



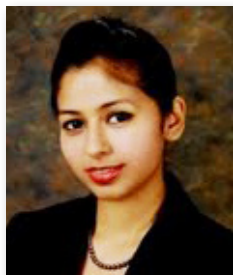
Message from Tariq Alam, MD

Editor

It is my pleasure to introduce to you the Guide to Postgraduate Medical Training in the US which is aimed at being a practical approach in seeking residency position in the US. During my years as an applicant, it was the lack of credible and up-to-date information which was the biggest challenge in a successful application. I am grateful to Dr Manzoor Tariq and Dr Rubina Inayat and especially Dr Asra Hashmi for their support and encouragement in compiling this handbook.

I hope this will become a permanent resource for Pakistani applicants to US residency programs.

Tariq Alam, MD
Dow Medical College, 2005
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Message from Asra Hashmi, MD

Editor

Dear Friends,

I am Asra Hashmi from Dow University of Health Sciences, Karachi and I matched at Wayne State University, MI in the department of general surgery in March 2011.

My road to residency was one of the most memorable experiences of my life. During this journey I explored myself and grew as a person. I found that the word 'impossible' was meaningless and that difficulty was nothing but a state of mind. Man has the ability to achieve all that he puts his mind to and that there is a solution to every problem.

At this point when I look back at this journey, I think it was not a difficult one. Obtaining a residency position in U.S is completely achievable; you just have to know that there is no hiding from hard work. You cannot let a minor setbacks lower your motivation; in such situations you just have to switch gears and set out full throttle on your new and improved path. I would encourage all my juniors to apply to any competitive specialty they desire to go into, be it surgery, neurology, radiology or ophthalmology. Set high standards for yourselves and then work even harder to achieve your goals. And remember:

'Your attitude determines your altitude.'

I wish you all the very best for your endeavors.

Sincerely,

Asra Hashmi, MD
Dow Medical College, 2010
Resident in Surgery, Wayne State University, MI