

2008

*Physician Humanitarian Award  
and May Owen Award*

*Tarrant County Medical Society  
Tarrant County Academy of Medicine*

Dedicated to the  
Improvement of the Art and Science of Medicine  
for the  
Benefit of the Citizens of this County  
since 1903.

*Honoring*

**M. Basheer Ahmed, MD**

*2008 Physician Humanitarian Award*

**Marty Leonard**

*2008 May Owen Award*

Tarrant County Medical Society &  
Tarrant County Academy of Medicine  
request the pleasure of your company at the

*2008 Physician Humanitarian Award  
and May Owen Award Dinner*

honoring

M. Basheer Ahmed, MD, and Marty Leonard

Friday, January 25, 2008

6:30 p.m. Cocktail Reception ~ 7:15 p.m. Dinner / Award Presentation

TCAM Annual Meeting / Election of Officers

Fort Worth Club  
306 W. 7th Street

Black tie optional ~ RSVP by January 18, 2008

*Generously underwritten by  
Medicus Insurance and Texas Medical Liability Trust*

## Muslim Service Flag hoisted

### 2008 Humanitarian Award Recognizes Dr. Basheer Ahmed



Another Muslim hoists a proud community service flag in the Dallas/ Fort Worth Metroplex. The more goodthings we can do, in our service to mankind, the more respect we will earn in the society. I am pleased to share this momentous occasion at the Tarrant County Medical Society's Annual dinner event on Friday, January 25th, 2008 in Fort Worth.

Dr. Basheer Ahmed was recently honored with the 2008 Humanitarian Award from the Tarrant County Medical Society, an organization representing more than 3000 physicians in the local area. The Humanitarian Award honors a physician for exceptional volunteer service above and beyond the scope of a medical practice. The award ceremony took place on January 25, at the Fort Worth Club. The ceremony was started with a invocation by Imam Moujahed Bakhach of Fort Worth.

In addition to his expertise as a psychiatrist, M. Basheer Ahmed, M.D., is a fundraiser, community mental health advocate, and social activist. Over the past 15 years, he has served as Chairman of the Board and Executive Director for the Muslim Community Center for Human Services located in Fort Worth. This organization offers a free medical clinic with a special emphasis on understanding the Muslim community, free counseling services, a free domestic violence hotline, health fairs, and other services to those in need.

A native of Hyderabad, India, Ahmed, immigrated to the United States in 1968. Prior to this, he obtained his medical degree from Dow Medical College in Karachi, Pakistan, and completed postgraduate psychiatric studies at Glasgow University in Scotland. He is board certified by the American Board of Psychiatry. He is also a distinguished Life Fellow of the American Psychiatric Association.

In addition to his educational and philanthropic accomplishments, Ahmed has held faculty positions at the Albert Einstein College of Medicine in New York City, NY; Wright State University in Dayton, Ohio;

and was professor of Psychiatry at Southwestern Medical School in Dallas, Texas. In 1985, Ahmed established a private practice in Fort Worth, Texas.

Ahmed is past president of the Islamic Medical Association of North America and past president of the Islamic Association of Tarrant County.

The meeting was attended by the executive committee of the Tarrant County Medical Society, past recipients of Humanitarian Award, the members of the Medical Society, the board members of MCC for Human Services, volunteer physicians of Al Shifa Clinic, and many supporters of MCC projects.

Board Members of the Muslim Community Services who attended the event.



## 2008 Physician Humanitarian Award

### M. Basheer Ahmed, MD

Any one of M. Basheer Ahmed's callings could be his life's work. He is a doctor, psychiatrist, community mental health advocate and social activist. He is also an immigrant, originally from Hyderabad, India. Dr. Ahmed, obtained his medical degree from Dow Medical College, Karachi, Pakistan, and completed his postgraduate studies at Glasgow University, Glasgow, Scotland. Dr. Ahmed is a board-certified psychiatrist and a distinguished life fellow of the American Psychiatric Association. He was assistant professor at Albert Einstein College of Medicine, New York, and professor of psychiatry at Southwestern Medical School, Dallas. He is the past president of the Islamic Medical Association of North America. "As an immigrant, you have to work harder to prove yourself," Dr. Ahmed says. "But America gives you a feeling that you can accomplish so much."

Both the recognition of, and a desire to alleviate, the difficulties encountered here by Muslim immigrants motivate Dr. Ahmed. He established and oversees both the Al-Shifa Free Clinic and the Muslim Community Center for Human Services in North Richland Hills. These resources provide and/or network a range of medical and social services. The clinic now serves patients irrespective of their religion, race or ethnicity.

"Physicians realize that people's problems are people's problem, regardless of race or ethnicity," Dr. Ahmed says. "Being a psychiatrist, I deal with human problems in my work," he adds. "I must consider the total human being, the family, the society, the pressures." One of the goals of his humanitarian work is to provide services and resources to help people ease their transitions from a native homeland to an adopted country.

The physician members of the Tarrant County Medical Society have selected Dr. Ahmed to receive the 2008 Physician Humanitarian Award. The award recognizes his devotion to the Muslim American community and his efforts to provide accessible, affordable, culturally sensitive services to people with unique needs. "The problems are the same," Dr. Ahmed says, "but the services are not precisely the same."

Dr. Ahmed's friends and colleagues point to his optimistic outlook on life and unwavering encouragement of his patients and community members as complementary traits. Arlington Medical

Society President Hujefa Vora, MD, noted that Dr. Ahmed is truly in his element in his role as a humanitarian. “He’s noted just hitting his prime,” Dr. Vora says. “He is a champion of people in need and his life time of experience has prepared him to be effective. He truly says to himself and to others, ‘Hey! Let’s make the world a better place.’”

“This award means a lot to me because it is recognition by my peers,” Dr. Ahmed says. True to what many colleagues have said is his humble nature, he adds, “I must clarify that the work I’m doing now has the help from 15 other doctors. There are so many contributions from others in my work.”

Settling in America in 1968, Dr. Ahmed became a US citizen in 1975. His 24-page resume details numerous academic positions, innovative outreach experiences, private practice venues, awards, honors and publications. His success has inspired him, he says, to help the people who emigrate to the Metroplex from some fairly uncommon places: Bosnia, Somalia, Iraq, Southeast Asia and Bangladesh.

His compassion came into focus following an influx of Muslim immigrants to the area in 1995; most of them were sponsored by a church organization called World Vision. Dr. Ahmed recalls thinking about how much good was being done by Catholic Charities, and Jewish Community Services, and realizing there was no similar group to address unique issues of the Muslim community.

By 1998, MCCHS started the free clinic. Dr. Ahmed says 10 doctors volunteered their time and were scheduled once each month. “There was a lot of pressure on them to help, but we were aware of how weekend volunteering was cutting into their family time.” Dr. Ahmed began an earnest effort to recruit more doctors, and now the clinic has a dedicated volunteer group of 15 physicians. The most important thing, he says is that each patient is more comfortable with health professionals who understand their cultures, languages and the family system.

When MCCHS saw a growing number of clients with domestic violence issues, the volunteers and staff stepped up to network with nine shelters in the Metroplex, as well as with local law enforcement and the U. S. Department of Justice. “We got a federal grant for one year to train volunteers to identify and help victims of Domestic Violence in our community,” Dr. Ahmed says. The grant funded a social worker to develop the training program, so he contacted the University of Texas at Arlington to find a good candidate.

In addition to finding physicians to provide free services, Dr. Ahmed has put a strong, if gentle, arm on nearly 60 area community service agencies such as United Way, Child Protective Services, Domestic Violence Service Organizations and other Health and Human Services in Tarrant and Dallas County. Through Dr. Ahmed efforts MCC also receives small grants from Susan G. Komen Foundation, Harris Methodist Health Foundation and Foundation for Community Empowerment.

Reflecting on his motivation to help others, Dr. Ahmed says his mother was a decidedly strong influence. "From early childhood, she molded my personality and character. She was very kind and told us to do kindness as well," he says.

Dr. Ahmed's wife, Shakila Ahmed, MD, is a semi-retired radiologist who supports her husband's humanitarian efforts. The Ahmeds live in Arlington and have two children. Their son, Sameer, is an attorney practicing in Houston; their daughter, Araj, is also an attorney in Washington, DC.

"The success that we have is shared by everyone here and in the community." Dr. Ahmed says. "We measure success by the ability to touch even one life. If we can do more, then it is so much the better. We often find that when we can manage a simple thing, or help in even a small way, someone's quality of life can be infinitely better." he says.