



# THE PHYSICIAN

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## PMA@11

The Philippine Medical Association celebrated its 112<sup>th</sup> Foundation anniversary last September 15 at the PMA compound in North Avenue, Quezon City.

The celebration started with the thanksgiving mass sponsored by the Auxiliary to the Philippine Medical Association (APMA). This was followed by the wreath laying ceremonies which was handled by the Quezon City Medical Society.

After the participants were welcomed by Dr. Arnel Asiño, Foundation Day Celebration chairman, an audio visual presentation was shown as a tribute to the past presidents, highlighting their contribution to the association. Drs. Nenita Lee Tan, Nena Eng-Tan, Santiago del Rosario, Primitivo Chua, Jose Asa Sabili, and Rey Melchor Santos graced the event. The component societies gave the past presidents simple tokens of appreciation. The traditional candle, cake and wine ceremonies followed with incumbent PMA President, Dr. Maria Minerva P. Calimag, offering a toast to the doctors who had led the association and to the PMA as a whole. Dr. Lee Tan gave the response on behalf the honorees. The Laguna Medical Society presented a special number.

In its 112 years of existence, the PMA has grown from an association with only one society, i.e. the Manila Medical Society, to one with 119 component societies, 8 Specialty Divisions, 77 Specialty Societies



and 44 Affiliate Societies spread throughout the country. Its has been instrumental in the establishment of the Mary Johnston Hospital (1906), Philippine General Hospital (1910), the Department of Health (1939) and the Food & Drug and Cosmetic Board, which later became the Philippine Food and Drug Administration.

The association has been very active in helping the Filipinos during disasters, especially major ones like the Ondoy, Pepeng, habagat, the earthquake in Bohol and the typhoon Yolanda. These efforts were among the factors that contributed to the PMA being declared as the Most Outstanding Accredited Professional Organization in 2008 and 2009.

The outstanding contributions of PMA members to the medical profession and the society as a whole were acknowledged by the PRC when it awarded in 2012 the First Eric Nubla Award for Excellence in the Professions to the current PMA president, besting 39 other outstanding professionals vying for the award. Another PMA member, Dr. Maria Rosario Z. Capeding, was awarded the fourth Eric Nubla Award for Excellence in the Profession last June 18 during the 2015 PRC Awards Night.

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## FROM THE PRESIDENT'S DESK

Maria Minerva P. Calimag, MD, MsCE, PhD, FPSA

### The PMA, the PRC and the PQF, the Physician and the Portfolio

To be recognized as a foreign medical professional and be eligible to practice medicine in another ASEAN state, they must have the following qualifications:

1. Recognition by Professional Medical Regulatory Authority (PMRA) of country of origin (Professional Regulation Commission, Board of Medicine and Philippine Medical Association, in the case of the Philippines) and host country;
2. Possess a valid professional registration and license to practice issued by PMRA of country of origin (Professional Regulation Commission, Board of Medicine, in the case of the Philippines);
3. Has been in active practice for: 5 years (for physicians) (Article III of the MRA)
4. Comply with all Continuing Professional Development requirements;
5. Certified as not having violated any professional or ethical standards, both local and international;
6. Declare that there is no investigation or legal proceeding pending against him/her in the country of origin or another country;
7. Comply with any other assessment or requirement as may be imposed by the host country.

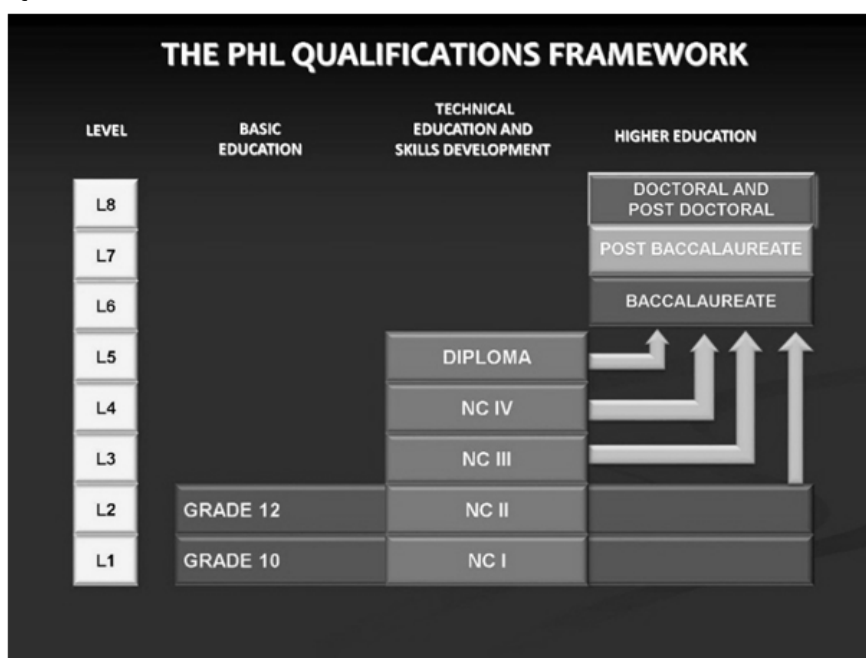
#### Understanding the ASEAN's Mutual Recognition Arrangement on Physicians for 2015

During the Bali Concord II, it was decided to adopt at the Ninth ASEAN Summit held in 2003 the call for the completion of Mutual Recognition Arrangements (MRA) for qualifications in major professional services by 2008. The intent is to facilitate free movement of professionals/skilled labour/talents in ASEAN. The Healthcare sector is one of the twelve priority sectors that the ASEAN leaders have identified for integration and creation of the AEC. Providing an MRA for Medical Practitioners was expected to strengthen professional capabilities by promoting the flow of relevant information and exchange of expertise, experiences and best practices suited to the specific needs of ASEAN Member States.

The objectives of this MRA are to:

1. facilitate mobility of medical practitioners within ASEAN;
2. exchange information and enhance cooperation in respect of mutual recognition of medical practitioners;
3. promote adoption of best practices on standards and qualifications; and
4. provide opportunities for capacity building and training of medical practitioners.

*On October 1, 2012, His Excellency President Benigno S. Aquino III, signed Executive Order No. 83 intended for the Institutionalization of the Philippine Qualifications Framework.*



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**Table 1. Qualifications Descriptors for Levels 6, 7 and 8 applicable to the Medical Profession**

Domains/ Levels	6	7	8
<b>Knowledge , Skills and Values</b>	Graduates at this level will have a broad and coherent knowledge and skills in their field of study for professional work and lifelong learning	Graduates at this level will have advanced knowledge and skill in a specialized or multidisciplinary field of study for professional practice, self-directed research and/or lifelong learning	Graduates at this level have highly advanced systematic knowledge and skills in highly specialized and/or complex multi-disciplinary field of learning for complex research and/or professional practice or for the advancement of learning
<b>Application</b>	Applied in professional work in a broad range of discipline and/or for further study	Applied in professional work that requires leadership and management in a specialized or multi-disciplinary work and/or research and/or for further study	Applied in highly specialized or complex multidisciplinary field of professional work that requires innovation, and/or leadership and management and/or research in a specialized or multidisciplinary field
<b>Degree of Independence</b>	Independent and/or in teams of related field	Independent and/or in teams of multidisciplinary fields	Independent and/or in teams of multi-disciplinary and more complex setting
<b>Qualification Type</b>	Baccalaureate Degree	Post-Baccalaureate Degree	Doctoral Degree and Post-Doctoral Programs

The most important components and features of the Philippine Qualifications Framework are: 1) shift to outcomes-based education and the use of learning outcomes (through CHED Memorandum Order 46); 2) government regulatory bodies confer recognition to education and training providers (through the PRC Medical Council); 3) training and education providers are held accountable for the attainment of learning outcomes; 4) implementation of quality assurance mechanisms; 5) implementation of pathways and equivalencies; 6) establishment of a Qualifications Register; 7) ensuring international alignment of qualifications; 8) encouraging lifelong learning; 9) government regulatory bodies confer recognitions to certificates and licenses; 10) recognition of qualifications is based on assessment of individual; 11) recognition of prior learning; 12) credit accumulation and transfer.

The PRC has been preparing Filipino professionals by emphasizing their need to continued professional education as well as attend seminars, workshops and come up with tangible

outputs to upgrade their competencies. By 2015, Filipino professionals will be measured not by the competency of the educational institution or the names of their schools and colleges but on their individual competencies as certified by PRC. As the country's biggest asset, human resources need to be upgraded come 2015 especially for some 3.5 million Filipino professionals to also be able to work and practice their professions in other ASEAN-member countries.

#### **Improving Access to Quality Continuing Professional Development**

*"Today with the emergence of the information age, the strength of a country is based on knowledge.*

*National greatness will arise not from our national resources or our factories, but from our people—people with new ideas and skill," Michael Milken*

With the ASEAN 2015 at our heels, it is my distinct honor to be the first President of the Philippine Medical Association to lead Filipino physicians as the nation enters this historic milestone. As an advocate for Technology

Integration in Medical Education and Training, I therefore initiated the OWL@PMA™ Program for Continuing Professional Development of Physicians. OWL@PMA™ is an acronym that stands for Online Webbed Learning @ Partnerships for Medical Advancement.

Continuing Professional Development (CPD) is defined as the education of physicians following completion of formal training. CPD is the acquisition of knowledge, experience and skills, as well as, the development of personal qualities. It involves both the acquisition of new skills, to broaden competence, and the enhancement of existing skills to keep abreast of evolving knowledge. Among physicians, CPD consists of any educational activity which helps to maintain, develop or increase knowledge, problemsolving, technical skills or professional performance standards. Keeping up-to-date enables them to work legally and effectively all with the goal that they can provide better health care redounding to patient safety. CPD includes 'formal' activities, e.g. courses, conferences and workshops, as well as self-directed activities such as preceptorship and self-determined learning. According to the Chartered Institute of Personnel and Development (CIPD) (Marchington. M. and Wilkinson, 2006), CPD should be: 1) continuous - professionals should always be looking for ways to improve performance; 2) the responsibility of the individual learner to own and manage; 3) driven by the learning needs and development of the individual 4) be evaluative rather than descriptive of what has taken place; 5) be an essential component of professional and personal life, never an optional extra.



*continued on page 4...*



*From the President's Desk, from page 3...*



*Filed in the Senate under Committee Report 95 submitted by the Committee on Civil Service and Government Reorganization and the Committee on Finance, is Senate Bill No. 2581 entitled, "AN ACT MANDATING AND STRENGTHENING THE CONTINUING PROFESSIONAL DEVELOPMENT PROGRAM FOR ALL REGULATED PROFESSIONS, CREATING CONTINUING PROFESSIONAL DEVELOPMENT COUNCIL, AND APPROPRIATING FUNDS THEREFORE, AND FOR OTHER PURPOSES"*

The Philippine CPD Council of Medicine is comprised of the tripartite representation from the Philippine Medical Association, the Association of Philippine Medical Colleges and the Professional Regulation Commission. All licensed physicians in the Philippines must participate in recognized Continuing Professional Development activities in which they demonstrate their commitment to continued competent performance in a framework that is fair, relevant, inclusive, transferable, and formative. With the ASEAN Integration and the requirements posed by the National Equivalency Framework looming in the horizon, there is a need for 1) a means to provide virtual and remote opportunities for acquiring CPD credits; 2) a means to document CPD credits earned; as well as, 3) a means to assess authentic tasks from formal, informal and nonformal training.

various formats shared by various educational partners. Physicians will be recommended educational and professional development tracks based on their actual contexts. The intent is to provide an alternative platform for deploying learning materials via the online mode. Pre-tests and Post-tests will also be given to document learning from the online modules as well as from face-to-face encounters in Roundtable Conferences.

Moreover, the OWL@PMA™ will feature a cloud-based portfolio assessment platform which will be a virtual space for curating and archiving of physician profile and evidences of learning from formal, informal and non-formal Continuing Professional Development (CPD) encounters. CPD credits can be earned through the Online Modules and Roundtable Conferences; Certificates from local and international conferences, seminars and workshops; research outputs, creative works and outputs such as infographics for health awareness advocacies, policy statements, position papers, lectures delivered etc.

The portfolio will provide the evaluator with the following information, i.e., 1) a reflection of the physician as a professional; 2) a record of his professional development; 3) proof of his performance on-the-job or in class; 4) what he has accomplished (i.e., tangible

artifacts/evidence); 5) paper-, computer-, or web-based evidence of having learned new skills.

The portfolio within the OWL@PMA™ will be both a product and a process portfolio. A product portfolio demonstrates mastery of a learning task or a set of learning objectives and contains the best works of the physician, while a process portfolio documents the stages of learning and provides a progressive record of the physicians' professional growth over time. All physicians shall simply curate or record all his continuing professional development activities (face-to-face and online) to be credited with the corresponding CPD units.

### Our Philosophy

The OWL@PMA Program is anchored on the philosophy of heutagogy. Heutagogy is the study of self-determined learning (in contrast to self-directed learning in andragogy)... It is also an attempt to challenge some ideas about teaching and learning that still prevail in teacher centred learning and the need for, as Bill Ford (1997) eloquently puts it 'knowledge sharing' rather than 'knowledge hoarding'. In this respect knowing how to learn is a



OWL@PMA™ will be a MOOC site that will feature learning materials of

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**From the President's Desk,  
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fundamental skill that is developed in heutagogy. It looks to the future that moves at pace with innovation and the changing structure of communities and workplaces.

It recognizes that physicians are not only lifelong learners but that they are engaged in learning for life. They learn through consultation and collaboration, self-study, and through conferences and meetings, seminars and workshops. Our goal is to create an alternative virtual platform that will elevate the educational experience of physicians by measuring their learning and engaging them at their own pace and convenience. It hinges on Mobile e-Learning as an enabler of change.

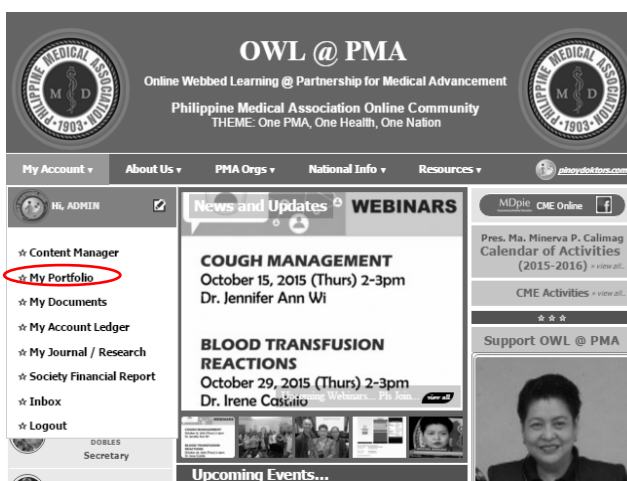
#### Our Vision

- To be the online CPD provider platform that delivers valuable medical education to and enables professional collaboration among Filipino physicians in partnership with healthcare professionals elsewhere in the rest of the world.

#### Our Mission

- To cultivate partnership and understand the educational needs of the Filipino physicians at the PMA
- To deliver valuable medical education programs that transform the educational experience and improve patient care
- To utilize mobile technology in delivering innovative educational solutions to provide medical education anytime anywhere
- To bring together physicians, medical organizations, and other medical education stakeholders into one online community that fosters professional, peer-to-peer discussion and collaboration

The holistic approach of the OWL@PMA™ Program integrates the modules from different partners, as well as modules on critical thinking,



leadership and management. As our members go through the modules they will learn more than just medical knowledge through the medical content... they will learn how to use information technology (ICT) to optimize learning, a competency that forms part of the Practicebased Learning and Improvement Standards of the Accreditation Council for Graduate Medical Education (ACGME) for training in the United States.

The OWL@PMA™ Program will deliver Continuing Education, Training and Development through videos, presentations, articles and other multimedia content, plus quizzes and certificates; reinforce learning objectives to and measure learning of the participants; provide course organizers with feedback on participant's knowledge base and learning, time spent on the course, item analysis for quizzes, and other statistics; evaluate the effectiveness of educational programs. Currently, MSD shares online modules with certificates from Johns Hopkins Medicine; UMED shares its primary care modules and webinars; Johnson and Johnson shares its digital book and webinars on Pharmaceutical Medicine; and MD Pie shares its video-based lectures culled from Conventions and Congresses of Specialty and Subspecialty Societies; Asia eHealth Information Network (AeHIN) is providing 100 WEBEX seats for the deployment of the webinars. Each WEBEX seat is assigned to PMA Component Societies for online webinar sessions with the PMA members as in a roundtable discussion.

To date we are at the capacity building stage as we campaign for full adoption of the OWL@PMA™ Program during the PMA Regional Assemblies. Once fully implemented, the OWL@PMA™ can be used by Component Societies, Specialty, Subspecialty and Affiliate Societies and hospital training departments as a platform for: 1) delivering curricular online educational programs that will help members provide the best possible care to their patients; 2) providing solutions to manage challenging cases by consulting and collaborating with colleagues from within their own and across different specialties; 3) sharing and discussing the latest techniques, cutting-edge research data, and best practices; 4) earning CPD credits; 5) uploading Component Society, Specialty, Subspecialty and Affiliate Society CME activities, community work and social advocacies; 6) creating the Component Society Quarterly Report using the template provided; 7) checking and monitoring membership status; 8) deploying Certification courses to standardize treatment options and reduce the burden of diseases such as TB, diabetes, hypertension, pneumonia, etc.; 9) curating and archiving of artifacts for portfolio-based assessment and monitoring of CPD units; and 10) mapping the national geospatial distribution of physicians to determine our manpower strengths and weaknesses. The PMA is even more active now as the medical profession awaits the ASEAN Harmonization. The PMA also sits at the CHED as a member of the Technical Committee on Medical Education as it drafts the Policies, Standards and Guidelines for Medical Education as it shifts to Outcomes-based Education in Undergraduate Medicine; in PRC to draft the revised framework for Continuing Professional Development among physicians and the Standards of Practice for the Medical Profession anchored on the PMA Code of Ethics and the Philippine National Qualifications Reference Framework in preparation for the ASEAN Harmonization. The presence of the PMA is also palpable in the Conventions and Congresses of the Philippine Council for

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## EDITORIAL

**MARIANNE L. ORDOÑEZ-DOBLES, MD**  
Editor-in-Chief

### PMA: Flying high and mighty towards our

The Philippine Medical Association (PMA) is happy to report that we are still on course and strictly following our flight path!

In our last editorial, we talked about how every Fall, hundreds of thousands of birds of every species and size fly South for the Winter. We zeroed in on the tens of thousands of geese that travel thousands of miles, flying farther South with a common purpose and destination, following a flight path, flying in unison, flapping their wings together, following a V-Formation. There is indeed value in working closely together.

The story of the geese and their adventures do not end there

Len Wilson, in an article about a book written by Kent Millard and Judith Cebula says that one of the lessons from the geese is that, "When a goose drops out of the v-formation it quickly discovers that it requires a great deal more effort and energy to fly. Consequently, that goose will quickly return to the formation to take advantage of the lifting power that comes from flying together. Sometimes people playing on teams will drop out of the group and try to accomplish goals on their own.

However, like the geese, they usually discover that they miss the synergy and energy that comes when they are an active part of a cohesive team moving toward their destination, and want to return to the group."

Over the years, the PMA has lost some of its members for various reasons. In order to strengthen the PMA, the Balik PMA program was re-launched last year, with the end in view of bringing back to the fold all inactive members. Posters and leaflets with the message of "Why become a PMA Member" was also launched last year. This has succeeded in some way, but there is much more that has to be done by all officers from the national level to the component societies in reaching out to all members. When we grow in numbers, we can become stronger! Our One PMA program announced by PMA President Dr. Minerva Calimag during the 108<sup>th</sup> PMA Annual Convention last May 2015, has also brought about major strides with the launching of the OWL@PMA. A CME on line website wherein all members may acquire CPD or CME units. This will promote professional growth and extend medical knowledge to all its members, thus elevating the standards of medical education and

practice. Dr. Ferdinand Miranda, president of Misamis Oriental Medical Society has graciously given much needed help in the development of the OWL@PMA. Our component medical societies may now have their websites and link theirs to the PMA.

All efforts are geared towards bringing together the entire medical profession because the PMA believes that in unity there is strength. So are efforts to ensure that the Code of Ethics among Physicians are complied with. The PMA also promotes fraternal relationships among physicians and allied professionals.

With these positive developments, we encourage our members to be more active, as there are a lot of on-going programs that will benefit our members. It also makes us stronger, making the PMA a force to reckon with.

In more ways than one, our Philippine Medical Association (PMA) of today are like these great birds. Just like the geese, determined as they are in their desire to reach South, the PMA, as united as it is today, flaps its wings and flies high and mighty, advancing further and much faster, towards its goals.

OR•DO•DOBLES



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# As I See It...

By: **Marianne L. Ordonez-Dobles, MD**  
*PMA Secretary General*

The 11<sup>th</sup> OPERATION BUKOL last September 10, 2015, ushered in the 2015 Medicine Week. This was done at the PMA Auditorium sponsored by the Philippine Medical Association, the Philippine College of Surgeons, Metro Manila Chapter, and the Quezon City Medical Society. Dr. Joan S. Tagorda was the lay forum lecturer on BUKOL sa SUSO. There were 73 patients screened and 33 patients qualified for surgery.

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The 112<sup>th</sup> Foundation Day of the Philippine Medical Association was a well attended affair by component medical societies from the NCR, Central Luzon and Southern Tagalog Regions last September 15, 2015 at the PMA Auditorium. The honorees were PMA Past Presidents and those who came were Dr. Santiago A. Del Rosario, Dr. Primitivo D. Chua, Dr. Nena Eng Tan, Dr. Nenita C. Lee Tan, Dr. Jose Sanchez, Dr. Rey Melchor F. Santos, and Dr. Jose Asa Sabili. Dr. Nenita C. Lee Tan gave the response and she reminisced on the past glory days of the PMA, citing important achievements of past presidents and significant events and activities. Dr. Minerva Calimag delivered a message on the PMA's role in nation building. Component Societies came with gifts for the PMA past presidents. They were mostly delicacies or tokens from their regions.

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President Elpidio R. Quirino's Proclamation No. 407 declaring September 15 of every year as Medicine Day, this being the day the PMA was founded in 1903, was modified by President Carlos P. Garcia's Proclamation No. 439 declaring the fourth week of September of every year as Medicine Week. He authorized the PMA to take charge of the observance of this week long celebration. This year, the 58<sup>th</sup> National Medicine Week was celebrated from September 20-26,

2015. The activities centered on simultaneous, nationwide tree planting, medical missions, lay fora, radio interviews in prevailing health issues, women's health, cancer consciousness, senior's day, Singing Physicians' contest, child advocacy and Senior's physician's night.

The 12<sup>th</sup> Singing Physician's Night was held last September 22, 2015 at the PMA Auditorium during the celebration of National Medicine Week. We had 13 finalists of very talented doctors from all over the country, from Baguio-Benguet to Sorsogon. The champion of the event was Dr. Joanna Loren J. Ochia of Lipa Medical Society, the first runner up was Dr. Michael D. Galan of Sorsogon Medical Society, and the second runner up was Dr. Lyzl Anne S. Quoin of Pangasinan Medical Society.

As a postscript to the Medicine Week Celebration, on September 27, 2015, a lecture on "Technology in Education" was delivered by PMA President, Dr. Minerva P. Calimag to teachers. This was at the SM Center, North Edsa sponsored by PMA/QCMS/DepED/SM Foundation.

Proclamation 1789 of President Ferdinand Marcos declared September 27 of every year as Physician's Day in 1978. And the Auxillary to the Philippine Medical Association (APMA) has sponsored the "The Outstanding Physicians in Community Service" (TOPICS) since then. Awarded were Dr. John Hernani Anacan Jr. of the Zamboanga Medical Society, Dr. Sylvia Calingo, of the Pasig Medical Society, and Dr. Wilfredo Tagle, of the Quezon City Medical Society on September 27, 2015 at the PMA Auditorium.

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The 109<sup>th</sup> PMA Annual Convention will be on May 17, 2016 to May 20, 2016 at the Waterfront Cebu City Hotel in Cebu with the theme "One PMA.... One Health.... One Nation". For the Scientific Sessions, the theme will be "Caring, Mending & Sharing". The overall chairperson is Dr. Realiza G. Henson while the

Host Chairperson and President of the Cebu Medical Society is Dr. Danny Y. Yu. The fellowship night will have the theme "A Night with the Great Gatsby". So please come with your hats, feathers, tassels, head bands, head dresses, long necklaces, minis, etc. Bring your dancing shoes for the Charleston! This will be a great, great night, my dear colleagues!!

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The PMA Doctors' Inn under the chair, Dr. Francisco San Diego, has come out with rules and policies in the use of the Doctors' Inn. Emphasis was made on the existing rules, that only PMA members in good standing and their immediate families should be allowed to occupy the rooms.

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Effective November 2, 2015, the PMA Power Card Mobile Application will be available in any smartphone, and/or tablets for PMA members who will register to secure the power card. Any member may gain access to the system by simply downloading the app in Google Play or the AppStore, registering in the app and inputting the activation code issued by the PMA upon payment of the Php 250 renewable annually. Inquiries may be made to the PMA Membership Secretariat.

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To date, there has been 4 Regional Assemblies of the PMA. The first assembly was in The Western Mindanao Region, held at Mardale Hotel in Pagadian City under PMA Governor Dr. Edgar Legaaspi. The host society was Zamboanga del Sur Medical Society under President Dr. Babie Normita Talip - Lucero. The second regional assembly was in the Eastern Visayas Region under PMA Governor Dr. Elisa Laurente held In Sabin Hotel, Ormoc City. The host society was Ormoc Medical Society under its President, Dr. Rhodette Arevalo. The 3rd regional assembly was in the Northwestern Luzon Region under Dr. Jeisela Gaerlan in Bauang, La Union, hosted by the La Union Medical Society

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# The Oath

Oath Taking Ceremony - the day when we took the oath after passing the medical board examination is one of the most important dates in the life of a doctor. We woke up that day with full of excitement, thinking at last we are now full pledged physicians licensed to practice the profession we have painstakingly trained for. As the program begins to start, we cannot help but look back in our memory lane and pondered how we came to be.

*Four years in pre medical course, another four grueling years in the medical school: years of sleepless nights enduring the work and hardships of studying and going on 24 hour duty, swallowing the failures and embarrassment, as well as embracing the joys and happiness that came along the way. Then there was another year of the post graduate internship - now feeling like a "little" doctor. Then here came the medical board examination - the finale of the trials and sacrifices just before becoming a full pledge physician. When the results came out and our names were included in the list of those who passed, we felt we conquered the world.*

We recited the "Oath of Hippocrates". "I swear by Apollo the Healer, by Aesculapius, by Health and all the powers of healing and to call witness all the Gods and Goddesses that I may keep this oath and promise to the best of my ability and judgment....."

How much of these words have we retained in our hearts and in our minds? When we recited it, was it only a lip service, or have we recited it meaningfully and vowed to keep what we had promised?

## The Vice President's Corner

**KAREN Y. CONOL-SALOMON, MD**

Looking back again, why did we study to become a doctor? Was it for the love of the profession? Or, was it for the love of the prestige that goes along with the name? Or, was it for the monetary compensation? No matter what our purpose was, we all shed tear, sweat, and blood for it. And that we respect all those people who made and endured same sacrifices as ours.

In my 4<sup>th</sup> year in medical school, the year which I considered the hardest, I said to myself - "I salute and bow to all the doctors who made it." Now that we are all doctors, we are one in the profession. We are all brothers and sisters. Then why do we hear stories now that doctors charging professional fees to fellow doctors. Have we lost our respect to them? Can we not empathize that these doctors also went through the same way we went? *Namumulubi na batayo at hindi na makakakain kung hindi natin singilin and mga pasyente nating mga doctor at kanilang pamilya?* Probably, we can still afford some comforts in life even if we do not charge these doctors and their dependents, can't we? *Hindi naman siguro araw araw na may pasyente tayong mga doktor at kanilang mga pamilya na maapektohan na ang ating kinikita.* So why can't we give some consideration and be generous enough to waive these professional fees to our colleagues?

Article IV of the PMA Code of Ethics - Duties of Physicians to their Colleagues and to the Profession, Section 1. A physician shall waive his professional fees to a colleague, his or her spouse, children and parents who are financially dependent on him. As PMA members, can we not follow this particular code? Just because these doctors and their families are not within the circle of our friends, our classmates, or co-doctors in a hospital, that we feel we have no connection with them and that we can charge them. For goodness

sakes, they are our colleagues, and they need us! Someday, we also need the services of other doctors. Someday, we will also be some doctor's patient. How would you feel if your doctor won't give you that respect as a doctor?

".....If therefore, I observe this oath and do not violate it, may I prosper both in my life and in my profession, earning good repute among all men for all time. If I transgress and forswear this oath, may my lot be otherwise." - The Hippocratic Oath.

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***From the President's Desk,  
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Health Research and Development and the Department of Science and Technology (DOST) as it prepares for the institutionalization of eHealth in the country; as well as in Conventions and Congresses of the different Component, national and international Specialty Societies; in the Medical staff meetings and corridors of hospitals nationwide; and in the corridors and auditoria of Universities and Medical Colleges, while speaking our minds in the numerous press conferences and calling for transparency and accountability in all our transactions. Let us, all physicians, take an active part in our work at the Philippine Medical Association. #OnePMA #TaasAntasNaPMA

*"We are ONE PMA: Empowering the Filipino Physician for Nation Building"*

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***As I See It, from page 7...***

under its President, Dr. Crisanta Gabriela Palabay. This was held at the Ariana Hotel. Last November 15, 2015 was the 4th Regional Assembly in the Central Visayas Region, under PMA Governor Dr. Florencia Miel at the Waterfront Cebu City Hotel in Lahug, Cebu. The Cebu Medical Society under its President, Dr Danny Yu, was the host society.

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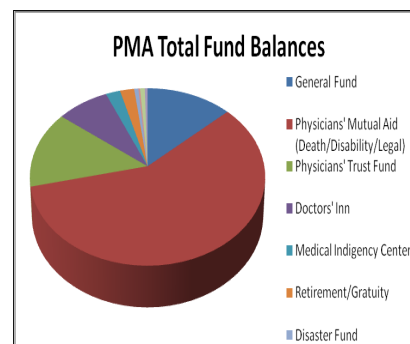


## Money Matters: The National Treasurer's Report

OSCAR T. CABAUG, MD

The Physicians' Mutual Aid Fund and the Physicians' Trust Fund are funds allocated for the Mutual Aid Benefits claims (Death benefits, Disability Benefits and Legal Aid Benefits).

The increase in the general fund balance is a result of an increase in membership dues collections partly as a result of the *Balik PMA program*.



### FINANCIAL HIGHLIGHTS

As of October 31, 2015 the total Fund balance of the Association is P129,699,470.85 comprising of Savings/Current accounts deposited in various banks and Money Market Placements or Temporary Investments. From August 2015 to October 2015, there is an increase in the fund balance of more than 5 million or an increase of 4.3%.

From the total fund balance, the Physicians' Mutual Aid Fund and the Physicians' Trust Fund have the biggest share with 58% and 14% respectively.

COMPARATIVE FINANCIAL HIGHLIGHTS						
PMA FUND	AUGUST 31,2015	%	SEPTEMBER 30,2015	%	OCTOBER 31,2015	%
General Fund	13,953,823.19	11%	15,458,731.16	12%	17,176,108.35	13%
Physicians' Mutual Aid (Death/Disability/Legal)	73,105,568.72	59%	74,037,306.59	58%	75,359,620.27	58%
Physicians' Trust Fund	18,261,366.84	15%	18,276,576.62	14%	18,303,795.12	14%
Doctors' Inn	10,258,868.23	8%	10,311,109.66	8%	10,450,489.76	8%
Medical Indigency Center	2,898,573.90	2%	2,901,169.86	2%	2,903,495.87	2%
Retirement/Gratuity	3,151,777.49	3%	3,191,494.81	3%	2,835,953.55	2%
Disaster Fund	837,388.35	1%	837,743.32	1%	846,394.65	1%
Calamity Assistance	351,863.00	0%	341,863.00	0%	341,863.00	0%
Anti Cancer	944,787.01	1%	945,858.80	1%	946,922.69	1%
Legislative Fund	533,621.35	0%	534,226.71	0%	534,827.60	0%
TOTAL FUND BALANCES	124,297,638.06	100%	126,836,080.53	100%	129,699,470.85	100%

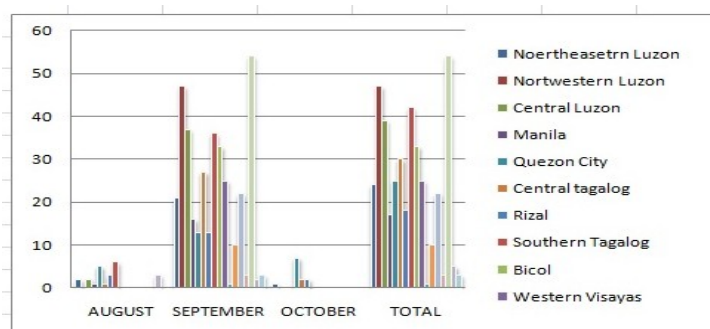
### UPDATES ON THE BALIK PMA PROGRAM

After the Board of Governors approved the extension of the Balik PMA Program until December 31, 2015, more members were able to avail of the program and this resulted to improved collections in membership dues benefiting not only the national office but also the component societies. Many members were able to update their membership dues.

The Balik PMA Program which was implemented last October 1, 2014 grants a 50% discount to all members who will settle their arrears on membership dues with the PMA covering the period 2013 and earlier. Moreover, with the payment of the arrears on membership dues on or before September 30, 2015, the right to vote and be voted upon will be reinstated.

For the period of August to October 2015, the total collections from the Balik PMA Program amounted to P697,775.00 coming from a total of 398 PMA members.

REGION	AUGUST	SEPTEMBER	OCTOBER	TOTAL
Noertheasetrn Luzon	2	21	1	24
Northwestern Luzon		47		47
Central Luzon	2	37		39
Manila	1	16		17
Quezon City	5	13	7	25
Central tagalog	1	27	2	30
Rizal	3	13	2	18
Southern Tagalog	6	36		42
Bicol		33		33
Western Visayas		25		25
Central Visayas		1		1
Eastern Visayas		10		10
Western Mindanao		22		22
Northern Mindanao		3		3
Southern Mindanao		54		54
Northcentral Mindanao	3	2		5
Caraga		3		3
<b>TOTAL</b>	<b>23</b>	<b>363</b>	<b>12</b>	<b>398</b>

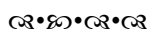


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*National Treasurer's Report,  
from page 9...*

### MUTUAL BENEFITS

For the months of August to October 2015 a total of P1,604,800.00 has been released for claims on Death Benefits to 35 members; P905,850.00 for Disability Benefits to 36 members; and P88,000.00 for Legal Assistance to 4 members. Overall, a total of P4,104,900.00 has been released from the Mutual Aid Fund for claims on Death Benefits, Disability Benefits and Legal Assistance for the period June 2015 to October 2015.



### PMA AUDITORIUM IMPROVEMENTS

Improvements of the PMA Auditorium had been initiated through the efforts of the PMA Auditorium Committee: Sylvanno Agustin, M.D. (Chairman), Lilia Matulac, M.D., Evangeline Fabian, M.D., Nenita Lee-Tan, M.D. Sylvia Calingo, M.D., and Carmencita Lo, M.D. (members) and under the technical supervision of Engr. Joylie Agustin, APMA.

Almost P270,000.00 has been allocated for the renovations and improvements comprising inclusive of the labor and materials. The cost of paint to be used was sponsored by Boysen Philippines, which enabled the PMA to significantly reduce the over-all cost of the renovation of the PMA Auditorium that has been an important icon of the PMA.




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Remember the  
difference between  
a boss and a leader;  
a boss says "Go!"  
a leader says  
"Lets go!"  
- E.M. Kelly

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MONTH	DEATH BENEFITS		DISABILITY BENEFITS		LEGAL ASSISTANCE	
	No.	Amount	No.	Amount	No.	Amount
AUGUST	18	802,500.00	10	250,000.00	-	-
SEPTEMBER	2	99,800.00	14	374,600.00	4	88,000.00
OCTOBER	15	702,500.00	12	281,250.00	-	-
<b>TOTAL</b>	<b>35</b>	<b>1,604,800.00</b>	<b>36</b>	<b>905,850.00</b>	<b>4</b>	<b>88,000.00</b>







## REGIONAL NEWS

By: Bayani B. Tecson, MD

*Previously, we have introduced to the PMA membership through this newsletter: "The Physician", the Governors representing the North and Central Luzon Regions and provided a glimpse of their personal, academic, and leadership qualities. In this second issue of the PMA Newsletter, we will relay to the membership their activities in the regions for the first 2 quarters of their administrative year. A testament of their dedication to work beyond everyone's expectations as Governors of the North and Central Luzon Regions and of their support to the PMA theme for this administrative year: "One PMA, One Health, One Nation".*



**JUDITH N. ALLAGA, MD**

*Governor, Northeastern Luzon Region*

Dr. Allaga, while on official leave of absence has fully endorsed her responsibilities and was ably handled by Dr. Romanchito P. Bayang, the President of Santiago City Medical Society and the Secretary of the Northeastern Luzon Regional Council. His strong and determined leadership is very palpable in the several activities they have conducted in their region.

The physicians of NEL region has been very busy for the first six (6) months of this administrative year. The presidents of the component societies attended the leadership seminar in Cebu City last June 2015.

A week-long series of activities, from September 19–26, 2015, has been carried out by the Northeastern Luzon (NEL) Component Societies to celebrate the 58<sup>th</sup> National Medicine Week. These activities followed the schedule of activities in the National Capital Region.

The Santiago City Medical Society (SCMS) on its 19<sup>th</sup> year started the celebration on September 19, 2015 with the following week long activities; The formal SCMS Opening Ceremony was held on September 19, 2015 at Zen Hotel, Santiago City and an anticipated Thanksgiving Mass was officiated by Rev. Fr. Vonci del Mundo. The Opening Night dubbed as the "Senior Physicians Night" was highlighted by a floral offering and tribute to the "6<sup>th</sup> Dr. Adolfo Flores Memorial Lecture". The Memorial lectures were delivered by Dr. Gener Maylem on Epilepsy and Marijuana, and Dr. Olivia Domingo being a recipient of the "2<sup>nd</sup> Gintong Butil Award". On Sept. 20, 2015, a "Wreath-Laying Ceremony" at the Rizal Monument, Santiago City Hall Grounds led by Dr. Romanchito P. Bayang (SCMS President), followed by a motorcade around the City to Balintocac Hills for a "Tree Planting Activity and Family Fun-Day" with Kite Flying, Extreme Rappelling, and Boodle Fight as added attractions to the activity. In the evening, "Doctors-MedReps Exhibition Basketball Game" was held at Calao East Community Center.

From Sept. 21–25, 2015, Free-Specialty Consultations/Treatments for the needy Santiagueños at the City Health Office led by different Specialty Societies in support to the advocacies of the City government. On Sept. 26, 2015, concluded the "Closing Ceremonies and Fellowship Night". The Closing ceremonies highlight was the unanimous ratification of the Santiago City Medical Society Constitution and By-Laws and The fellowship night was celebrated with Song and Dance Disco Revolution Era by the different specialty societies.

The Kalinga Medical Society has also their own unique version of celebrating the 58<sup>th</sup> National Medicine Week. On Sep. 20, 2015, the celebration

kick off with a Thanksgiving Mass at the UCCP Church, Magsaysay, Tabuk City; a wreath-laying at the Rizal Shrine; Rizal Henyo Game initiated by Dr. Thelma Gaerlan; Tree-planting Activity at the Burayukan Elementary School where hundreds of fruit bearing trees were provided by the CENRO; and ended the day with KMS members and families with picnic lunch sponsored by Dr. Nellie Alejandrino at the Teckney's Farm in Laya East, Tabuk City. On Sept. 22, 2015, "KMS Child Advocacy Day" had a lecture on hygiene, distribution of vitamins and hygiene kits for the pupils of San Juan Elementary School, Tabuk City. On Sept. 23, 2015, "Senior Citizen's Day" held at the Rizal Park, Dagupan Centro, Tabuk City, Kalinga with treatment and wellness activities of Qi-gong-Shibashi spearheaded by Dr. Cynthia Dawey, and "Kalabasa-Carrot" puto tasting. On Sept. 24, 2015, "Lecture on Disaster and Preparedness" held at Davidson Hotel by Dr. Rizal Cala from the Rural Health Office-Pinukpuk, Kalinga for the KMS members. On Sept. 25, 2015, traditional "KMS Physician's Night" was held at Golden Berries Hotel and Resort. It was a get-together party in success of the Medicine Week Celebration and a chance to welcome and give a toast to the New Physicians of Kalinga.

The advocacies continued for NEL for the month of October even as Typhoon Lando aims to track its way towards the Northern part of the Philippines. On Oct. 17, 2015, the KMS joined the 15<sup>th</sup> Anniversary of the Kalinga Matagoan Health Club- for diabetic patients of Kalinga, headed by the Diabetologist of Kalinga, Dr. Ma. Carla De Guzman Gatbonton, former president of KMS. The howling of the winds and the rain brought about by Typhoon Lando was not enough to stop the Diabetic patients' fellowship and activities scheduled that day.

As the update continues on Typhoon Lando, represented by the KMS President Dr. Amelia Gayagay and the Chair on Disaster and preparedness, Dr. Genolito Navarro, both attended the

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**Dr. Judith Allaga, from page 11...**

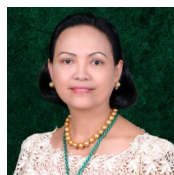
briefing of the City disaster response and rescue management team (CDRRM), 2 pm at the CDRRM office. On-going evacuations for communities near the Chico River and other flood prone areas, schools designated as evacuation centers during this time, and no casualties reported in Kalinga.

With the alertness of CDRRM and the LGU in Santiago City, there were no casualties reported according to Dr. Bayang, SCMS President and Asst. City Health Officer. Protected by three mountains around the city, only agricultural crops like rice plants were reported to be heavily damaged during the rage of Typhoon Lando.

Meanwhile, Quirino province experienced the proverbial "worst case scenario" of a typhoon signal number 4 brought about by Typhoon Lando's landfall and consequently bringing about the unimaginable devastation of agricultural crops, houses, and infrastructures.

Dr. James C. Guzman, City Health Officer and Cagayan Medical Society President reported that 39 barangays were flooded in Tuguegarao City. There were 20 barangays with 1,930 families for a total of 9, 647 persons affected mostly from low-lying areas. In 7 evacuation centers, 351 families, for a total of 1,623 persons evacuated from their homes. The City Health Office of Tuguegarao underwent assessment in the health conditions. The needs of the evacuees like provisions of water containers with purified water and relief operations were also given. No casualties reported in Cagayan.

In general, the rest of NEL region were mostly affected with damaged agricultural land crops. A State of Calamity was declared for the provinces of Cagayan, Nueva Vizcaya, Quirino, and Tuguegarao City, Cagayan.



**JEISELA C. BALDERAS-GAERLAN, MD**

*Governor, Northwestern Luzon Region*

Dra. Gaerlan has been very busy for the first six (6) months as the PMA Governor for NWL region.

She led the component society presidents of the region in attending the Leadership Seminar in Cebu City last June 2015.

Several religious, social, CME, and community activities were conducted simultaneously by the component medical societies in celebration of the 58th National Medicine week last September 19-26, 2015. The week long activities were in line with the activities set by the PMA Board. Highlight of which were the Mass offerings, Wreath laying in Rizal Monuments to honor our National Hero, who himself is a Physician, followed by Parades, lay fora, free medical consultations, and culminated by the Senior Physicians Night to honor our teachers and mentors in the medical profession.

Several Regional Council Meetings has been held with this main agenda: "Preparations of the PMA NWL Regional Assembly". The July Regional Council Meeting was held at the Thunderbird Resort, San Fernando City, La Union. The September meeting was held at Bistro Candon, Candon City, Ilocos Sur, while the October meeting was held at Max's Restaurant, San Fernando City, La Union.

The 2015 Northwestern Luzon Regional Assembly was held last November 8, 2015 at Hotel Ariana, Bauang, La Union and hosted by the La Union Medical Society. The much awaited, fun-filled Fellowship Night was held the night before the Regional Assembly Proper at the Oasis Resort, San Fernando City, La Union with a theme: "Gatsby - 1920's: A Roaring Fellowship Night". This fellowship night was indeed a night to de-stress, find new friends, rekindle old friendships, and enhance

camaraderie amongst physicians in the NWL region. The Regional Assembly has been a resounding success. Thanks to the vibrant participation of all the component medical societies of the region, their young, dynamic, and dedicated presidents, and to the outstanding leadership exemplified by Dr. Gaerlan.

The success of the Regional Assembly has been ensured by advanced planning and early members invitation and information dissemination. Not to miss, were the memorable, functional welcome gifts (a PMA fan and key chain), courtesy of NWL Governor Jeisela Gaerlan. There were also a lot of raffle prizes given away during the affair, courtesy of benevolent donors in the region and again, by our NWL Governor.

The Ilocos Norte Medical Society was one of the first to have implemented the "OWL" Program of PMA". The Abra Medical Society, Ilocos Sur, Southern Ilocos Sur Medical Society, La Union, Mountain Province and Baguio-Benguet and Pangasinan Medical Society are all active in their own projects/advocacies in line with this blogship project of the PMA.

In addition to these activities, Dr. Gaerlan also attended the PMA Annual Convention and Induction Ceremony last May 2015 at the Marriott Hotel. She has a perfect attendance to the PMA Regular Monthly Board Meetings and actively participated in the discussions and deliberations of vital and pressing issues confronting the PMA and its members.



**PAUL RUEL C. CAMIÑA, MD**

*Governor, Central Luzon Region*

In addition to the Leadership Seminar in Cebu, attended by the Presidents of the different component medical

*continued on page 13...*

*Dr. Paul Ruel Camiña, from page 12...*

societies of the region last June 2015 and the week-long activities conducted by the different component societies in celebration of the 50th National Medicine Week last September 19 - 26, 2015. The following activities are the highlights of activities in the Central Luzon Region in furtherance of their advocacies.

### **ACT NOW! Pampanga Medical Society successfully hosted the 1st Nutrition Forum**

The Pampanga Medical Society successfully held the 1st ever Nutrition Forum, "ACT NOW! Advances and Current Trends in Nutrition, Obesity, and Wellness" Scientific Forum at the Orotel Hotel, City of San Fernando, Pampanga on November 6, 2015. This is an affirmation of the Component Society's thrust to update the physician members and other allied health professionals on nutrition and to help mitigate malnutrition in their communities. This CME activity was initiated by the society through its Nutrition Initiatives and Competency Enhancement Program (NICE Program).

The scientific forum was well attended by over a hundred participants including doctors, nurses, nutritionists, dieticians as well as students from different hospitals and schools. Topics discussed were: 'Nutrition Screening and Assessment' by Dr. Michael James De La Cruz, 'The Role Sugar Sweetened Beverages in Nutrition' by Dr. Allen C. Mallari, 'Philippine Diabetes Nutrition Algorithm' by Dr. Cristy Redondo-Samin, 'The Bible Based Diet' was discussed by Dr. Luisito Llido, the 'Government Programs in Nutrition' by Dr. Renely Tungol, 'Burden of Overweight and Obesity' by Cristilyn Atrera, RND and 'Exercise for Wellness and Health' by Maria Cecilia Torres, RND.



The Nutrition Forum was conceptualized to complement the other nutrition programs being done by the Pampanga Medical Society which also includes regular feeding programs and lay education lectures done in coordination with partner institutions and organizations as well as the local government.

Our kudos to the organizers and members of the Pampanga Medical Society for a job well done!

### **Olongapo City Medical Society Promotes Health and Wellness Advocacy**

Another activity that highlights the fervor of dedicated health service in the region is the Promotion of Health and Wellness Advocacy by the Olongapo City Medical Society.

The Olongapo City Medical Society (OCMS) is at the forefront in promoting health and wellness advocacy through various activities not only in Olongapo City but also in the Subic Bay Freeport Zone. On the first five (5) months of the fiscal year alone, the society has conducted six (6) blood donation drives, eight (8) medical missions, and fifteen (15) community health advocacy seminars.



In addition to these activities, the OCMS continues to give benefits to its members. During the 2015 Medicine Week, the OCMS conducted "I Lab Doctor Day", where the physician members were treated with free and discounted laboratories and ancillary procedures. Part of the OCMS Medicine Week celebration includes Health and Wellness activities at Harbor Point, Ayala Mall; Tree planting and seed-sowing activities; three (3) consecutive nights of learning and fellowship night for the physicians, auxiliaries, and medical representatives.

Recently, the OCMS celebrates the Breast Cancer Awareness Month. In line with this celebration, the society conducted various activities such as Lay Fora on 'Breast Self-Examination', slogan contest, and amateur photo contest with a theme "I was breast cancer #healthy pinaylifestyle".

The OCMS culminated Breast Cancer Awareness Month with a 'Walk Against Breast Cancer' inside the Subic Freeport Zone wherein more than five hundred (500) participants from various companies and organizations signed a pledge of commitment to support the breast cancer awareness campaign and help fight breast cancer.

*continued on page 14...*



Dr. Paul Ruel Camina, from page 13...

### Bulacan Medical Society

Aside from the usual medical society activities like the Induction Ceremony, Outreach Programs and Round Table Discussions, BMS had an extraordinary activity during our Medicine Week 2015 celebration. With the standing invitation for a guided tour of the Malacanang Museum from Executive Secretary Paquito N Ochoa, Jr., Our Guest of Honor during the 2015 BMS Induction Ceremony. Our society had our tour on September 22 and 24. A Malacanang tourist bus was sent to Malolos City to fetch about 60 doctors on each of those 2 days. Although we had our packed breakfast and lunch, we were treated to a heavy snack by Secretary Ochoa's office after the tour and before we were transported back to Malolos City. Those were 2 days of heritage learning and camaraderie for our society members.



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## REGIONAL NEWS

By: Maria Corazon S. Maglaya, MD

*The regions of Manila, Quezon City, Central Tagalog, Southern Tagalog, Rizal and Bicol have been very busy these past months, especially during the 2015 Medicine Week Celebration. Their respective governors have submitted the following reports. The activities and events included were just some of the examples of what the various component societies in these regions have done.*



**LAKANDULA A. ELAYDA, MD**

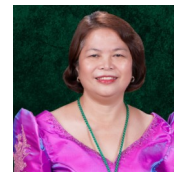
Governor, Manila Region

The **Manila Medical Society** (MMS) actively participated in the activities of the Medicine Week and the PMA Foundation Day. Aside from joining the other component societies during the various activities of the two events, the society also conducted tree planting in the compound of the MMS office, medical missions and Livelihood Seminar on Tui-Na Massage & Herbal Medicine Making.

The MMS continued its bi-monthly cataract operation as well as its regular free medical clinic held at the MMS building. The society also continued its feeding programs in Brgy. 448 zone 44 at M. Dela Fuente, Sampaloc, Manila and at Sto. Niño De Tondo Parish, Tondo, Manila. The society also distributed school bags for the indigent students at ALMARIO Elementary School in Tondo, Manila.

To help the members with their continuing professional development, the society continued to hold scientific symposia in cooperation with the pharmaceutical companies.

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**ROSARIO B. CRUZ-DALIDA, MD**

Governor, Quezon City Region

Learning through medical practice and continuing professional education is always our commitment to provide quality health care to our patients and QC residents. Improvement of our medical practice through continuing medical activities will help member doctors deliver better health care services. Moreover, "You are not here merely to make a living. You are here in order to enable the world to live more amply. You are here to enrich the world and you impoverish yourself if you forget the vision." (W. Wilson)

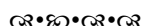
The following significant medical events or continuing professional education include: Efficacy and safety of Pravastatin in the long term treatment of patients with hypercholesterolemia and cardiovascular diseases last October 14, 2015 at King Bee Restaurant at Commonwealth Avenue QC with 30 doctors in attendance. Results of Trial on CVD Outputs with Sitagliptin last October 20, 2015 with more than 45 doctors engaged in diabetes discussion at Brewing Point Café, Congressional Avenue Extension QC. A QCMS sponsored round table discussion was held at the QCMS Boardroom on October 20, 2015 on Allergy: Prevention and Management with Dr. Nanneth Tiu and was attended by eighteen participants. A lecture on Non alcoholic fatty liver disease was expounded by Dr. Julius Domingo on November 11, 2015 at Wee Nam Kee Fairview Terraces Mall Quirino Hi-way QC with ten doctors present.

Quezon City Drug Treatment and Rehabilitation Center (TAHANAN) was the recipient of the gift sharing activity by Dr. Angela V. Cruz and the members of the QCMS. Drs. M. Agustin; Dr. A Calleja; Drs. T. Agda;

*continued on page 15...*

**Dr. Rosario B. Cruz-Dalida,**  
**from page 14...**

M. Cadorna; M. Macalisang helped in the distribution of hygiene packs and snacks to 170 drug dependents. QCMS have chosen this institution to celebrate Anti Drug Abuse month this November. Dr. Angela V. Cruz is a consultant and educator at (QCAADAAC) QC anti drug abuse advisory council. Providing hope and helping the youth in Tahanan is a worthy cause. Tahanan has served over 10,000 drug dependents, most of them under the age of 25 years old.



**VINCENT C.  
SANTOS, MD**  
*Governor, Central  
Tagalog Region*

The **Valenzuela City Medical Society** (VMS) continuously comes up with programs which strongly support its different advocacies. New to the list is "Wellness: Fitness, Nutrition and Hygiene" ---a program which emphasizes on health promotion and disease prevention. Along with that, and being "One with PMA", the society creates fresh and unique activities which embody the love for our culture (Cultural Awareness Program), concern for the environment (Repurpose, Environment Awareness Program) and dedication to our noble profession (Medical Missions, Adopt-A-barangay, CPDs). More importantly, through these programs, the society has recently built partnerships with some schools and different organizations, with profound intention to reach out farther and wider to varied communities which are the ultimate recipients of our equally varied services.

In support of the Breastfeeding law, the **San Juan Medical Society (SJMS)** donated to the San Juan City government chairs and a refrigerator for the storage of expressed milk as well as posters on breastfeeding for the use in the breastfeeding unit located at the Nutrition Council office in the City Hall. The Society hopes to establish breastfeeding units in all barangays before the end of 2016 to emphasize the importance of breastfeeding. The Society also conducted Best Breastfed

Baby contest at Barangay Batis last October 21. The Society also held several medical missions and lay fora in cooperation with various NGOs. Last September 7, Mayor Guia Gomez recognized the commitment, support and contribution of the Society in championing the cause of nutrition in the City of San Juan.

The **Pasay Paranaque Medical Society** (PPMS) participated in this year's International Coastal Cleanup (ICC) undertaken by the Department of Environment and Natural Resources Biodiversity and Management Bureau last September 19, 2015 at the Las Pinas-Paranaque Critical Habitat and Ecotourism Area (LPPCHEA). LPPCHEA is a 175-hectare protected area of mangrove, lagoons and ponds in the Manila Bay Coastal Area. In recognition of the society's participation in manning a medical booth and clean-up, PPMS will be recognized formally for participating during the ICC Partner's Recognition event on November 24, 2015 at the Golden Phoenix Hotel, MOA Complex. PPMS also planted Nilad tree at the same site last October 3, 2015. Nilad tree used to be abundant in Manila, said to be the origin of the city name. PPMS undertakes these activities in keeping with the Philippine Medical Association (PMA)'s environmental advocacy.

The month of September has been very significant for the **Marikina Valley Medical Society** (MVMS). Its efforts to help the citizens of San Mateo was recognized by the San Mateo Municipal Government during the 444th San Mateo Foundation Day last September 21. The posters done by two Marikina public school students that were submitted by the Society for this year's Bulilit Health Worker Send-in Poster Contest won first and second places. It was also this month when the MVMS acquired its own website that would eventually be link to the PMA official website. The Society did not extend its services to the people of Marikina, San Mateo and Rodriguez but also extended a helping hand to the victims of typhoon Lando in Gabaldon, Nueva Ecija through Medical Mission last November 7. To serve its members, especially with their continuing professional

development, the Society continued to hold scientific symposia in cooperation with various pharmaceutical companies. It also continued with its tie-up with the Amang Rodriguez Medical Center Department of Medicine for the Annual Post-graduate Course. BLS Seminar/ Training for MD's and Laymen was also recently conducted in cooperation with PCP, Marikina Chapter.



**ANNETTE MAGNO-  
MACAYAON, MD**  
*Governor, Southern  
Tagalog Region*

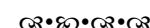
The Southern Tagalog region joined the PMA in its celebration of its Foundation Day last September 15, 2015 at the PMA Grounds in Quezon City, the Flag Raising at the Jose Rizal Shrine at the Luneta Park and Opening of the 58<sup>th</sup> PMA Medicine Week last September 20, 2015 at the Manila Pavilion Hotel. This was attended by presidents of our local components from the provinces of Cavite, Laguna, Batangas and Marinduque.

All the component societies, a total of 15 celebrated locally the Medicine Week starting with the wreath laying in individual Jose Rizal shrines, medical missions, lay fora and closing ceremonies with Senior Physician's Night.

The **Cavite Medical Society** held its Grand Medical-Dental Mission for the Cavitenos with the theme, *Charity Begins at Home* last September 13, 2015 at the San Sebastian College-Recoletos in Cavite City. It catered to over 400 OPD patients.

The **Laguna Medical Society** conducted its 1<sup>st</sup> webinar in partnership with OWL@PMA.

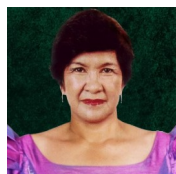
The **Lipa City Medical Society** held its 2<sup>nd</sup> Postgraduate Course with the theme, *Common Concerns in Medical Practice and Beyond* last September 23, 2015 at the Anifa Royale Hotel, Lipa City.





## REGIONAL NEWS

By: Erlinda G. De Los Reyes, MD

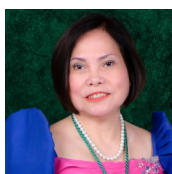


**FELMA R.  
DELA CRUZ MD**  
*Governor, Western  
Visayas Region*

### "UNITE FOR ONE PMA"

My stint as PMA Governor for Western Visayas officially started during my Induction last May 22, 2015 at the 108th PMA Annual Convention at Marriott Grand Ballroom in Newport City Complex Pasay City. Together with the other PMA Governors and other Regions we had our first meeting a day after the Convention where the outgoing PMA Governors endorsed and oriented us, the incoming Governors what happened during their tenure. During the UL Leadership Training seminar in Cebu City we had our first Regional Council Meeting where I first met the Officers and Treasurers of the Component Societies of Western Visayas except Guimaras Medical Society which has no representative. They learned a lot about the topics discussed, like President Calimag's Report, OWL@PMA, Executive Sec and Treasurer's Reports. I was able to meet personally Dr. Francisco Aquines of Antique Medical Society; Dra. Ma. Teresa Dy- Villanueva, of Canlaon Medical Society; Dra. Cherry Distor of Capiz Medical Society; Dr. Ruel Malata of Iloilo Medical Society; and Dr. Rafael Jocson of Negros Occidental Medical Society and of course our very own Aklan Medical, Society Pres. Dr. Lyn Salido. We scheduled the Induction Programs of the six Component Societies and I tried to attend each Component Societies Program except Iloilo Medical Society and Canlaon Medical Society because I was on leave on those dates. Our Second and third Regional Council meetings were held in Iloilo City for practical purposes last

August 23, 2015; October 4, 2015 respectively where I reported what transpired during the monthly Board meetings. Medicine Week was a busy week and even two weeks before for all Component societies since there were a lot of activities related to it. Each Component Society reported their Medicine Week activities to the PMA Secretariat and also to me. Each Component Society tried to beat the deadline of submission of its report in the new format as prescribed by the Secretariat.



**FLORENCIA T.  
MIEL, MD**  
*Governor, Central  
Visayas Region*

### "QUO VADIS PMA MEMBERS"

One may wonder about the title. This stemmed from an observation of both PMA and component society membership over the years. They were inducted into the PMA and the Cebu Medical Society right after our oath-taking and registration as the new physicians in 1972 by no less than the incoming PMA president, Dr. Renato Espinosa. Everyone smiled with pride to be, at last, a full-fledged physician and to belong to the prestigious Philippine Medical Association. At the start of every year, we made a conscious effort to pay the yearly dues pertinent to the practice of Medicine. I would like to give special mention, a mentor, Dr. Mercedes Planas (bless her soul), who advised and encouraged us to do so. Initially, the members were around for scientific meetings, election and Medicine week celebration. However, over the ensuing years attendance dwindled. You see the same faces

attending functions. It seemed, members would only show up when attendance was required for a certificate of good standing, such as PHIC accreditation. When things such as the BIR calling physicians as tax evaders, we were quick to ask, "What is the PMA doing?" Perhaps it would do some good to look at ourselves and do a self-assessment. Allow me to share something from Ms. Letty Canoy of the Cebu Woman's Club.

### SELF ASSESSMENT

#### AS A MEMBER OF AN ORGANIZATION, WHERE DO YOU BELONG?

##### ACTIVE MEMBER

- (1) Are you an active member, the kind that would be missed?
- (2) Do you attend the meetings of the association, and mingle with your co-members and share ideas that would benefit the organization?
- (3) Do you take an active part to assist the organization to grow and be more active?

or

##### JUST IN NAME

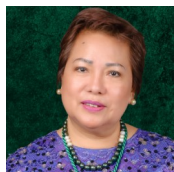
- (1) Just contented that your name is on the list?
- (2) Do you stay at home or attend but only to criticize and disagree?
- (3) Or are you satisfied to the kind that "Just Belong?"

So.....

**THINK THIS OVER FRIENDS FOR YOU  
KNOW WHICH ONE IS RIGHT OR  
WRONG!!!**



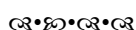




**ELIZA D. LAURENTE, MD**  
Governor, Eastern  
Visayas Region

### "CROSSOVER"

October 10, 2015 11:00 AM - Board Meeting of District Governors at the residence of Dist. Gov. Dr. Eliza Laurente, with lunch. 6:30PM - Start of Fellowship Night. All Component Societies in Region VIII accounted for except one, Samar Medical Society. It was a very entertaining, fun, and memorable night. October 11, 2015 Regional Assembly Proper at Sabin Resort Hotel. The program as printed proceeded smoothly headed by Pres. Ma. Minerva Calimag and all the key officers. The Scientific sessions were very well attended. The luncheon meeting presided by Pres. Calimag and attended by the Board of Governors with the officers of the component societies had a very productive interchange of relevant issues and concerns. Registered number of participants: 260 pax. The grand prize for the most well attended component society went to Biliran Medical Society. October 15, 2015 Post Activity Assessment Meeting with Scientific Lecture at Don Felipe Board Room. In summary, it was a most successful Regional Assembly, A dampener happened, however, in the afternoon of the fellowship night. A colleague from the neighboring town of Palompon some 80kms from Ormoc, on her way to attend our activity, accidentally ran over a 7-year old, an only child who perished 2 hours after the incident. That very day she shelled out a fortune for the hospital expenses and casket not to mention the settlement which was sure to follow. Brought this to the attention of our treasurer who in turn informed Pres. Calimag and we agreed to pass the hat during the assembly. The amount of P19,000 was right away turned over to Dr. Perla Jaotan. The PMA "Sa Hirap at Ginhawa" in action.



## REGIONAL NEWS

By: Sol Veronica E. Bagaipo, MD

*For this quarter, the celebration of the Medicine Week last September 20-26, 2015 takes center stage. Various activities in lined with the program of the PMA were held simultaneously throughout the country. However, as this report will tell us, other relevant medical society activities were held with much importance and vibrant participation from the members as well.*



**EDGAR A. LEGASPI, MD**  
Governor, Western  
Mindanao Region

Dr. Edgar Legaspi, shared that each component societies were able to carry out very well the Medicine Week Celebration. These were the Zamboanga del Sur Medical Society and the Dipolog City Medical Society. Due to heightened alert against kidnapping, the Zamboanga Sibugay Medical Society had the celebration streamlined to a motorcade and simultaneous free clinics in their respective clinics and hospitals. It is noteworthy though that this medical society was able to address the concerns of its members regarding personal security and their establishments by conducting a fruitful dialogue with the provincial Philippine National Police within the Medicine Week itself, on September 25. This is a inspiring example of making PMA relevant to our members. Kudos to the officers and members of the Zamboanga Sibugay Medical Society!

The Zamboanga City Medical Society had some innovative activities as well. This includes free clinic and free haircut, all in cooperation with other organizations in the city and the Flea-cupmarket 3 where beautiful teacups are displayed and sold.

Aside from the Medicine Week celebration, this part of Mindanao hosted the PMA Regional Assembly on October 4, 2015



**MARIA LOURDES G. MONTEVERDE, MD**  
Governor, Southeastern  
Mindanao Region

The Philippine Medical Association Southeastern Mindanao Chapters were fully supportive of the PMAs endeavors and to the recent Medicine Week Celebrations. The vibrancy of the support was shown with the various activities done by the Davao Medical Society, the General Santos Medical Society, the South Cotabato Medical Society, the Davao Occidental Medical Society and the Compostela Medical Society.

As the PMA Governor in charge for the PMA Lot, it is with much pleasure, that the PMA Title annotation by the National Housing Authority, which states that the PMA Lot should only be used for Medical Purposes, has already been cancelled. The PMA can now develop the area for both medical and non medical purposes, therefore, increasing the asset utilization of the Philippine Medical Association.

The Philippine Medical Association have hosted the 1st Sino-Asia Pacific International Medical Forum last November 23, 2015 at the Peninsula Hotel and attended by physicians from the different societies of NCR, Central Luzon and Southern Tagalog regions. Through our PMA President and yours

*continued on page 18...*





## 11<sup>th</sup> PMA-PCS-QCMS OPERATION BUKOL

at the PMA Auditorium

September 10, 2015



*PMA President Dr. Maria Minerva P. Calimag Welcoming the doctors, participants and patients.*



*Dr. Ferdinand E. Cercenia, the chairman of the PMA Committee on Medical Missions, on brief outline of the event.*



*Dr. Dennis H. Littaua, representing the Philippine College of Surgeons-Metro Manila Chapter.*



*Dr. Joan S. Tagorda of the PCS conducting the lay forum on "Bukol sa Suso".*



*Dr. Hector M. Santos Jr., Chairman of the PMA Committee on Disaster and Emergency Response operating on a patient.*





## 112<sup>th</sup> PMA FOUNDATION DAY

at the PMA Grounds & Auditorium

September 15, 2015



*PMA President Dr. Maria Minerva P. Calimag with Dr. Arnel M. Asino, Chairman of the 112th Foundation Anniversary Celebration, Dr. Arnold P. Tabun, Jr., Co-Chairman; Dr. Angela V. Cruz, Chair of the Wreath Laying Ceremonies and President of the Quezon City Medical Society*



*The PMA Board of Governors during the Wreath Laying Ceremonies at the Rizal Monument, PMA Grounds*



*Candle, Cake, and Wine Ceremonies during the celebration of the PMA 112<sup>th</sup> Foundation Anniversary; honoring the Former Presidents of the PMA.*



*A toasts to the 112th Foundation Anniversary of the PMA led by it's President Dr. Maria Minerva P. Calimag.*



*The PMA National Officers and the Board of Governors with the honorees the Former Presidents of PMA.*



## 58<sup>th</sup> PMA NATIONAL MEDICINE WEEK

Wreath Laying Ceremonies at Luneta & Opening Ceremonies at Manila Pavilion Waterfront Hotel  
September 20, 2015



The 58th National Medicine Week started with a Wreath Laying Ceremonies at the Rizal Monument, Luneta on September 20, 2015. Gracing the occasion is the PMA President Dr. Maria Minerva P. Calimag and Philippine National Red Cross Chairman/CEO Richard J. Gordon. Leading the group is the Overall Chairman Dr. Carlito P. Pajarillo and the Chair of the Wreath Laying Ceremonies and President of Pasay-Paranaque Medical Society Dr. Marie Michelle S. Cloa. The event was also attended by PMA National Officers and Board of Governors of NCR, Central Luzon, and Southern Tagalog Regions as well as the different Component Societies and the Auxiliary to the PMA.



Ringling of the Bell by the PMA President Dr. Maria Minerva P. Calimag signifying the start of the 58th National Medicine Week Celebration.



Keynote Speaker Hon. Richard J. Gordon, Chairman and CEO of PNRC



## 58<sup>th</sup> PMA NATIONAL MEDICINE WEEK

Activities during the week-long celebration of the Medicine Week  
September 20-26, 2015





## 58<sup>th</sup> PMA NATIONAL MEDICINE WEEK

September 20 - 26, 2015



*Dr. Rosario B. Cruz-Dalida, PMA Governor for Quezon City Region leading the tree planting activities at Brgy. Bahay Toro in Quezon City*



*The 12<sup>th</sup> PMA Singing Physicians' Contest was held last September 22, 2015 at the PMA Auditorium, chaired by the Pasay-Paranaque Medical Society under its President Dr. Marie Michelle S. Cloa. The Champion came from Lipa Medical Society; Dr. Joanna Loren J. Ochia; First runner-up from Sorsogon Medical Society; Dr. Michael D. Galan; and second runner-up from Pangasinan Medical Society Dr. Lyzl Anne S. Quoin. The event was sponsored by Pharex Healthcare Corporation*

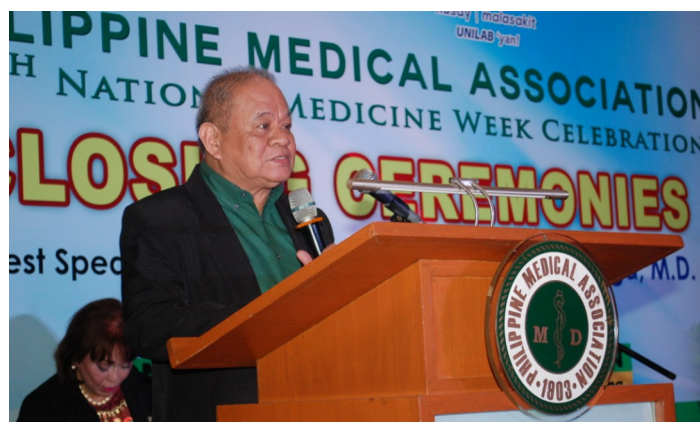


*5<sup>th</sup> Dr. Fe Del Mundo National Bulilit & Teen Health Workers Summit held on September 26, 2015 at the PMA auditorium. The event was participated by elementary and high school students from component societies: Cavite, Ilcos Norte, Laguna, Lipa City, Makati, Nueva Ecija, Pampanga, Quezon, Quezon City, Taal-Lemery, Tanauan, and Zamboanga del Sur.*



## 58<sup>th</sup> PMA NATIONAL MEDICINE WEEK

Closing Ceremonies at Bayanihan Center, United Laboratories, Inc., Pasig City  
September 26, 2015



*Dr. Carlito P. Pajarillo delivering his Message and Report as the Chair of the 58th PMA National Medicine Week Celebration*



*Hon. Ma. Graciela Garayblas-Gonzaga, MD, Member of PRC BOM, as the Guest Speaker during the Closing Ceremonies*





## Lecture on TECHNOLOGY in EDUCATION

at SM City North EDSA

September 27, 2015



*The Philippine Medical Association in participation with Quezon City Medical Society and Department of Education and SM Foundation held a forum at the SM North EDSA last September 27, 2015. The PMA President gave a lecture to the teachers about TECHNOLOGY in EDUCATION.*

## PMA-CME and REGIONAL ASSEMBLIES

2015-2016



Western Mindanao Region  
October 04, 2015  
Mardale Hotel, Pagadian City  
with Zamboanga Del Sur MS (Host Society)



Northern Mindanao Region  
October 11, 2015  
Sabin Hotel, Ormoc City  
with the PMA BOG



Northwestern Luzon Region  
November 8, 2015  
Ariana Hotel, Bauang, La Union  
with Former Governors of NWL Region



Central Visayas Region  
November 15, 2015  
Waterfront Hotel, Lahug City, Cebu  
with Cebu MS (Host Society)



## SINO ASIA PACIFIC MEDICAL FORUM

Peninsula Hotel, Makati City

November 23, 2015



*Hon. Usec Dr. Kenneth Hartigan-Go of DOH was the Keynote Speaker*





## SINO ASIA PACIFIC MEDICAL FORUM

Peninsula Hotel, Makati City

November 23, 2015



*The PMA President Dr. Maria Minerva P. Calimag signing the Joint Communique together with the other leaders of the different countries and organizations during the first Sino Asia Pacific International Forum held at Peninsula Hotel, Makati City last November 23, 2015.*







## SPECIALTY DIVISIONS & SPECIALTY SOCIETIES

## News and Events

## 2<sup>nd</sup> Quarter, Fiscal Year 2015 – 2016

**by Arnel M. Asino, MD, FPBA, FPSQua**

## Philippine College of Surgeons (PCS) Brings ATLS to the Philippines

The Philippine College of Surgeons is the only accredited provider of the Advanced Trauma Life Support (ATLS) Course in the country. ATLS is an initiative of the American College of Surgeons. This is aimed for the purpose of reducing death or disability following trauma related injuries. It was in 2012 when the PCS applied for certification to bring ATLS to the Philippines through the regional office in Singapore. Grueling student instructor courses were attended by the following competent doctors; Dr. Josefina Almonte, Dr. Arturo E. Mendoza, Jr., Dr. Enrico Ragaza, Dr. Maximo Nadala, Dr. Ramoncito Magnaye, Dr. Orlando Ocampo, Dr. Jorge Concepcion, Dr. Raymundo Ressureccion, Dr. Joseph Juico, and Miss Ma. Cristina Borlongan (Registered Nurse). After an intensive training, the PCS through the efforts of the aforementioned personalities was credentialed as the sole course provider in the Southeast Asian region.

Since the initial offering of the ATLS course in 2013, numerous courses had been conducted participated by over a hundred doctors, the latest to wit was in November 13-15, 2015. This is open to all medical practitioners who are interested to learn valuable insights handling in trauma cases. For inquiries, you may call PCS at (02) 928-1083 or email at [pcs\\_1936@yahoo.com.ph](mailto:pcs_1936@yahoo.com.ph).



**Philippine Society of  
Anesthesiologists, Inc (PSA)**

By Arnel M. Asino, MD

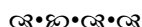
The society just recently concluded its successful annual convention held at the Marriott Grand Ballroom last November 26-28, 2015 spearheaded by no less than our indefatigable president Ma. Concepcion L. Cruz. Both local and foreign speakers were generous enough to share their thoughts on relevant issues and insights related to the specialty. Member attendees were enormously delighted with the lecture topics and workshops conducted by the equally competent local and foreign lecturers.

Other highlights of the convention were the following: Induction of new sets of officers/turn over ceremony, Manuel V. Silao Awardee Dr. Amador M. Villanueva, Most Outstanding Chapter, Hall of Fame Awards, and Fellowship Night .



*The four PSA Hall of Fame Awardees: Dr. Ma. Theresa Arellano-Jocelyn of Negros Occidental Chapter, Dr. Jona Lee Sta. Maria of Iloilo-Panay Chapter, Dr. Ernesto Manasan of Southern Tagalog Chapter, and Dr. Thelma Egarte of Northern Mindanao Chapter. Also in the picture is Dr. Lydia Egay (far left) and Dr. Ma. Concepcion L. Cruz (far right)*

My sincere congratulations to the convention organizers and new set of officers with special mention to our 2016 president Dr. Zenaida Mariano. Mabuhay and PSA!



**Philippine Society of Newborn  
Medicine, Inc. (PSNbM)**

*"Napaagang panganganak:*

ALAMIN, SAGIPIN, KALINGAIN"

*Preterm birth is not a death sentence.*

*There is HOPE*

Save the preemies! **A.S.K** your doctor.

By Jose B. Salazar, MD, President

The Philippine Society of Newborn Medicine, in its commitment to further strengthen the campaign on the prevention of prematurity and care of the high risk neonate will be conducting series of activities this November in line with the global commemoration of the **World Prematurity Month** and the **World Prematurity Day** last November 17, 2015. This is to reiterate the significance of raising public awareness on prematurity, its impact on Filipino families, and more importantly, a more proactive and dedicated approach to save preterm babies. In the Philippines, it is estimated that our private and public health institutions cater to around 350,000 preterm births annually. It is therefore not surprising that the Philippines ranked 8<sup>th</sup> in the number of preterm births that account for about 80% in the world (WHO 2010). Prematurity still remains as the leading cause of infant mortality nationwide. Complications of prematurity account to 62 % of all neonatal deaths, which is about 20,000 neonatal deaths annually (Calibo 2014).

Lecture series entitled "Respiratory Distress in the Preterm: Revisited", will be conducted in the following institutions, UERMMMC (Nov. 20), Rizal Medical Center (Nov. 23), USTH (Nov. 25) Philippine Children's Medical Center (Nov. 27), Dr. Jose Labella Memorial Hospital (Nov. 27) and the University of the Philippines PGH (Nov. 27)





## Philippine College of Occupational Medicine (PCOM) Pushes For Global Competency

By Jeanne V. Tiangha-Gonzales, MD

Last October 15-17, 2015, the Philippine College of Occupational Medicine, Inc. (PCOM), held its 17<sup>th</sup> Midyear Convention at the Iloilo International Convention Center, Iloilo City hosted by the Iloilo-Panay Chapter with the theme: "Standardized Approaches Amidst Globalization" focusing on the various aspects of Occupational Medicine Practice, Specifically on Chemical Exposure In Occupation, Women's Health, Infectious Diseases In The Workplace, BPOs, A Growing Industry, Occupational Medicine Practice, Seafarers' Health and The Hospital Setting". This is a yearly gathering of PCOM members from different parts of the country to keep themselves abreast on the latest advances and trends. This time is also the best opportunity to rekindle camaraderie and friendship among members.

Aside from the scientific program were tours to the Province of Guimaras to highlight the promotion of Environmental Conservation and Consciousness followed by a tour to Iloilo City's cultural heritage. Healthy Lifestyle being one of PCOM's advocacy, delegates were encouraged to participate and indulge in "PCOM Esplanade Walk and Zumba sa Suba" which is literally a kilometer brisk walk followed by a Zumba Dance by the Iloilo River. The next Midyear Convention will be hosted by the Baguio- Benguet Chapter in 2016.



Guimaras Province



Zumba sa Suba



Opening Ceremonies with the Chapter organizers

## Philippine Society of Maternal Fetal Medicine Inc.

Last November 23, 2015, Philippine Society of Maternal Fetal Medicine Inc. (PSMFMI) held its 2015 Annual Convention at Crowne Plaza Galleria Manila, Ortigas Avenue, Quezon City with the theme: **Out of the Box... Into the Stream** An Assembly for Consensus Building with Guest Faculty Dr. Douglas S. Ong from Mount Elizabeth Medical Centre Singapore.

### MESSAGE FROM THE PRESIDENT



Innovate, Differentiate, Transform.

Dear Colleagues,

Innovate: We highlighted the synchronization and collaborations in Maternal Fetal Medicine in our last year's convention. This year, in preparation for our annual scientific meeting, the 2015 PSMFMI board took advantage of the "synchronized collaborations" by creating a culture of innovation. We aim to introduce new ideas and make changes in something established.

Differentiate: The convention organizers decided a first in the format of the proceedings. The objective is to become distinct but relevant to express the differentiation. They are aimed at our motto: Out of the Box, Into the Stream. This year, the board went out of our comfort zones and became busy all year with sustainable topics and initiatives – like launching "Best to Best", the quarterly newsletter & updated the CPG on Preterm labor. Recognizing the importance of evidence-based medicine in high-risk pregnancies, we launched Project SUPER by Scaling Up the Perinatal registry. With the regular Follow-up Forum, the fellows-in-training showcase their professional excellence in case presentations and journal updates. Their young minds are more likely to think out of the box and be more productive and innovative.

Transform: With the continued genuine support of our members, partners and trainers, plus the guidance of our mentor-colleagues and past officers, all the innovations and differentiations helped transform PSMFMI to level-up the Filipino practice of Maternal-Fetal Medicine and optimize perinatal outcomes.

It gives me great pleasure to extend to you all a very warm Welcome to our Annual Convention on behalf of the PSMFMI family.

*Maria Zangaza-Ray, MD, MEdH*

Insert Biofemme logo here!

### BOARD OF TRUSTEES 2015

**President** Maria Zangaza-Ray, MD, MEdH

**Vice-President** Mario A. Bernardino, MD

**Secretary** Valerie T. Quinto, MD

**Treasurer** Marjorie I. Santos, MD

**Public Relations Officer** Richard C. Jordan, MD

**Members** Jocelyn C. Bambalan, MD  
Irene G. Casas, MD  
Camille M. Oy, MD  
Joseph U. Olivar, MD

### 2015 ANNUAL CONVENTION ORGANIZING COMMITTEE

**Overall Convention Chair** Mario A. Bernardino, MD

**Convention Secretary** Edilma E. Anonin, MD

**Scientific Program** Anita Mallick F. Poblete, MD - Chair  
Jocelynne I. Siano, MD - Co-Chair  
Lucia B. Tiengco, MD

**Ways and Means** Camille M. Oy, MD - Chair  
Christine F. Tintoco, MD - Co-Chair  
Alpha S. Montecino, MD

**Documentation** Zanneh G. Gorogza, MD - Chair

**Physical Arrangement** Maria Lourdes T. Solidum, MD - Chair  
Sherr Ann L. Supido, MD - Co-Chair

**Registration** Linda Luisa D. Yando, MD - Chair  
Carson B. De Jesus, MD - Co-Chair

**Socials** Richard C. Jordan, MD - Chair  
Joseph U. Olivar, MD - Co-Chair

**Programs and Invitations** Ma. Rosario C. Cheng, MD - Chair  
Irene B. Quinio, MD - Co-Chair

### PHILIPPINE SOCIETY OF MATERNAL FETAL MEDICINE, INC.

Promoting the Art and Science of Perinatal Medicine

## 2015 ANNUAL CONVENTION

# OUT OF THE BOX... INTO THE STREAM

## AN ASSEMBLY FOR CONSENSUS BUILDING



Guest Faculty  
**DR. DOUGLAS S. ONG**  
Mount Elizabeth Medical Centre  
Singapore

23 November 2015 8am-5pm  
Ruby Ballroom  
Crowne Plaza Galleria  
Ortigas Avenue, Quezon City

### MESSAGE FROM THE CONVENTION CHAIR



Oftentimes, the opinion of the maternal-fetal medicine specialist is solicited by our colleagues for patient management. In this light, we thought of coming up with a unified position in management through consensus building. We are putting it forward from expert colleagues through their opinions and positions on the issue with great consideration of current evidence available. Our consensus will make it mainstream. This will be for the greater interest of our patients and colleagues alike.

So, to my fellow members and colleagues of our Society, a very warm welcome to all!

**Mario M. Bernardino, MD**

### REGISTRATION INFORMATION

Registration Fees	On or before Nov. 10 '15	After Nov. 10 '15
PSMFMI Members	P2,500	P4,000
Non-members	P3,500	P4,000
Residents/Fellow-in-training	P2,000	P4,000

Pay by bank deposit to: METROBANK  
Account Number 233-32251601-2  
Account Name "PSMFMI"

Please e-mail [pam@psmfmi.org](mailto:pam@psmfmi.org) a clear copy of your bank deposit slip together with the following registration information: Name, Specialty, Institution, Mailing Address, Telephone No., Mobile No., Branch and Date of Deposit.

**IMPORTANT REMINDER:** For bank deposit payments, please notify PSMFMI Secretariat of your deposit transaction at telephone no. 928-5304. Please present your original deposit slip on the day of the convention to claim your official receipt and convention kit.

### SCIENTIFIC PROGRAMME

#### OUT OF THE BOX... INTO THE STREAM: AN ASSEMBLY FOR CONSENSUS BUILDING

7:00 AM	7:30 AM	12:00 PM
Registration	Opening Ceremonies	Introduction of Keynote Speaker Dr. Maria Victoria V. Torres
Opening of Commercial Exhibits	Philippine National Anthem	Keynote Address: "Maternal-Fetal Medicine in Low Resource Settings" Dr. Walfrido W. Sumpaco PSMFMI FOUNDING PRESIDENT
Invocation Dr. Richard C. Jordan	Welcome Remarks Dr. Maria D. Zangaza-Ray	Awarding of Plaque of Appreciation
Program Objectives and Course Review Dr. Mario A. Bernardino	Program Objectives and Course Review Dr. Mario A. Bernardino	Lunch PSMFMI Business Meeting Awarding of Accreditation Certificates
<b>SESSION 1</b>	<b>INTERACTIVE CONSENSUS SESSIONS</b> Face-Off: MFPM and IM on APAS and GDM Moderator: Dr. Sherr Ann L. Supido	<b>SESSION 2</b> Presentation of Winning Research Papers Dr. Clarissa L. Velayo PHILIPPINE GENERAL HOSPITAL Dr. Quennie Lyda D. Geronimo THE MEDICAL CITY
8:30 AM	Interactive I: Screening for GDM Dr. Ma. Cristina P. Cossolito Dr. Lani Theresa A. Alala Dr. Ana Maria R. Madamba-Burgos	<b>SESSION 3</b> <b>INTERACTIVE CONSENSUS SESSIONS</b> Safety and Efficacy of Common Medications Used for Control of Acute Perinatal Conditions Moderator: Dr. Leah N. Rivera
9:30 AM	Interactive II: Diagnosis and Management of APAS Dr. Cesar Joseph C. Gloria Dr. Valerie T. Quinto Dr. Lani Theresa A. Alala Dr. Ana Maria R. Madamba-Burgos	2:15 PM Interactive III: Preterm Labor Dr. Irene G. Casas
10:30 AM	Snack Symposium	3:00 PM Interactive IV: Acute Severe Hypertension Dr. Zanneh G. Gorogza
<b>SESSION 2</b>	<b>SPECIAL LECTURES</b> The Complexities of Severe Fetal Anomalies Moderator: Dr. Leslie R. Riger	3:45 PM Snack Symposium
10:45 AM	Unraveling the Diagnosis Dr. Douglas S. Ong SINGAPORE	4:00 PM <b>SESSION 4</b> Efficacy and Risks of Maternal Micronutrient Supplementation Dr. Angella R. Teticco
11:15 AM	Breaking Bad News Dr. Douglas S. Ong SINGAPORE	5:00 PM Closing Remarks Dr. Marjorie I. Santos
11:45 AM	Open Forum	PSMFMI Fellowship Night



## Transforming our World through the SDGs #TheFutureWeWant

By Michael Angelo G. Marasigan , MD

When the Millenium Development Goals (MDGs) were developed in 2000, the health sector was challenged at all fronts in delivering the targets that would address the priority issues in health. Of the eight (8) goals, three were health-related : Goal #4 Decrease child mortality, Goal #5 Improve maternal health and Goal #6 Combat HIV/AIDS, Malaria, Tuberculosis and other diseases. The other equally formidable anti-poverty goals were the eradication of **extreme poverty** and **hunger**, achieve universal primary education, promote gender equality & empower women, ensure environmental sustainability and develop a global partnership for development.

The achievement of the MDGs spanned five Department of Health (DOH) secretaries, from Dr. Manuel Dayrit, Dr. Francisco Duque III, Dr. Esperanza Cabral, Dr Enrique Ona and Incumbent Dr. Janette Garin. It also spanned two Presidents (Gloria Macapagal Arroyo, an economist & Benigno Aquino III, who was swept to power on the demise of the Mother of Democracy, his mother Cory Aquino). Dr. Dayrit, an epidemiologist prioritized early detection of HIV especially among Overseas Filipino Workers (OFW), and advocated Traditional and Alternative Medicine Act (TAMA), the latter of which resulted in the prevalence of herbal medicine in the market. He was followed by Dr Duque, past CEO of PhilHealth and current Civil Service Commissioner. He is credited with the Fourmula One for Health (health financing, health service delivery, health regulation & good governance in health). Dr Cabral, an esteemed educator and cardiologist had a term shorter than her stint as DSWD secretary. Before Dr. Garin, who rose to the position from her congressional post and advocated the

Responsible Parenthood and Reproductive Health Act, Dr. Ona is a well known transplant surgeon from the National Kidney and Transplant Institute. Among them, only Dr Duque had a platform synchronous with the MDG goals.

How did the Philippines fare in the MDG score sheets?

We have curbed by two thirds (2/3) the child mortality, specifically infant mortality and under five mortality, the former a rough indicator of the level of health in any country. The Philippines has also reached its target for children given the primary series of immunization including that for measles (FIC or fully immunized child). We have reduced the prevalence and death from malaria, and have increased both the case detection rate and cure rate for tuberculosis even years before 2015. The death rate however for tuberculosis remains to be significant, though DOTS (Directly Observed Treatment, Short Course) strategy has made improvements in ensuring compliance. As it is present over a large area and is actively spreading, HIV/AIDS is the modern day pandemic. In 2013 alone, it has accounted for 1.34 million deaths worldwide, majority of which are spread in sub-Saharan Africa followed by South and Southeast Asia.

Of the MDG goals linked to health, improving maternal health has not been attained, and remains as a vision to health advocates. We have not reduced by three quarters (3/4) maternal mortality ratio, though we have increased the proportion of births attended by skilled health personnel. In addition, the low contraceptive prevalence rate and increasing adolescent birth rate are two hindrances to the full attainment of reproductive health in the average Filipino.

On September 25, 2015, all 193 countries comprising the United Nations General Assembly adopted the The Sustainable Development Goals (SDGs) as a successor to the MDGs. The resolution entitled Transforming our world : the 2030 Agenda for Sustainable Development listed 169 targets and 17 goals. The three dimensions of sustainable development are environment, economics and society and its interlinkages. The 17 goals are again measured by indicators, specific, and time-bound (2015-2030), and are streamlined to end poverty , fight inequality and injustices and tackle climate change by 2030. Of the 17 goals listed, three are inevitably linked to health as it was in the MDGs: Goal #2 : End hunger, achieve food security and improved nutrition and promote sustainable agriculture, Goal #3 : Ensure healthy lives and promote well-being for all at all ages and Goal # 6: Ensure availability and sustainable management of water and sanitation for all. Three goals are also indirectly related to health : end poverty, in all its forms everywhere (goal 1), achieve gender equality and empower all women and girls (goal 5), and take urgent action to combat climate change and its impacts (goal 13).

The SDGs are more pluralistic and may involve partnerships (governmental and non-governmental) to be attained as it was in the MDGs. Goal # 3 is more encompassing as it defines health as not merely the "absence of disease" but should embody wellness at all ages. Water and sanitation hygiene (WASH )are now recognized as a fundamental human right and a major determinant of disease. The empowerment of the female population are now extended to girls as more and more are becoming victims of diseases, abuses and early pregnancy. With the recognition of climate change becoming not only a physical but a health hazard as well, a binding and universal agreement should be reached when the COP 21 Climate Change Conference convenes its 21st yearly session in Paris this year.

*continued on page 31...*





## From the desk of your Chair of the CME Commission

REBECCA W. DEDUYO, M.D.

I just came back from the American Heart Association Convention in Orlando, Florida. Let me share with you some updates which may help you educate your patients.

### "Energy Drinks present cardiovascular Risk"

This was presented in one of the Scientific session showed that drinking energy drinks revealed a striking rise in catecholamine levels. This is a favorite drinks of young adults especially those working in call centers, drivers, medical students or students cramming for their examination period. These acute adrenergic changes in term may potentially trigger arrhythmias or Ischemias especially in individuals with a vulnerable cardiac substrate.

Prior research showed that energy drink consumption increases blood pressure but the mechanisms remains

to be unclear. However as mentioned earlier, the consumption of energy drinks to improve their physical and mental performance, to combat fatigue and to compensate for lack of sleep. In the 2015 AHA lifestyle and Cardiometabolic Health Young Investigator Award. The abstract revealed that catecholamine responses may play a role in increasing cardiovascular risk. In the study, Mayo Clinic Researchers compared the effects of a single 16 ounce can of a commercially available energy drink against a sham drink, measuring blood pressure and plasma epinephrine levels before and 10 minutes after the consumption of each drink the result showed that the blood pressure and plasma nor epinephrine levels more than doubled after consuming the energy drinks. The drink elicited nearly 70% increase in plasma nor epinephrine levels compared with only 30% in the sham drink.

The energy drinks contains 100 mg to 280 mg of caffeine, while a typical cup of coffee contains only 40 mg to

150 mg of caffeine. Energy drinks contains other stimulants as Taurine, Guarana a seed that contains caffeine, Ginkgo biloba and ginseng.

According to Biochemists, Taurine conjugates with bile acids to produce bile salts which are needed for fat absorption, Fats are concentrated source of energy. 1 gm of fats gives 9 calories, whereas 1 gm of protein and carbohydrates gives 4 calories only.

Thus consumers should be cautioned in taking this especially with alcoholic beverages, with hypertension, heart failure or structural heart disease. Further studies should be undertaken especially those who are interested in research. The rising tide of adverse cardiovascular events associated with energy drinks. In our country the energy drink are Red Horse, Sting, Cobra, Red Bull and Samurai.

May I also invite all PMA members to join us in the Annual Convention in Cebu on May 2016. We will present interesting topics like "The many kinds of Addiction not necessarily Drug Addicts". To name a few will be shopping addiction, Food addiction, Casino Addiction etc.

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### SDGs, from page 30...

Though the SDGs are seemingly ambitious, as it has encompassed even more targets, its attainment should be driven by the successful formulae that have ensured attainment of the MDGs. Failed attempts should be learning lessons for the health sector to take, and should engage the active roles again of civil societies and developmental agencies. Like a musical virtuoso, the future President of the Republic should take the initiative of adopting the SDGs in his political platform, not to grandstand but to actually orchestrate its attainment. As the DOH secretary is a political position concurrent with the President, we wish that he or she should be picked from the roster of able and deserving physicians who are both teachers and public exemplify knowledge and health



practitioners. Like those belonging to these noble professions, they exemplify knowledge and understanding of their profession, and a sheer love and lifelong dedication to the masses that they serve. If we wanted our reforms to be life changing and sustainable, they should reach the very basic unit of

every Filipino - ang Pamilyang Pilipino. If we are to be part of transforming our world for the better the PMA should be one with the rest of the world in the attainment of the SDGs, #onepmaonenation

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# PHILIPPINE MEDICAL ASSOCIATION

**ONE PMA... ONE HEALTH... ONE NATION**

## 109<sup>th</sup> ANNUAL CONVENTION and SCIENTIFIC MEETINGS

**"CARING, MENDING & SHARING"**



### REGISTRATION DETAILS

Pre-Registration: Regular - Php 2,000.00  
(up to March 31, 2016)

On-Site Registration: Php 2,500.00  
(From April 1, 2016 onwards)

### YOU MAY PAY THROUGH:

Your Component Medical Society or

Direct deposit to: Unionbank West Ave

Account Name: Philippine Medical Association

Account Number: 000480-014-863

(PLEASE FAX THE RECEIPT OR DEPOSIT SLIP TO THE  
PMA SECRETARIAT)

**May 17-20, 2016**  
**Waterfront Cebu City Hotel**

For details, please contact:

PMA Secretariat

Ms. Baby Piñgol (PMA Events Coordinator)

Mobile Nos.: 0918-9234732; 0922-850-9045

Phone Nos: (02) 929-6366, 926-2447    Telefax: (02) 929-6951

Website: [www.philippinemedicalassociation.org](http://www.philippinemedicalassociation.org)

Email address: [philmedas@yahoo.com](mailto:philmedas@yahoo.com);

[info@philippinemedicalassociation.org](mailto:info@philippinemedicalassociation.org)

Cebu Medical Society Secretariat

Telefax: (032) 232-4013

Email address: [cebumedicalsociety@yahoo.com](mailto:cebumedicalsociety@yahoo.com)



## PMA Participates in World Leader Conference on Disaster Resilient Societies

**Hector M. Santos Jr., M.D., FPCS, FPAPRAS**  
Chair, PMA Committee on Disaster and Emergency Response

The United Nations Office for Disaster Risk Reduction (UNISDRR) through Ms. Margareta Wahlstrom, UN Special Representative of the Secretary General (SRSG) and with the sponsorship of Mr. Hans T. Sy, President of SM Prime Holdings convened last November 10 at the SMX MOA a World Leaders Conference on Disaster Resilient Societies. In the light of recent disasters affecting our country the conference aimed at providing a platform for businesses to discuss collaboration, plans and strategies toward disaster risk resilience.

There were already three Top Leaders Forum to make businesses more resilient against disaster. These were in 2012, 2013 and last March 2015 in Sendai, Japan for the Third UN World Conference on Disaster Risk Reduction. The present conference discussions revolved around the central theme which is "Resilience" It introduced a product of previous conferences on Disaster Risk Reduction-ARISE - which is an Alliance for Disaster Resilient Societies.

The forum had speakers with practical approaches on how companies can prepare and reduce risks of disasters. Round table discussions were done in 4 groups with each table assigned to tackle topics, namely:

1. Pre disaster recovery planning and partnership
2. Risk information and risk assessment
3. Establishing Resilient Cities
4. Area wide Business Continuity Planning

The collated output of the 4 RTDs were reported by each Table leaders and the following are the discussion results:

- Need for a more institutionalized coordination between the private sector, national government and local government unit. This means putting up protocols which details different stages of disasters from preparation to post rehabilitation. This allows private sector company to see which stage they could fit in and help.
- Risk information needs national science institutions detailing possible disaster scenario in an area so businesses can design their structures to withstand possible damages.
- Relief logistics must be adequately taken cared for by the government. This includes improving airport and seaport capabilities to handle high volume of incoming goods and increasing number of passengers fleeing after a disaster. Need to pass laws to ease taxes and faster processing of donated relief goods.
- NDRRMC, Dept of Energy, DOST, PAGASA and Philvocs already has project NOAH in place which greatly improved forecasting of natural disasters to improve preparedness and decrease loss of lives. Science and technology needs to be upgraded to increase preparedness and maintain energy and power during calamities. Recovery efforts are hastened with early return of Electrical power and roads.
- Local Government units must prepare their areas to become Resilient Communities. Infrastructure priorities in their community must be towards disaster risk reduction. Regular disaster response drills to educate their constituents must be held. Proactive programs must be initiated and this includes early relief preparations as well as implementation of preemptive evacuation from hazardous areas .
- Disaster response includes preparedness of the medical personnel to respond to disaster eventualities. It was reported in the RTD on disaster recovery planning and partnership that the PMA and its member societies formed regional disaster response teams . PMA teams are ready and coordinated with NDRRMC, DOH HEMS and the MMDA for needed medical response.
- Resilient communities means preparation to rise above the disaster. It means being able to function "business as usual" or "life goes on" soon after a disaster.
- Business continuity planning is important and includes being able to save electronic data, continued production line or service soon after. Putting together meaningful recovery projects must be planned ahead.

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True leaders don't create  
followers... they create  
more leaders  
- J. Sakiya Sandifer

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## PMA COMELEC Commissioners



### Marcelito L. Durante, MD

Dr. Marcelito L. Durante is the newly elected chair of the PMA National Comelec. His previous experience in various medical societies having served the Philippine Heart Association, Philippine College of Physicians, and Philippine Society of Cardiac Catheterization and Interventions among others as Past President would undoubtedly be an asset in his role as chair of Comelec. Dr. Durante is a graduate of UST and took his Internal Medicine Residency in Veterans Memorial Medical Center and Cardiology Fellowship training program in Philippine Heart Center and Hospital Cardiovascular in Lyon, France. He served as head of the Department of Medicine and Cardiology at the MCU-FDMF Hospital and the preventive Cardiology division and allied Medical Services Department of the Philippine Heart Center. Currently he is in active practice as an internist and adult Cardiology Consultant.

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### Mary Grace H. Reyes, MD

Dr. Reyes is on her third year term in the PMA Comelec. She is a member of the Consultant Staff of the Valenzuela Medical Center and has been appointed to different Hospital Committees. She is a proud member of the Quezon City Medical Society and a Life member of the Philippine Medical Association.

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### Rene PSA Mendoza, MD

Dr. Mendoza is a graduate of FEU-NRMF batch 1987. He is a practicing General Surgeon at FEU-NRMF Medical Center, an active senior consultant in the Department of Surgery and is an Associate Professor in the Institute of Medicine. He is married to Dr. Maria Lorna P. Mendoza, a dermatologist and the Medical Director of Pascual General Hospital. They have five (5) children, namely: Lira - a resident at MMC; Raymond - graduate of DLSU and at present taking up his masters degree at AIM; Raphael - architecture graduate at UST; Lara - HRIM graduate at DLS-CSB, presently at Greenbrien, South Carolina, USA; and Ram - junior high at Xavier school;

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### Primitivo D. Chua, MD

Dr. Primmy Chua was elected President of PMA for 2 terms 1992-1994 after serving as a councilor, Secretary, Treasurer, and Speaker of the House plus many others. He also served as Medicare Consultant, Senate Consultant and House of Representative Consultant. He was President of PAFP and Manila Medical Society. He was Secretary General of CMAAO for 20 years 1973-1993. He served in various PMA Committees in the last 50 years.

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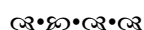


### Ricardo Ch. Costes, MD

Dr. Costes finished his Degree in Doctor of Medicine at the UST College of Medicine and Surgery and is a Diplomate of the Philippine Board of Anesthesiologist. At the Ateneo Graduate School of Business, he finished his Masteral Degree in Hospital Administration. He was a Past President and a Past PMA Governor for Quezon City Medical Society and worked as Chairman and Members of the different PMA Commissions and Committees. He was also a Past Chairman of the PMA Commission on Elections. Dr. Costes is a recipient of the coveted PMA Distinguished Service

Award in 2013.

Among his previous positions were the following: Medical Specialist IV – Quezon City General Hospital; Assistant Director for Administration, QCGH; Division Chief Medical-Ancillary, QCGH; Head Department of Anesthesia, QCGH; and Quality Coordinator, QCGH. He was a Past President of the Philippine Council on Accreditation for Healthcare Organization (PCAHO – 2013-2014), and Past President, Philippine Society for Quality in Healthcare (P.S. Qua). He was also an advisor of the JCI Joint Pacific Regional Council Patients Safety and was a member of the Hospital Accreditation Commission both in 2013.



### Salvador G. Silverio, MD

Finished Pre-Med at UP and Doctor of Medicine at UERM Memorial Medical Center, Dr. Silverio became a member of PMA last 1975 and held various positions such as member of House of Delegates, member of various committee and Annual Conventions, and became PMA Governor last 2014-15. He was Past-President of Manila Medical Society and also held various positions as Chair and member of different committee including Annual Conventions and former Chair, MMS COMELEC.

Dr. Silverio is a Diplomate of Phil. College of Occupational Medicine, former Vice-President of Federation of Private Medical Practitioners, Certified Family Physician, Associate fellow in Gerontology, and former President of Philippine Association of Government Medical Practitioners, Inc. He was also the former Chair and currently active consultant of the Department of Family and Community Medicine, Manila Doctors Hospital. A former Medical Director of the Bangko Sentral ng Pilipinas, he have been a Company Physician of Philippine Air Lines, PICC, and other companies. His non-medical involvement in humanitarian services includes being a mamber and Past-president of the Society of St. Vincent de Paul (SSVP) of which he is still a Board Member in charge of International Relations and a Coordinator of East Asia Group, SSVP International. Dr. Silverio is a recipient of numerous awards, plaque of merits, testimonials of appreciation, including Most Outstanding Physician of the Manila Medical Society, The Outstanding Physician in Community Service (TOPICS), Parangal ng Bayan Award for Medicine and Allied Services, And Leadership and Most Outstanding Public Service Award, 1992 and 1993, Shrine of Mary Help of Christians Parish, Paranaque City.



## COMELEC TIMELINE

- September 30, 2015** - Deadline of Payment for membership dues to be submitted to PMA in order to vote and be voted upon. *(The Code specifies a Deadline of September 30 of the preceding year of the Elections for a member to settle his/her financial obligations to be in good standing and thus, all payments must be remitted to PMA National Office.)*
- November 15, 2015** - Deadline of Filing of the Certificate of Candidacy
- December 30, 2015** - Deadline for the component society local COMELEC to submit their request for any inclusion or exclusion of names of the qualified voters in their society
- March 13, 2016** - **Date of the PMA National and Local Election**





# WHY BECOME A MEMBER OF THE PHILIPPINE MEDICAL ASSOCIATION?

- ***It promotes professional growth and extends medical knowledge to all its members through its continuing education programs.***
- ***It elevates the standards of medical education and practice.***
- ***It ensures the enactment of just medical laws.***
- ***It brings together and unites the entire medical profession of the Philippines.***
- ***It protects the legitimate rights and privileges of the physicians.***
- ***It promotes fraternal relations among physicians and between physicians and allied professionals.***
- ***It is an authoritative source of information regarding health disease and medical practice.***
- ***It ensures that the Code of Ethics among Physicians is complied with.***
- ***It governs the activities of all members who have undergone specialized training in the different fields of Medicine; organize the professional societies in specialized disciplines; standardize the composition and function of the certifying Board of each specialty.***
- ***It promotes the observance of proper conduct and decorum that befits the physician's calling through its implementation of protocol and correct procedures.***
- ***It promotes leadership, professional development, academic excellence, community development, and research through its different PMA awards.***
- ***It gives mutual aid benefits through its legal benefits, disability and death benefits.***