan Hashmi and Mrs Sobia Hashmi. New ABC television series called Dream Australia, which aims to showcase migrant success stories in a similar format to the popular Australian Story program Pharmacist couple Irfan and Sobia Hashmi's participation in the program was showcased on 22-6-2013 weekend in a major story in the Adelaide Advertiser. Later story get coverage by "Pharmacy Daily" newsletter and Sydney based Pakistani newspaper Sade-e-Watan. The couple, who have an outlet in Port Pirie as well as Blakeview in Adelaide, have won awards for their services to the industry. "Pharmacist of the Year" award in 2009 given by Pharmaceutical Society of Australia, South Australia and "SA Great Small Business Award" in 2009. ABC television will on air in August or September 2013." Congratulations to both of you.
- Congratulations to Dr M Waqas Fazal and Dr Rajkumar Lohana on passing their FRACP exams in August 2013.
- Our hearties congratulations to Dr Abdullah Rana on passing FRACS Primary exams.
- Congratulations to Dr Imran Gul and Dr Zahid Hussain on passing their FRACGP exams in 2013.
- Congratulations to Dr Zara Latif and Dr Sehar Usman on passing their AMC clinical examinations.
- We would like to congratulate Dr M Tahir Khan and Mrs Tahir on birth of their daughter Zaina Zainab Khan.
- Congratulations to Dr & Mrs S. M Ahad Ali on birth of their daughter Rameen Ali.



# MembersClassifieds

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# Hi. Good to meet you.

## Who are we?

General Practice SA exists purely to promote high quality health care for South Australians through preserving and enhancing the essential role of General Practice in health care delivery.

We deliver health programs and intelligent solutions that streamline health service delivery and the business end of primary healthcare through creative approaches that link with General Practice.

## What can we do for you?

To put it simply, we can provide you with the tools and knowledge to run a healthier healthcare business.

Visit our website for everything you need to know [www.generalpracticesa.org.au](http://www.generalpracticesa.org.au)

## Become a member. We make it worthwhile.

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## Member benefits include:

### Professional and business development

- 15% discount on our full range of health provider communications, data quality and business consultancy services.
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- 20% discount on Health Business Solutions Seminars and bookings of our custom-designed hands-on computer training lab

### Networking

- Opportunities to expand your networks by engaging with key primary health organisations.
- Two complimentary registrations to our annual networking event (usual price \$350/pp).

### Staff incentives

- Discounted access (8.3%) to Medibank Corporate group health scheme for member organisation staff.

### Influence

- State level advocacy and participation in industry consortiums on health sector policy matters.

### Industry intelligence

- Access to our members-only suite of downloadable published resources.
- Convenient headline news feeds to keep you updated on current issues and trends in health and business

*“General Practice SA is committed to preserving, promoting and enhancing the essential role of general practice in ensuring high quality health care.”*



# Letter from the Editor 2013

*Dear Friends, Members and Colleagues,*

*With great pleasure, would like to present to you our second newsletter. PMASA has organised many events since the publication of last newsletter and we have tried our best to cover all of them for you via this platform. It is nice to see that our members have started to share their stories/achievements with us. We have also introduced kids corner to publish the photographs of our kids if their parents would like so. I would like to further encourage you all to utilise the advantage of members free classifieds.*

*I would like to Thank Raima Amin, Zainab Naseem and Zara Latif for their contributions. We are also looking for more volunteers to help us with the newsletter, so interested members please contact us.*

*Please feel free to share your comments and feedback with us via [pakistanimedicalassociationsa@gmail.com](mailto:pakistanimedicalassociationsa@gmail.com)*

*Your's sincerely,*

**Dr Zafar A Usmani**  
**Editor, Newsletter.**  
**Media & Public Relations Officer, PMASA.**

Got News to Share?

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# PMASA



**Pakistani Medical  
Association  
South Australia**



## CME DAY SCHEDULE-SUNDAY 6TH OCTOBER CROWNE PLAZA HINDMARSH SQUARE, ADELAIDE

Registration: 10:00-10:25

Welcome: 10:25-10:30

Lecture 1: 10:30-11:10

Frequently Missed X-rays & ECGs in Clinical Setting, Dr M Tajdar

Morning Tea: 11:15-11:30.

Lecture 2: 11:30m- 12:10.

Management of Resistant Hypertension - Dr Chuks Ajaero

AGM & Elections: 12:15-13:00.

Lunch & Prayer Break: 13:00-13:35.

Lecture 3: 13:40-14:20

"Is it time to change the way treat depression?", Dr Harry Hustig

Lecture 4: 14:25-15:00

Bowel Cancer Screening & Surveillance After Cancer Surgery Dr S Ganesh

Close and Feedback: 15:00-15:10.



# PMASA

## Annual Dinner 2013

### Venue: Crowne Plaza, Hindmarsh Square, Adelaide Sunday, 6th October 2013

#### Members and Guests,

Here is the event that we have all been waiting for. PMASA's annual dinner event has finally arrived). We welcome you to join us on this special evening.

#### Highlights:

- A good central venue with Halal catering with buffet dinner.
- Guest Speaker - Dr Ali Khan BJ JP, a former Australia Day Citizen of the year
- Entertainment – Nadeem Nadvi (Melbourne) and Fahad Farooq
- Raffle ticket prizes – win an iPad!
- Quiz with prizes.
- Childcare facilities for your children with fun activities
- Great opportunity for social networking for you and your family!
- Discounted accommodation rates for our members coming from the country areas intending to stay overnight at the Crowne Plaza Hotel.

Please do not miss this opportunity and register your interest now.

#### Cost:

- Members: FREE if you attend Dinner + CME activity. Dinner only \$50
- Spouse: \$50 (if a non member)
- Children: Free 0-5, 5 and over \$20
- Guest \$75 – subject to availability

RSVP by 22nd September via Email  
[pakistanimedicalassociationsa@gmail.com](mailto:pakistanimedicalassociationsa@gmail.com),  
or SMS (0408 864448) with  
following details:

Name:.....

I will be/will not be attending

CME	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Spouse	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Dinner	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Children	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Please mention the number of guests attending and the ages of your children

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