



THE PHYSICIAN

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The PMA: Breaking ground and going beyond its walls

The Philippine Medical Association is a proactive organization that does not only work for the welfare of physicians, but also, and perhaps more importantly, is concerned with the health, well-being and productivity of the populace and society as a whole. True to this calling, PMA has engaged with a number of relevant agencies, through the leadership of incumbent President, Dr. Ireneo C. Bernardo III. It has to make its voice heard and its advocacies raised to a wider audience.

Over the past few months, the following is a sampling of the work that has been done.

With the Department of Health:

The President participated in the Alliance on Patient Safety National Convention last December 2, 2016. This was conducted by the Health Facilities Development Bureau of the DOH and held at the First Pacific Leadership Academy in Antipolo.

January 18, 2017 was a fitting start to the year as the meeting regarding foreign medical missions transpired with the Secretary of Health presiding.

Another very important gathering was held last May 8, 2017. This was the 2nd Consultative Meeting on the Revision of the 2007 Skills List of Health/Medical professions. Held at the iHealth Conference Room of the DOH Compound, this workshop reviewed the fields of specialization in the health and

medical professions in accordance with the existing needs of the country.

With the Philippine Health Insurance Corporation (PhilHealth):

The PMA President attends regularly the meetings which are held practically on a monthly basis. This is all about accreditation.

With the Professional Regulations Commission:

Dr. Bernardo was invited as speaker on the subject "How can the medical profession be valued in the International Market Global Value Change". This was held on June 27, 2016. Still, the bulk of the interaction with PRC concerns Continuing Professional Development, the PMA President being a prominent member of the CPD Council. Meetings are held on a regular basis.

With the Association of Philippine Medical Colleges:

November 22, 2016 was the schedule of the Conference "Primary Care Experience in Basic Medical Education: Impact on a Physician's Career Choice". This was in celebration of the 50th Anniversary of the APMC, held at the Ateneo Professional Schools Auditorium, Rockwell, Makati.

Moreover, last February 2, 2017, Dr. Bernardo received the Award of Recognition for PMA given by APMC during the Golden Anniversary Dinner held at Novotel Hotel, Cubao QC. This

was followed on February 3 with a talk by Dr. Bernardo at the Medical Students Network held at the Ateneo School of Medicine and Public Health.

Other activities in International Events:

The PMA President was the Official Delegate at the World Medical Association last October 19-22, 2016 at Grand Hyatt Taipei, Taiwan. He also participated at a similar convention of the WMA, "One Global Health Conference", November 10-11, 2016, this time held at Fukuoka, Japan and hosted by the Japan Medical Association. The most recent conference attended by Dr. Bernardo was the MASEAN Conference at Park Royal Hotel, Kuala Lumpur, Malaysia, April 25-27, 2017.

Meanwhile, on the local front, the PMA President continues to collaborate with counterparts within the network. Last May 5, 2017, he graced the Opening Ceremonies of the Philippine College of Surgeons Midyear Convention at Limketkai Luxe Hotel. On May 7, it was the turn of the Philippine College of Physicians for its Convocation and Awards Ceremony at SMX Convention Center.

May 6 saw the President act as the Guest of Honor, upon the invitation of Makati Medical Society, to its 55th Emerald Foundation Day, Dr. Jose L. Mathay Memorial Lecture and Most Outstanding Physician Awarding Ceremony, at the City Garden Grand Hotel, Makati.

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Philippine Medical Association

Secretariat: PMA Bldg., North Avenue, Quezon City 1105

Website: www.philippinemedicalassociation.org Email Address: philmedas@yahoo.com

Tels.: (632) 929-7361; 926-2447; 929-6366 Fax: (632) 929-6951 Mobile: (Membership Hotline) 0917-8221357



IRINEO C. BERNARDO III, M.D.
President

“The Problems of Health Programming”

The Philippine Health Agenda 2016-2022 which launched the Healthy Philippines 2022, enumerated the three goals, values, three guarantees and seven strategies to pursue the health for all objective of government. To bolster the attainment of the plan designed by the technocrats in government, the budget allocated for health under the present administration was raised to provide more services under the National Health Insurance Program.

During my provincial and regional sorties throughout the archipelago, I have repeatedly mentioned and emphasized the fact that the full range of “health” encompasses the entire spectrum of the promotion of health status, the prevention or control *communicable* and non-communicable diseases, the restoration of lost health or the cure of illness, and the rehabilitation of the disabled, ill or infirmed back to usefulness to himself and to society. However, in health care programming, services have been generally classified into programs for disease prevention and those for curative health. This conventional division, strictly speaking, is a misnomer. It is because there really is no intellectual disagreement over the theory that the cure of a disease in one individual patient helps prevent its occurrence in others, while a timely attendance given to any diseased condition tends to lessen the need for a more extensive curative care thereof later. This is a truism that is uncontestable. Moreover, there hardly is any aspect of clinical medicine in this day and age that is without its preventive component as well. The only difference between the preventive and curative services lies in the need to seek what health measures

are considered the most effective and efficient system of health care delivery to adopt and implement in the least cost way possible. This now becomes the central issue raised by those who believe that “integration” is the right answer as oppose to the concept that both prevention and cure each requires specialization, and should be allowed to develop separately.

The theories relied upon by those who support the concept of integration find too little expression in the real health service delivery. The separation of the preventive from the curative health care, even when placed under one and the same administrative authority tended to persist acutely apart as ever. Why was this so? This is due to human nature itself, because when a particular human behavior is nurtured through centuries of practice, the same cannot just be altered nor put aside by merely effecting change in its operational environment. The existing professional values and personal preferences which have been deeply embedded.

in the minds of those concerned will resist change whether by legal compulsion or by the use of administrative power. This is what a physician, who learns to specialize in one field will feel and be expected to do. His professional attitude will remain to perpetuate the figment of functional differentiation that prevailed between the function of disease prevention and their cure or treatment. This being the case, some learn to accept the situation as they are and allow them to develop their respective lines accordingly.

Concerning the current health programs of the government, it may be conceded that there is always an honest effort to develop them with well

meaning goals which are aimed to solve perceived health problems or to improve our country’s health condition. It is hard, however, to imagine health programs could be developed when relevant health data are not available or that the health information presented were not data that can be complete nor sufficient for a dependable assessment of the true health picture of our population. Program objectives under this situation cannot be accurately identified nor defined and therefore the determination of their resource requirements is not possible.

One big problem in health care programming is the limitation of available resources that makes their allocation to the various health programs a very subjective decision process, rather than otherwise. The government is usually left without much choice but to go ahead with health programs believed convenient to pursue although they have very little contribution to the attainment of the goals and values of the Philippine Health Agenda 2022. Programs are sometimes developed on the government’s assumptions and quantitative analysis so that those perceived to provide the most benefits usually get the most in-puts and given priority consideration. Under conditions of uncertainty and time pressure, health programs are pushed through if they at least appear academically sound. In some instances, funds are distributed in proportion to the speculated improvement in the health status. What would be a bad scenario is when more funds are given to programs thought of having the greatest capability of building the image of those in political and administrative control....



“Message of the PMA President during The Night of Leaders”

Last March 22, 2017, the first Night of Leaders was launched at the Bayanihan Complex of the United Laboratories Inc. with the **Hon DOH Secretary Paulyn Jean Rosell-Ubial** as guest of honor and keynote speaker. More than one hundred allied health organizations were invited including friends from media and the legislature.

The organizers of the event adopted the theme entitled: **“Collaboration Towards Global Health”** with representatives from the medical profession, nursing profession, dental practitioners and pharmacy group giving the preliminary talk after the welcome message of the PMA President, Irineo C. Bernardo III, M.D. delivering the welcome message and the objectives of the event. Below is the excerpt of that message:

After greeting the dignitaries and thanking United Laboratories for accommodating the Philippine Medical Association in hosting the affair, Dr. Bernardo started by reciting the preamble of the World Health Education (WHO): “The highest attainable

standard of health is one of the fundamental rights of every human being, without distinction of race religion, political belief, economic or social conditions.”

“Yet, the highest attainable standard of health has not been realized by

the majority of our people up to this point in time. The huge disparities in health that exist among our people remain one of the great moral and intellectual problems of our time.

In the health care delivery system, the end-point goal is what really matters. All activities made in preparation to pursue our national health objectives or goals, no matter how elaborately executed, will be a waste of time, effort and resources if at the end-point the health care needs of our people are not met.

The greatest danger is to confuse “fat” with “activity”. It is here at the end point that we, in the health sector, should ask whether or not there are sufficient resources in both manpower and logistics that are readily available to satisfy the demand for care. In fact, this is the service criterion, the performance standard, that must govern the provision of health care and by which we, in the health sector, must comply with religiously.

There are three GOALS mentioned by the Duterte Administration to wit:

- Ensure the best health outcomes for all, without socio-economic, ethnic, gender and geographic disparities;



continued on page 4...



Vice President's Corner

Jose P. Santiago Jr., M.D.

The current slogan of the Philippine Medical Association **PMA Unified Towards Global Health** is derived from the 1970 mantra of the World Health Organization **"Health for All"**. Its main objective is to promote health, human dignity and enhanced quality of life. It has evolved to Global Health adopted by almost all regions in the world making health available to all, embracing other sectors of the healthcare industry in a collaborative effort and facing the challenge of change.

Although global health places greater priority on prevention, it also embraces curative, rehabilitative and other fields of clinical medicine. By moving towards a unified global health care, we will be touching on health issues concerning many countries affected by transnational determinants like climate change, health threats like maternal and child health issues, infectious diseases, chronic diseases, mental health, nutrition problems, sexually transmitted disorders and trauma.

In order to accomplish the task of increasing the scope of health services with the highly volatile healthcare systems, the PMA embraces a multi-sectoral collaborative effort with the DOH,

PHIC, PHA, PNA, PAMET, PPA, PART, LGU's, in order to move these common goals. This was initiated on March 22, 2017 with the very successful **Night of Leaders** where various sectors signified commitment to cooperate in the realization of **Pangkalahatang Kalusugan**.

This collaborative effort, extended to other branches of the government, the private sector, and the pharmaceutical industry, aims to institutionalize safe practices in the delivery of care. Their involvement strengthens the efforts of the healthcare workers in ensuring patients and stakeholders, that the practices adopted are safe to the patient, the healthcare worker/s, the community, and the environment.

Abigail Johnson said, "No matter how senior you get in an organization, no matter how well you're perceived to be doing, your job is never done."

Let us continue to collaborate and commit to achieve excellence in delivering healthcare services to our nation.

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Message of the President during the Night of Leaders, from page 3...

- Promote health and deliver health care through means that respect, value and empower clients and patients as they interact with the healing system;
- Protect all families especially the poor, marginalized, and vulnerable against the high cost of health care.

At the health care delivery endpoint, these health objectives and the results of the health action programs are to be compared. Health objectives have to be expressed precisely because of this need for comparison. Goals that are expressed and stated in abstract terms may become useless if there is no common understanding and agreement among stakeholders who are expected to work as a team. During the last Convention of the World Medical Association (WMA), the interdisciplinary and multidisciplinary approach was adopted as a strategy to address health issues.

Indeed, the key to the success of **"HARNESSING THE POWER OF THE STRATEGIC HUMAN RESOURCES FOR HEALTH DEVELOPMENT"** and **"ELICITING MULTISECTORAL AND MULTI-STAKEHOLDER SUPPORT FOR HEALTH"** which were mentioned as two of the strategies in the Philippine Health Agenda would be for all stakeholders in health to join hands and work for the realization of the reason why we are here -- **"COLLABORATION TOWARDS GLOBAL HEALTH"**.

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Editor's Notes

Reflections

I was in the process of writing my piece on Leadership for this column when I chanced upon this post from my UP med classmate and fraternity brother, Dr. Junjun Rasul. I put my own material on hold and decided that this was something equally relevant, even more urgent. Reading through it prods us to pause and attempt a profound assessment. I am thus reprinting the following in toto.

AJBAJ, June 2017

Corruption in Philippine Society

I was reading *The Righteous Mind* by Jonathan Haidt on my 5 hour flight from Washington DC to LA and thought about the pervasive fraud and corruption in the country. Pervasive in the sense that it is seen in both government and private sectors.

Despite well meaning attempts to curb this malignancy, it persists. Over the past decades it has become an accepted behavior for the most part.

We often see people flaunt their ill gotten wealth. Society accepts their unethical stature as long as these people contribute materially to popular causes.

Why is it so difficult to control?
Is it the need for power?
Is it the need for acceptance?

I think the bottom line is a sense of personal unhappiness and unfulfilled dreams and expectations that drive these people to commit fraud and corruption.

Corruption is like a drug that provides instant happiness hidden behind the shadows.

The funny thing is we always see this among the educated members of society.

Does education itself promote this aberrant behavior? Does education build the intellectual tools to commit fraud?

My grandfather, the late Senator Hadji Butu Abdul Baqui(Rasul) never had a college education. He told my father, the late Ambassador Abraham Rasul that education is what you buy and get in college but wisdom and integrity is what you learn in life.

Religion itself does not protect against fraud and corruption. We have just as many corrupt Catholics, non Catholics, as well as Muslims. This is really sad. Even avenues of redemption are sullied.

Most of our farmers, fishermen, ranch workers, artisans did not go to college. They earn their living the honest and real way by producing, harvesting, or gathering essentials that we need to survive. I don't remember having heard of a corrupt farmer or fisherman. They take what nature gives them. They are also the most God fearing people.

Ethics and morality. Quite an interesting topic.

Time to board my connecting flight.

Junjun Rasul

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Email:

info@philippinemedicalassociation.org,
philmedas@yahoo.com



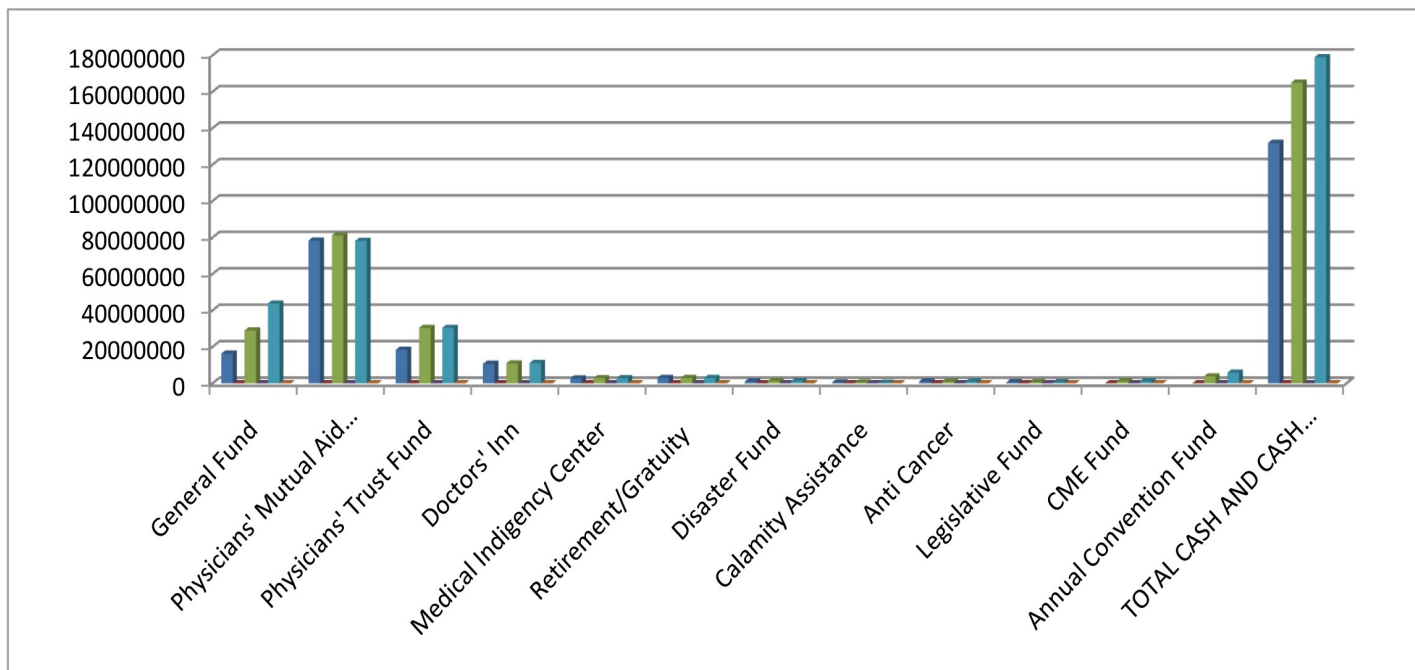
Money Matters: The National Treasurer's Report

Oscar T. Cabahug, M.D.

COMPARATIVE FINANCIAL HIGHLIGHTS

	DEC. 31,2015		DEC. 31,2016		MARCH 31, 2017.	
General Fund	16,299,977.86	12%	28,965,736.67	18%	43,731,727.66	24%
Physicians' Mutual Aid (Death/Disability/Legal)	78,295,056.48	59%	81,118,577.99	49%	78,086,290.70	44%
Physicians' Trust Fund	18,332,194.44	14%	30,372,783.29	18%	30,372,783.29	17%
Doctors' Inn	10,644,742.04	8%	10,869,348.20	7%	11,061,641.26	6%
Medical Indigency Center	2,658,462.93	2%	2,697,549.12	2%	2,797,886.13	2%
Retirement/Gratuity	2,910,047.71	2%	2,917,202.07	2%	2,917,311.35	2%
Disaster Fund	895,107.86	1%	1,243,745.43	1%	1,244,034.46	1%
Calamity Assistance	360,863.00	0%	422,863.60	0%	289,363.60	0%
Anti Cancer	949,076.16	1%	950,957.40	1%	950,957.40	1%
Legislative Fund	536,043.89	0%	537,106.43	0%	537,106.43	0%
CME Fund		0%	1,050,940.99	1%	1,126,476.05	1%
Annual Convention Fund		0%	3,800,747.21	2%	5,778,793.64	3%
TOTAL CASH AND CASH EQUIVALENTS	131,881,572.37	100%	164,947,558.42	100%	178,894,371.97	100%

As of March 31, 2017, the total Cash And Cash Equivalentents of the Philippine Medical Association Amounted to P178,894,371.97 which is P 13,946,813,55 million higher than that of December 31, 2016. The largest portion of the association belong to the Physician's Mutual Aid Fund and Physician's Trust Fund, both of which are fund for Death, Disability, And Legal Assistance.



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National Treasurer's Report, from page 6...

COMPARATIVE FINANCIAL PERFORMANCE

MAIN ACTIVITY

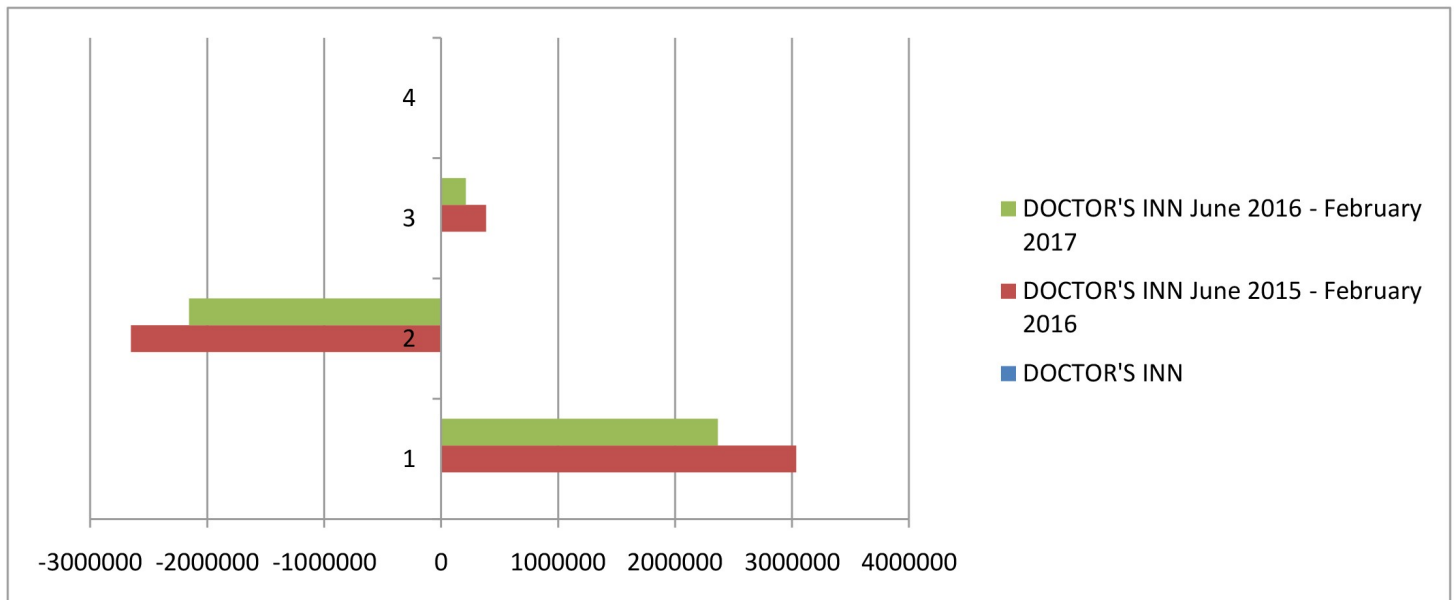
	June 2015 - February 2016	June 2016 - February 2017	
GROSS REVENUE	27,971,843.35	40,191,248.62	144%
LESS: EXPENSES	(17,335,468.88)	(12,345,406.94)	-71%
NET INCOME	10,636,374.47	27,845,841.68	262%

DOCTOR'S INN

	June 2015 - February 2016	June 2016 - February 2017	
GROSS REVENUE	3,036,139.20	2,365,819.56	-78%
LESS: EXPENSES	(2,652,106.88)	(2,153,947.50)	-81%
NET INCOME	384,032.32	211,872.06	-55%

INDIGENCY CLINIC

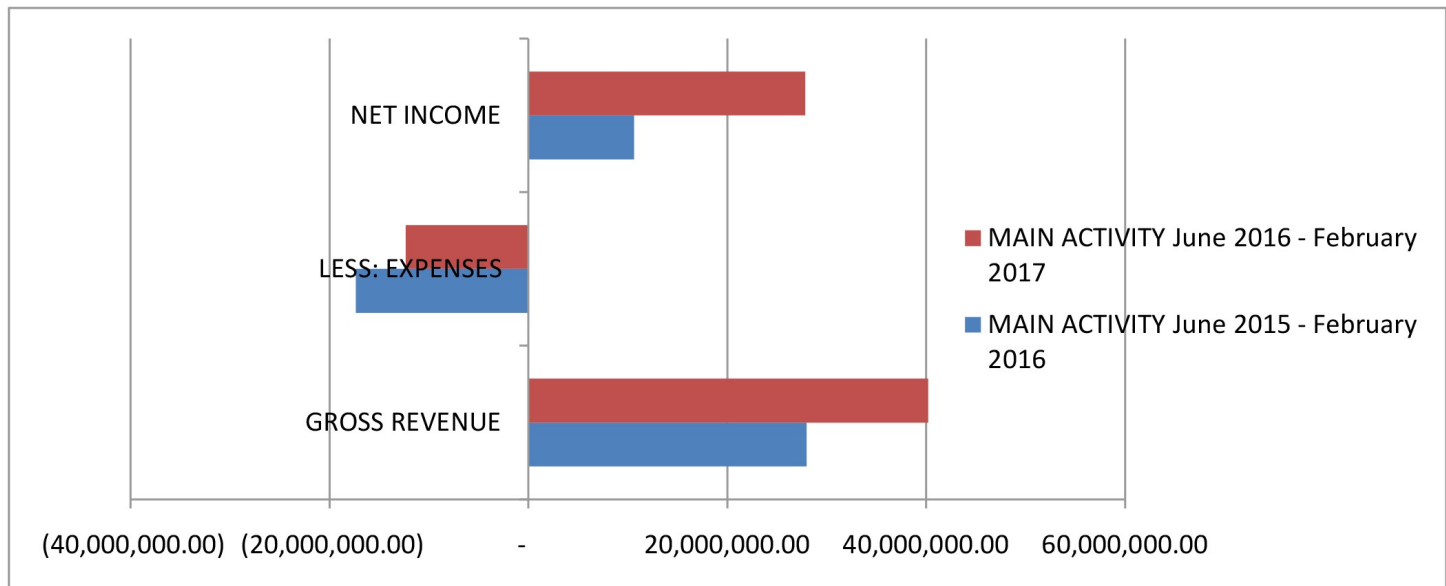
	June 2015 - February 2016	June 2016 - February 2017	
GROSS REVENUE	1,525,487.30	1,188,156.07	-78%
LESS: EXPENSES	(1,791,654.57)	(1,770,997.60)	-99%
NET INCOME	(266,167.27)	(582,841.53)	-219%



With regard to Doctor's Inn activity, the net income for the period June 2016 - February 2017 decreased as compared to the same months last year. The decrease is attributable to lower room occupancy revenue and a significant increase in expense.

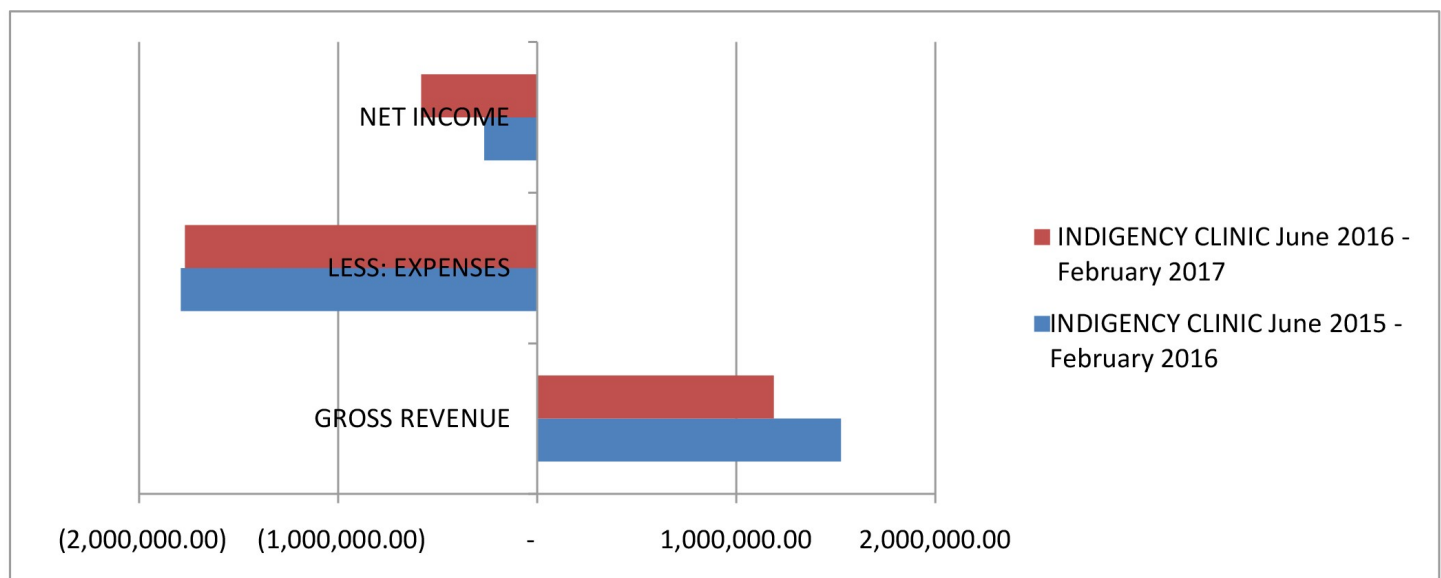
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National Treasurer's Report, from page 7...



As shown in the graphs, the financial performance of the association. Main Activity Has Improved Compared to the previous year. While Doctor's Inn & Indigency Clinic has incurred lost on revenue.

For the Main Activity in the graphs, the Net Income for period June to February 2017 was increase by 262% compared to the previous year. The increase was accounted main by an increase in membership dues collected & back dues Collected.



For the Indigency Clinic Activity, the net income decrease for the period June 2016 - February 2017 as compared to the same months last year. As shown in the graph the clinic decreased gross revenue by 78% as compared to the last year. Although the expense decreased but the revenue is greater than the expense, resulting to a P 582,841.53 Loss.

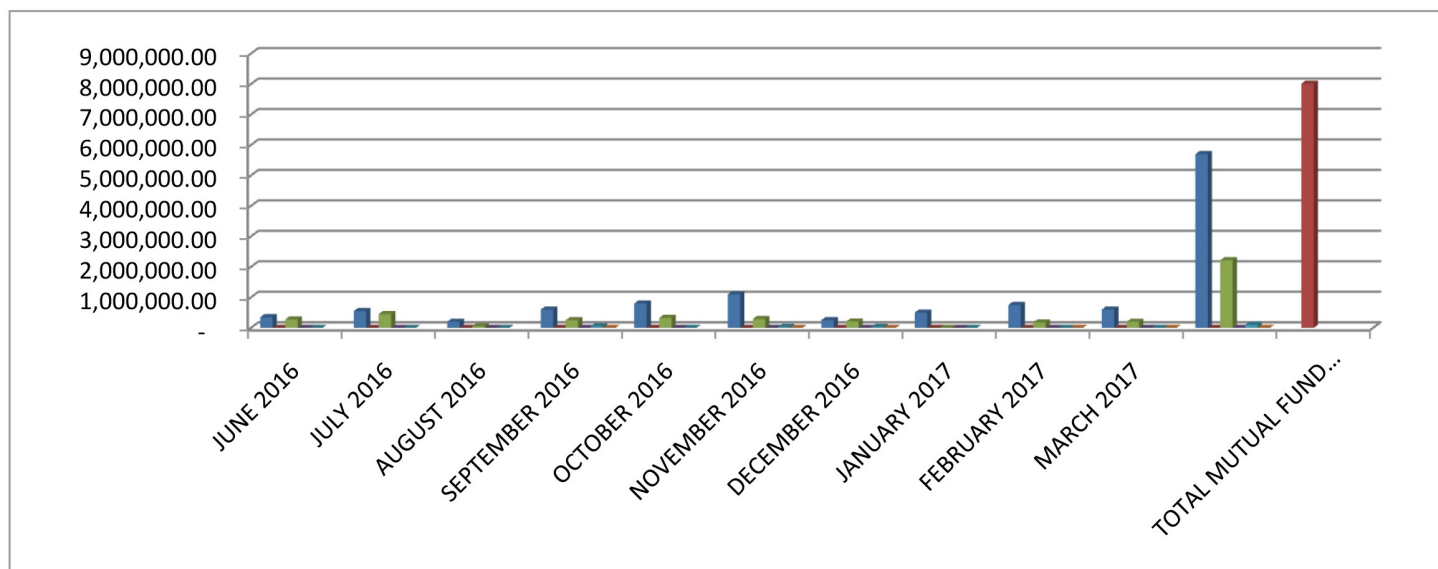
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National Treasurer's Report, from page 8...

MUTUAL AID BENEFITS JUNE 2016-MARCH 2017

	DEATH BENEFIT		DISABILITY		LEGAL ASSISTANCE	
	AMOUNT	# of DRs	AMOUNT	# of DRs	AMOUNT	# of DRs
JUNE 2016	350,000.00	7	275,000.00	13	-	
JULY 2016	550,000.00	11	450,000.00	18	-	
AUGUST 2016	200,000.00	4	50,000.00	2	-	
SEPTEMBER 2016	600,000.00	12	250,000.00	10	45,000.00	2
OCTOBER 2016	800,000.00	16	325,000.00	13	-	
NOVEMBER 2016	1,099,899.99	22	287,500.00	12	25,000.00	1
DECEMBER 2016	250,000.00	5	206,250.00	9	25,000.00	1
JANUARY 2017	500,000.00	10	-	0	-	
FEBRUARY 2017	750,240.79	15	175,000.00	7	-	-
MARCH 2017	599,800.00	12	200,000.00	8	-	-
	5,699,940.78	114	2,218,750.00	92	95,000.00	4
TOTAL MUTUAL FUND RELEASE:			8,013,690.78			

For the months from June 2016 to March 2017, the total amount released for Death, Disability and Legal Benefits was P 8,013,690.78 of which P 5,699,940.78, P 2,218,750 and P 95,000 was released for Death, Disability and Legal, respectively.



	Jun-16	Jul-16	Aug-16	Sep-16	Oct-16	Nov-16	Dec-16	Jan-17	Feb-17	Mar-17	Total
DEATH	350,000.00	550,000.00	200,000.00	600,000.00	800,000.00	1,099,899.99	250,000.00	500,000.00	750,240.79	599,800.00	5,699,940.78
DISABILITY	275,000.00	450,000.00	50,000.00	250,000.00	325,000.00	287,500.00	206,250.00		175,000.00	200,000.00	2,218,750.00
LEGAL				45,000.00		25,000.00	25,000.00				95,000.00
TOTAL	625,000.00	1,000,000.00	250,000.00	895,000.00	1,125,000.00	1,412,399.99	481,250.00	500,000.00	925,240.79	799,800.00	8,013,690.78



In & Out

Benito P. Atienza, M.D.
Secretary General

PHILHEALTH

As Philhealth always emphasize that it is our privilege to be a Philhealth provider, however this privilege can be removed from us if we violate their rules and regulations.

Most common reasons of Denial of renewal of some of our members: ghost patients, failure to pay the necessary payment on time and fake or altered certificate of good standing. Last January, Philhealth NCR issued a memorandum that each member of PMA should acquire original certificate of good standing. As of now, more than 2000 original with PMA seal COG were issued for free.

Last April, Philhealth spearheaded a consultative meeting with its stakeholders and the specialty division representatives regarding the division of professional fee among the attending physicians. This is in preparation with the separation of the professional fees from the hospital bills of the patient. Another meeting will be done before the release of the final circular.

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PRC

All processing of renewal of our PRC ID are now online. Starting July, CPD units will be needed in order to acquire your new updated PRC card.

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MMDA

New UVVRP Guideline: Doctors on-Call to show PRC ID to be Exempted

The Metropolitan Manila Development Authority announce last March 30, 2017 that Physicians and medical doctors responding to emergency cases need not apply for an exemption from the unified vehicular volume reduction program or the number coding scheme.

According to MMDA, medical practitioners in an emergency only need to show their updated PRC (Professional Regulation Commission) identification cards in case they will be flagged down by traffic enforcers for UVVRP violation.

MMDA General Manager Tim Orbos said this new guideline shows that the agency recognizes the necessity of unhampered travel for medical doctors responding to emergencies.

"We are optimistic that this new rule will not be abused by doctors and that they will be conscientious in using this privilege" Orbos said.

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PMA Ambulance

For several years, the ambulance is not being utilized. The outgoing BOG approved of its renovation and together with equipment and emergency medicine. During the concluded PMA convention the PMA ambulance is in the vicinity of the Manila Hotel.

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New rental guidelines for PMA Auditorium and PMA-UNILAB CME Center was approved by the PMA BOG. The rate as follows.

PMA Auditorium: Medical Societies

P 8,960.00 inclusive of VAT
 $(8,000 + 12\% (960) = 8,960)$

Personal Event

P 13,440.00 inclusive of VAT
 $(12,000 + 12\% (1,440) = 13,440)$

CPD Activities

P 11,424.00 inclusive of VAT
 $(10,200 + 12\% (1,224) = 11,424)$

**Rental time is based on four (4) hours, which is inclusive of load-in and load-out. Extension of the use of the auditorium is charged P 2,240.00 (inclusive of VAT) per hour/or fraction thereof to cover electricity charges.*

Electrical charge of

- P 1,000.00 should the Engager bring mobile, sound system and lights
- P 500.00 for small appliances like microwave, stove, percolator, griller, rice cooker
- P 500.00 for projector/laptop

PMA-Unilab CME Center

Medical Societies

P 1,120.00 inclusive of VAT

Non-PMA Affiliates

P 2,240.00 inclusive of VAT

**Rental time is based on four (4) hours, which is inclusive of load-in and load-out. Extension of the use of the PMA-Unilab CME Center is charged P 336.00 (inclusive of VAT) per hour/or fraction thereof to cover electricity charges.*

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Water Submeter

Water meter gauge for each offices in the administrative office was installed in order to minimize water consumption which one of the bulk of the monthly expenses of the administration

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In & Out, from page 10...

PMA Annual Dues

The PMA BOG approved the increase of Annual PMA due from P 1,200.00 to P 1,500.00 effectivity starts at Fiscal year **June 1, 2017**.

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New Phone Numbers

New cellphone numbers to access the different division of the secretariat was actually started last May for better and efficient service for our members.

New numbers:

Assign to CME Department
Globe: 0915-1321638
Smart: 0908-4787136

Assign to Secretariat Department
Globe: 0915-1321640
Smart: 0947-2994780

Assign to Membership / IT Department
Globe: 0915-1321629
Smart: 0947-299-4782

Existing Numbers
Globe: 0917-8221357
Smart: 0918-9234732

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No Noon Break Policy

No noon break policy was implemented since July in our desire to immediately serve the needs of PMA members most especially those arriving from 12nn to 1pm. The secretariat adopts an appropriate working schedule/staggered lunch break to ensure continuous service. There is now at least one representative per department who can address your queries and answer your calls.

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Installation of Water Submeter



PMA Ambulance



PMA MEMBERSHIP UPDATES

As of May 10, 2017, total number of Members: 76, 480

Life Members: 15, 407
Emeritus: 2,299
Regular (Active): 17, 288
New Member 2016: 2, 799

Total Active Members: 37, 793
Inactive Members: 38,687

Highlights from PMA Regions

By: Mila P. Guerrero, M.D.

Few more weeks and the term of the incumbent Board of Governors will be over. Time really flies so fast! I congratulate the Governors of the North and Central Luzon, Dr. Esperanza Lahoz, Dr. Melchor Dela Cruz, Jr. and Dr. Mildred Mariano for spearheading the Presidents of the different local component societies in their respective regions. It was indeed a very fruitful year as shown by the many successful activities they have conducted in their community and the thousands of persons they have served and who benefited from these various activities. Not to be disregarded of course are the many activities they held aimed at enhancing the quality of their membership and improving and refreshing the knowledge and skills of their fellow physicians, nurses, midwives, and other healthcare personnel. And now, it is high time to reap the fruits and rewards of their hard work and labor as they will receive their different awards during the 110th PMA Annual Convention.



Melchor C. Dela Cruz Jr., M.D.
Governor, Northeastern Luzon Region

The Philippine Society of Medical Specialists, Inc. (Government Service), an affiliate society of the PMA, had its 6th Midyear Convention at Zen Hotel, Santiago City on April 21-23, 2017, with the theme "Healing the Body, Feeding the Mind, and Nurturing the Soul: The way to a Compleat Physician." The activity was attended by around 230 delegates from the

different chapters of Pangasinan, Ilocos Sur, Panay, Iloilo, CARAGA region, Cebu and the host chapter Isabela. The President Dr. Roland Mejia and Assistant Secretary of the Department of Health Dr. Elmer Punzalan led the national officers in this two-day event. Other members of the Board of Trustees present were Dr. Marietta Reyes, Dr. Mary Grace Reyes, Dr. Mila P. Guerrero, Dr. Mario Andraneda, Dr. Delfin Guibatan and Dr. Ildefonso Costales Jr.

In the absence of the PMA President Dr. Irineo Bernardo III, the PMA Governor of Northeastern Luzon Dr. Melchor dela Cruz, Jr., delivered the message in behalf of the Philippine Medical Association. Dr. dela Cruz mentioned that during his term as PMA President for the past year, Dr. Bernardo has worked hard with the national officers and the Board of Governors for the resolution of issues and concerns involving the medical profession and that he is given another

given another year to continue his work-responsibility. Dr. dela Cruz also pointed out that the thrust of the present administration is to unite all medical professionals in the country. "Whether in the private or government sector, regardless of our respective roles in the society, we are all medical professionals bound by the goals and objectives of the Philippine Medical Association."

Dr. dela Cruz also gave updates on the guidelines and implementation of Continuing Professional Development (CPD) and on issues related to guidelines on Affiliate Societies, in which PSMSI is one. The speech ended up with an invitation to attend the coming PMA Annual Convention on May 16-19, 2017.



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**Highlights from PMA Regions
from page 12...**



Esperanza R. Lahoz, M.D.
Governor, Northwestern Luzon
Region

This collage speaks for itself. It sums up the sacrifices and hand works of the Presidents and members of all the eight component societies of the Northwestern Luzon Region. Notwithstanding the inclement weather and the distance and remoteness of the place, they are determined to serve the poor and the underprivileged.

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Mildred M. Mariano, M.D.
Governor, Central Luzon Region

Like the other Governors, the equally hard working Governor from Central Luzon Region has guided and led the Presidents of the different local component societies and its members in her region in conducting myriad of activities geared towards the provision of basic healthcare services to the community and activities aimed at improving and enhancing the quality of their membership.

1ST REGIONAL COUNCIL JOINT MULTIDISCIPLINARY MEDICAL

MISSION

February 4, 2017
Banao, Bauko, Mountain Province



***“Any job very well done that has been carried
out by a person
who is fully dedicated is always a source of
inspiration.”***

Anonymous

**MABUHAY PO KAYO!
MABUHAY ANG PMA!**

• • •

Highlights from PMA Regions

By: **Ellen May G. Biboso, M.D.**

The following are the various activities of the different regions. All are fruits of labor and love by the officers and members. We salute each society for the hard work which are oftentimes unseen and unsung.



Alberto J. de Leon, M.D.
Governor, Manila Region

Aside from the regular board meetings, MMS also had their 53rd Annual convention last March 12, 2017 in Hotel Jen, Roxas Boulevard Manila with a total of 5 topics including Methylxanthine; Depression in comorbid conditions; CPD Law; Basic tools in Cardiology; and Pain Management.

Outreach activities included HPV vaccination (March 11, 2017); Milk Letting (March 13, 2017) and bimonthly cataract screening and operation.

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Hector M. Santos Jr., M.D.
Governor, Quezon City Region

The Quezon City Medical Society continues to promote its projects for Disaster preparedness and the Environment. Last March 30, 2017 the QCMS signed a Memorandum of Agreement with the QC Government to be an active partner of the QC Disaster

Risk Reduction and Management Office. The MOA was signed at the new QCDRRMO Building in Kalayaan st QC by QC Mayor Hon. Herbert Bautista and QCMS President Dr Norma Torregoza with Incoming QCMS Governor Dr Angela Cruz. Initial talks and negotiations for the MOA were prepared by Mr Karl Michael Marasigan OIC of QCDRRMC and QCMS Governor Dr Hector Santos, Jr. This partnership bolsters the manpower base and capacity of the QC DRRMC action teams with the QCMS doctor volunteers during disaster response. With this agreement the QCMS is also given an active seat in the QC DRRM council. QCMS Disaster committee chairman Dr. Ferdie Cernia has already formed and activated several Disaster response teams in the 5 districts of QCMS. Corollary to this the QCMS environmental advocacy is also supporting cleanliness and nutrition in its adopted barangays. Recently in partnership with the Pasig River Rehabilitation Commission in Quezon City QCMS converted the now improved Pasong Tamo estero bank into a garden growing medicinal plants. In this partnership QCMS Environmental committee Chaired by Dr Meriam Macalisang with Dr Marge Cadorna the project has transformed the wasteland into a beautiful healthy garden. Similar environment friendly projects are now to be continued in other QCMS adopted barangays. This will be held alongside its nutrition and child advocacy projects in the community.

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Luisito L. Ruiz, M.D.
Governor, Rizal Region

Meeting was held at Doctors Lounge. Regular and special meetings for Region of Rizal were held to relay and disseminate activities of the PMA. Aside from the Medical Educational Activities, we have a regular fellowship to promote strong camaraderie and unity among the members.

Updates about PMA issues and activities: we also discuss about social media like FB and inclusion to the Viber group of Rizal Region to encourage more for faster dissemination of information of each component society and to encourage other non-active members to be more active and responsible to their component society.

In promoting health among members of society: staying fit and healthy, regular sports fest like the (i.e. Eastern Rizal Medical Society was encouraged). Plan to have more participation and promote among members, but to their patient as well.

As part of our social activities, Medical Mission was sponsored and headed by Taguig Medical Society and more than 300 patients were benefited.

For our Continuous Medical Education Program, simultaneous medical forum was held during the election of new members. This also encourages members to participate in Local and National Election of Officers Society of PMA.

Encourage all members of the Component Society to attend and participate on our Annual Medical Convention on May 17, 2017.

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*Highlights from PMA Regions
from page 14...*



Romeo G. Encanto, M.D.
Governor, Central Tagalog Region

Greetings from the Central Tagalog Regional Council!

The Central Tagalog Regions met several times, formulated opinions, and the same was submitted to the Board of Governors of PMA the council collated and escalated down to its members the different policies and notices from the PMA for implementation.

Among the proposals of the Central tagalog Region includes but not limited to the following:

1. Empowerment of the Component Society. The date of receipt of membership dues from the Component Society must be receipt of the PMA thus attaining membership in Good Standing. There shall be a 15% rebate of membership dues for the different projects of the Component Societies. The clamor for inclusion of the different activities such as the medical missions be included in the CPD units of the members had been subsumed by the CPD rules as mandated by RA 10192. Empowerment of the Component Society to handle the first level of Medical Ethics cases is now incorporated in the new Code of Medical Ethics for the Medical Profession subject to its implementing rules and regulations.
2. Amendment of the Medical Act of 1959.

The Central Tagalog region recommends the reduction of the Pre Med Courses for 2 years. With the implementation of the K-12 curriculum with several stem/trucks of 2 years in the

science courses, the two year course with Associate in Arts is sufficient for entry to the College of Medicine. The details of this were submitted to the Board of Governors. These included granting of the Bachelor's degree after a 2 year Medicine proper. In the event the student cannot proceed to the Medical Course he can qualify for work or pursue a Masters/ Doctorate Degree. The standard of Medical curriculum remains the same as the Medical Act of 1959 as further amended. Other revisions of the Medical Act need to be revisited.

3. The present state of proxy votes in the Amendments of the PMA Constitution and By-Laws is highly improbable. There is further need to re-study the same documents and incorporate the following suggestions but not limited to it.

a. Clear Declaration of physicians' right to practice his profession.

b. Conversion of PMA into a true corporate structure and function. Further to study the effect in the event of Federalization of the Republic.

c. Incorporate the Implementation of RA 10192 in the bylaws.

d. Address the ASEAN mutual recognition agreement.

e. Clear the exclusivity of the practice of Specialization and Sub specialization and the need to address the needs of other areas such as the rural and far flung areas. Details are with the secretariat and Board of Governors.

4. The implementation of the recommendation of the Commission on Audit and the internal Auditor, Villaruz, Villaruz and Co. CPA's. Several violations were found in the financial statement of 2015-2016. The commission of Audit

and Internal Auditor of cited several violations and made several recommendations. Further, there must be accountability of the personnel who violated the Rules of Procedures of the Manual on Audit. There must be accountability of the PMA Officers who caused and/or exercise supervision and control over these personnel.

Herewith are some of the activities of the different Component Societies of the Region:

**Caloocan City Medical Society
Annual Report 2016-2017:**

The Caloocan City Medical Society had a very active, productive and organized year of activities which started even before the fiscal year officially started. The President, Dr. Marie Lucille Aguilar-Aniciete, organized immediately a fund-raising project to fund the activities of the society.

The board meetings were held almost every month. Training/seminars for emergency awareness and preparedness were conducted in two barangays. Community outreach through feeding programs, deworming programs, and social activities were held in the communities which were participated by officers and members of the society. Some of these Medical missions were conducted in cooperation with several Agencies. Seminars and round table discussions were also held almost monthly. The CCMS also collaborated with the MCU Department of Pediatrics for a Post-graduate course for doctors, nurses and midwives.

The CCMS was also active during the Medicine Week. There was a free clinic at the PMA Auditorium. A Green Bag Eco program and a Standard First Aid Training for lay people of the barangays were conducted. A feeding program, storytelling activity, role playing and mothers' class were held during the Mother and Child Day. A lay forum on bandaging and splinting was given to Grade 7 students, a Zumba class for fitness, a free eye check-up for the

*Highlights from PMA Regions
from page 15..*

Senior Citizens of Caloocan City, and free check-up to teenage girls at a mission center.

**PASAY-PARANAQUE MEDICAL
SOCIETY ANNUAL REPORT
2016-2017**

The year was marked by participation in PMA activities, CME activities and participation in medical missions and environmental causes. For the PMA activities, we attended the PMA annual convention in Waterfront Hotel in Cebu where we manned the registration booths. We also attended the leadership training in Iloilo. During the PMA Foundation and Medicine week, PPMS spearheaded the wreath laying ceremony in Rizal Park. During the Regional Assembly in PMA, Pasay-Paranaque participated actively.

At the local level, we had a total of 7 medical missions in the area of Pasay, Paranaque and Cavite. For the CME activities, there were 7 lectures held with varied topics. The society also continues to participate in the coastal clean-up of the mangrove in Las Pinas-Paranaque protected habitat.

**SAN JUAN MEDICAL SOCIETY
REPORT ANNUAL REPORT
2016-2017**

Last December 2016, San Juan Medical Society had 3 community projects, a child advocacy project entitled: **Breakfast Treat for the Children Attending Catechism, a project for Senior Citizens entitled: "A Christmas Lunch Date with the Lolas" and a Christmas Gift-Giving of Noche Buena Packages in partnership with local government of San Juan City.**

Last February 26, 2017, SJMS embarked on a Free Dental Check up and Giving of free hygiene kits entitled: "We Love PWD" at the San Lorenzo Hall, Santuario del Sto. Cristo Parish in partnership with San Juan City Health Office and San Juan City Dental Chapter in coordination with PWD Ministry of the parish.

Last March 12, 2017 simultaneously with the PMA National and Local elections, San Juan Medical Society had its 7th Annual Convention entitled: **Aging Gracefully and Confidently "where 180 members attended.**

**VALENZUELA CITY MEDICAL
SOCIETY REPORT ANNUAL
REPORT 2016-2017**

The PMA calendar year 2016-2017 was indeed a very productive and fruitful year for the Valenzuela City Medical Society. True to being **C.H.A.M.P.I.O.N.S.** (*"Compassionate, Humble Advocates of health and Medical allies of People, Inspiring, and One with PMA in uplifting National health, Supporting its mission, vision, values and goals"*), VCMS carried out its various advocacies through community projects and medical services. With the vision to help people attain a state where they can be the guardians of their own health, the society focused on programs that emphasized on health maintenance goals.

VCMS programs, intricately synched to its advocacies, included "Bringing The Plants Back Into Our Homes", "We Love Trees!" and Repurpose (Environmental Awareness Program), WELLNESS: "Fitness, Nutrition & Hygiene", Layman's Fora for its Cancer Awareness Program, culture oriented activities for the youth (Culture Awareness Program), Feeding and Adopt-A-Barangay Programs. Output-based lectures were conducted in different communities. Valenzuela City Medical Society made those lifestyle-modifying programs through its valuable partnership with the Our Lady of Fatima University, City Health and Agriculture Offices of Valenzuela, and other charitable sectors. Likewise, through its partners in the medical and pharmaceutical fields, the society was able to conduct scientific meetings aligned with the current need for Continuing Professional Development as part of its service to its members. With commitment, the society endeavors to keep tract on what is current and come up with projects relevant to the needs of the people and to strengthen further its different advocacies...*"with the guiding light of PMA"* as expressed in its hymn.



Benjamin M. Alaban, M.D.
Governor, Southern Tagalog Region

Southern Tagalog Region has been active for this quarter. The Board of Governors meeting was held last January 14, 2017 at Silang Specialist Medical Center, Silang Cavite, and on that night, the welcome dinner and fellowship night was done at Hotel Montecello. After these events, the Regional Assembly was held last January 15, 2017 with more than 500 attendees. All component societies greatly contributed to the success of the Regional Assembly. The following are the highlights of each component society.

In celebration of Women's Month, The **Batangas Medical Society** joined forces with the OB-Gyne Department of Batangas Medical Center in empowering women by enhancing their knowledge on how to thwart "Violence Against Women". A lecture was given by a former BMS president and practicing OB-Gyne, Dra. Lailaine Picar-Burog at Dayton Hotel with a good mix of male and female attendees last March 28, 2017.

Cavite Medical Society proudly presents the donation of six (6) solar lamp posts installed in the dimly lit roads leading to the Cavite Medical Society building. The said lamp posts were installed in front of five (5) CMS neighboring recipient offices namely: Integrated Bar of the Philippines (IBP), Regional Trial Court (RTC), Imus Computer Center (ICC), Land Transportation Office (LTO) and Rotary Club of Cavite (RCC) and other post is in front of CMS building. CMS also conducted the 2nd HERO Memorial Lecture on the life story of Julian Felipe which was attended by the PMA President, Dr. Irineo C. Bernardo, PMA Vice-President Dr. Jose P. Santiago Jr. and PMA Governor

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for Southern Tagalog, Dr. Benjamin M. Alaban, CMS Pres. Dr Rustico Junio, CMS officers & members as well. National and local Election held on March 12, 2017 was a very successful event where majority of CMS members voted for whom they perceived to be the best future leaders of both PMA and CMS. General Assembly was held after the election where the membership discussed the current plight of Cavite Medical Society and the plan to renovate the CMS building. The Society conducted various Medical Surgical Dental Missions and outreaches in different towns of Cavite. The annual "Tanggap bukol operation" was successfully held on Feb. 19, 2017 at Provincial City Jail, Trece Martires catering 47 detainees. CMS donated six (6) briquetting machine as prizes given on the culmination of barangay competitions for the livelihood activities under the "adopt a barangay project" such as the making of green charcoal, soap, house decors, wallet, ecobag, pottery painting. CMS conducted a Solid Waste Management dubbed as "REUSE, REDUCE & RECYCLE PROGRAM" by using waste materials to create beneficial products. CMS organized Urban Gardening, Baka-wan/Mangrove and coastal clean up; conducted series of feeding program for the marginalized elementary students of Mambog Elementary School; a refraction and awarding of free eyeglasses to kids were also done in partnership with PPS STC(Phil Pediatric Society Southern Tagalog Cavite); donated some medicines & financial remuneration to the EPZA Rosario, Cavite fire victims on March 2017. In commemoration of the EDSA People Power, CMS conducted On The Spot Poster Making Contest participated by the Cavite Bulilit & Teen Health Workers.

In the past 4 months of committed service of **Lipa City Medical Society**, to colleagues, and countrymen, they include the following: series of RTD, quarterly HIV Screening to LGBT. Instead of yearly Christmas parties, they had their Christmas gift giving to 2 government hospitals. New breakthrough in anti-aging and acupuncture. Participated in earthquake and fire drill. Successful PMA STAMP Regional Assembly. Lecture and demo on

CPR and PALS. Monthly radio program and regional council meeting. The most important event was the initial screening of Dr. Jose Rizal Award at Lipa City and the national and local election. Together with the City Health Officers we conducted bloodletting Olympics. BJMP Medical – Dental and Haircut Mission. Lenten recollection was facilitated by Fr Jerry Orbos. Yearly Lipa City fiesta celebrations such as Agri – Fair, Barako fest, and Rigodon de Honor.

The **Laguna Medical Society** have donated twenty thousand pesos which were given to typhoon-hit Bicol and Oriental Mindoro. In coordination with organizations like the Rotary Club of Nuvali, the Laguna Medical Society was able to extend help in Mindoro to sponsor housing materials for one family. The society was also able to donate for the Operation Tindog Bikol to aid the affected families in the province. In addition, the first Maharlika photography contest with the theme "Bahay na Bato at Gusaling Pandangal" which focuses on the old houses and historic buildings within the province was done. The contest was open to both LMS members and non members to foster greater influence, awareness and to reach more audience. Also, a short AVP showing on Paete, Laguna, the Taka and the dying Taka industry was done followed by a Taka painting workshop. A Local artist facilitated the Taka painting. Each one was given a paper mache horse to paint freely. Participants included representatives from all chapters including ALMS as well as junior auxiliary to LMS. Different campaign materials like standees and flyers were given out to different institution for their Drug Abuse Awareness Program. 80 hand washing guides were distributed to different schools in Laguna for the Hand washing campaign. Last, the Laguna Medical Society held its annual postgraduate course last March 12, 2017 covering nine different lectures.

Oriental Mindoro Medical Society started 2017 with a medical mission and relief operation for the families affected by typhoon Nina in Naujan.

Mangyan Outreach Mission was also held in the mountains of Baras, Baco. Lay Forum on Cancer and Viral Hepatitis Awareness and Prevention was held to high school students. Graduation of the 40 drug users enrolled in our Rehabilitation and Recovery Program was held. Dra Gonzales gave a lecture on Care for Small Babies at Naujan BEMONC. Lecture on Reproductive Health Awareness and HIV Aids was given to high school students. Numerous Medical Surgical Missions, medical dental missions were attended by OMMS members. Turnover of the Water System to our adopted community from the rotary club was done. 19th OMMS Postgraduate Course was held giving the OMMS 95 PMA CME units. OMMS joined various organizations in a No to Mining Rally. Training on Rational Blood Use given by DOH was attended to by OMMS members both in the govt and private practice. MOA signing with Barangay Calero for our third Mangrove Site where we did coastal clean up and planting Lay Forum was held at the Provincial Capitol on Cervical and Breast Cancer in celebration of the International Women's Month. A 2-day Diabetes Congress / Workshop was held in cooperation with the Diabetes Philippines Or Mindoro Chapter giving its attendees 55 PMA CME units. Numerous RTD's and Bloodletting activities were also held.

The **Bauan Medical Society, Marinduque Medical Society, Mindoro Occidental Medical Society, Palawan Medical Society, Quezon Medical Society, Romblon Medical Society, San Pablo Medical Society, Taal Lemery Medical Society, Tanauan Medical Society, and Western Batangas Medical Society** had their series of CME activities, medical missions and other projects in their respective provinces. I would like to congratulate the officers and members of my 15 component medical societies for a job well done.

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*Highlights from PMA Regions
from page 17...*



Rodolfo C. Ursua, M.D.
Governor, Bicol Region

Albay Medical Society headed by Dr. Ricardo Isip had 4 board meetings. A total of 17 continuing medical education activities from January to March 2017, some were even held on the same day! They are as follows: January 23: Arcoxia, January 25: Mechanism of detoketoprofen (ketesse), Jan. 25: Hypertension and Beyond; CME with corbridge; February 1 Basoglar Jannel; February 7 Januvia; February 8 Sulfonylureas; February 9 Tolvaptan webinar and Sulfonylureas; February 20 Importance of Heart rates in the Cardiovascular continuum; February 24 Probiotics and dexketoprofen; March 2 Micardis, March 7 Irritable Bowel syndrome, March 8 Importance of heart rates; March 9 Potassium citrate.

They also had conventions during the quarter such as the Bicol Health convention last January 20, 2017 with DOH secretary Dr. Ubial as speaker; Feb 17 Philippine heart Convention Bicol symposium; March 12 Albay Medical Society 5th Annual Postgraduate Course. A new office was also inaugurated last Jan 24, 2017 in Legazpi City. A medical and dental mission was also held with the Filipinos In America Today association. Last March 11, 2017 PSN Bicol in cooperation with DOH, PPS bicol, AMS, BUCM and BRTTH celebrated World Kidney Day with Fun Run.

Masbate Medical Society

Dr. Cynthia Llacer headed the Buntis Day activities last March 7, 2017. During the March 12, 2017 PMA elections, the society also had a CME lecture on sulodexide.

Camarines Sur Medical Society

Dr. Robert Sarmiento together with the officers and members had a Lipitension symposium last February 17, 2017 with the Philippine Heart Association and Philippine College of Cardiology. They also enjoyed a fellowship dinner last Feb. 7, 2017 with and R & B theme. Among the outreach of the group were medical mission held with the Bicol Region Against Drugs last March 11, 2017. A community outreach program was also held April 1, 2017 with Lingkod Kapamilya. Free circumcision was done in partnership with Philippine College of Surgeons Bicol, Rotary Club of Buhi and St. Joseph's Academy Inc..

CME activities included: February 15: "Hypertension Treatment Initiation with Norvasc"; February 23: "Nebilet Safe Pms"; February 24: ERCEFLORA; March 9: "A Time for Nutrition"; March 14: "Simple Case of Community Acquired Pneumonia"; March 18: "Hypertension Peak"; March 21: "Multiple Mechanism of Dexketoprofen in Osteoarthritis"; March 24: "The Power of Irbesartan + Amlodipine"; April 7: "Asthma Management/ Epilepsy"; April 20: "Physician Experience Use of Ursodeoxycholic Acid (UDCA)"; April 21: "Glargine U300, a Novel Insulin Analogue for the TX of DM".

The Camarines Sur society also observed World Kidney day celebration spearheaded by Dr. Liza Mary Palencia. They had a Disaster Preparedness workshop last April 13-15, 2017 with the members and their families.

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Highlights from PMA Regions



Rafael L. Jocson, M.D.
Governor, Western Visayas Region

October 7, 2016 - Bacolod City hosted the 4th Board of Governors' meeting and Western Visayas Regional Assembly, with the PMA National Officers in attendance.

The dignitaries were brought on a tour of the attractions in the area: the Balay Negrense, Gaston Ancestral House at Silay City, New Government Center and Cathedral of Bacolod City, and the Negros Occidental Provincial Capitol. The day was capped by a delectable Seafood and Chicken Inasal dinner at the famous 18th St. PALA PALA Restaurant.



PMA National Officers and Board of Governors at the Balay Negrense.

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October 8, 2016 - The meeting of the National Officers and the Board of Governors culminated with a fellowship at Mely's Garden, hosted by the Negros Occidental Medical Society in cooperation with the Western Visayas Region Component Societies. The theme of the night was Masskara (Masquerade Mardigras) and the distinguished guests were treated to a night of Bacolod Delicacies, Masskara Dancers, Piya-making demonstrations, drinks, live singing, dance instruction and just pure fun and camaraderie.

The following day, the Negros Occidental Medical Society hosted the Western Visayas Regional Assembly at the L'Fisher Hotel, Bacolod City. The major lectures included Menopause Updates, HMB/Arginine/Lean Body Mass, PRC Updates and the present environmental pollutants in the community. During the break, the National Officers addressed the concerns of the various components.



National Officers and Board of Governors at the Western Visayas Regional Assembly at L'Fisher Hotel, Bacolod City.



Dario Y. Capuyan, M.D.
Governor, Eastern Visayas Region

The region was busy last March 12, with the conduct of the elections. Feedback from the 7 component societies of Eastern Visayas Region revealed low turnout of voters. The reasons cited were the ff: most members did not know the candidates; they were not aware of their platforms, candidates should also present their plans for PMA; the list of voters is still not updated- members deleted by the local society were still included in the list provided, which has been a perennial problem.

Election is just one of the important activities of PMA, which every member should not take for granted. How to get them involved is a very big challenge to the leaders. We then pose the question: what kind of member are you? Are you a member who plays an active part to assist the organization to grow or just a member in name?

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President Irineo C. Bernardo meeting with the Western Visayas Chapter Component Societies to address their immediate concerns and issues.

Highlights from PMA Regions

By: Karen Conol-Salomon, M.D.

.....from the land of promise. The different PMA regions in the second largest island of the country have much to tell. A lot of activities were accomplished and reported. Not all news from the region are that good though. Tragedies, too, had happened.



Edgar A. Legaspi, M.D.

Governor, Western Mindanao Region

Dipolog City Medical Society

“KWENTONG JOLLIBEE”

The online commercial advertisement of food chain Jollibee was a big hit last Valentine season. It features different stories of human relationships. In each story, the plot usually ended sadly making viewers cry profusely. In early February of this year, the Municipality of Roxas, Zamboanga del Norte was hit with strong monsoon rains which caused heavy flooding in the area. We then saw an opportunity to have our own “Kwentong Jollibee” that would have a happy ending for everyone. On February 12, 2017, the Dipolog City Medical Society conducted a relief operation in the remote Barangay Denoman, Roxas, Zamboanga del Norte. Although with limited resources, the members were able to pack grocery items, clothings and of course the Jollibee Yumburgers which were distributed to the children and different families. Many of these children though just had their first taste of the famous hamburger. It was so gratifying to see the delightful and sunny

Over 100 families were benefited from the relief packs, and 120 hamburgers have been distributed. Thus, our “Kwentong Jollibee” left a grin on all their faces.



Zamboanga del Sur Medical Society

PINK RIBBON PROJECT
Dr Aileen Hidalgo, FPCP Oncologist

Breast cancer is the second most common cancer in the world (next to lung), and accounts for the most number of female malignancies. It ranks as the 5th cause of death from cancer overall, but is the most frequent cause of cancer-related deaths in women in less developed countries, with the Philippines not excluded from this gloomy data. It is very disheartening to see very active women of different age groups succumbing to this type of cancer, more often in advanced stages of the disease when nothing or very limited can be done to save their lives. The Philippine Medical Association – Zamboanga del Sur Chapter is cognizant of the above problem. It is noted that lack of information, awareness, and understanding of the disease are the main culprits why breast cancer is not detected early. Even the very simple monthly breast examination is not being done. Also, the “fear” of cancer drives women not to seek early consultation but, instead, go to “quack doctors” who promise instant relief with the murky potions that they dispense. Thus, information drive is deemed crucial in the fight against breast cancer.

Faced with this daunting task, the Zamboanga del Sur Medical Society launched the Pink Ribbon Project, which commenced four years ago in partnership with the Philippine Society of Medical Oncology (PSMO). All Barangay Health Workers (BHW) of Pagadian City, in cooperation with the City Health Office, were invited to a seminar on breast cancer awareness. They were taught how to detect early signs of breast cancer and do simple breast examination. They were taught how to detect early signs of breast cancer and do simple breast examination. Information leaflets on breast cancer awareness were given by the PSMO as part of reading materials in the barangay clinics.

We informed the local government units that doctors are available to conduct lectures/seminars on government employees about cancer in general, and breast cancer in particular. We also partnered with the allied medical services (mainly pharmacists) in bringing information drives to areas where medical missions are conducted. The media was also utilized to bring cancer awareness to a wider audience. TV and radio guesting was done when invited by the media to talk about cancer. The biggest project accomplished so far was with the Cancer Support Group of Pagadian City, together with the Zamboanga City Cancer Support Group and ICanServe Foundation, when women from all walk of society gathered together to support Breast Cancer Awareness month last October 22, 2016. Groups from different government offices and barangays gathered together to do zumba, attended lectures and submitted themselves to breast examination.

We are very much aware that we are just dealing with the tip of the iceberg. More has to be done to make a significant leap from cancer detection to prevention. But we are going in the right direction, and we are hoping for more support for our cancer warriors.

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The biggest project accomplished so far was with the Cancer Support Group of Pagadian City, together with the Zamboanga City Cancer Support Group and ICanServe Foundation, when women from all walk of society gathered together to support Breast Cancer Awareness month last October 22, 2016. Groups from different government offices and barangays gathered together to do zumba, attended lectures and submitted themselves to breast examination.



Zumba was done to the group before the information campaign



Zamboanga del Sur Medical Society President Dr Liz Parangan with Dr Aileen Hidalgo and other Drs Delta Pastoriza, Regional Director PAFP and Local govt employees

TEEN HEALTH FORCE VALENTINE REPORT

For three consecutive years, the Teen Health Force of Zamboanga del Sur National High School have conducted "Bunot Ngipin". And this year, they had it on Valentines' Day. Seventy-three less privileged students and one canteen worker of ZSNHS received free dental extractions. Medicines used were donated by the Zamboanga del Sur Medical Society headed by Dr. Corazon Liz Parangan. Ms. Mary Rousle Janthina C. Lacson, the first THS president, and now a registered medical technologist, participated the activity.

The ever active and generous dentists who annually serve and part of the "Bunot Ngipin Project" are Dr. Rochelle Tautho, Dr. Jean Cotingco, Dr. Annalyn Yamuta, Dr. Alma Real, and Dr. Geanie Cabrera.



Dra. Liz Parangan, Janthina Lacson, 1st THF President, THF advisers and members gathered for picture-taking.

*Highlights from PMA Regions
from page 21...*



Benecio L. Adona, M.D.
*Governor, Northcentral
Mindanao Region*

**The search is on: Singing Health
Ambassador 2017 Launched**

Lanao del Norte Medical Society, with the aim of empowering the youth through recognizing their talent in singing, launched the SINGING HEALTH AMBASSADOR 2017. The activity officially kicked off during the last week of January 2017, wherein, school auditions were held.

A total of 6 schools were visited: Lala National High School, Christ the King College de Maranding, North Central Mindanao College, Kapatagan National High School, Lanao Norte Comprehensive National High School and Mercy Junior College.

A special screening committee spear-headed by the LNMS chairman for Culture and Arts Dr. Alexander Bantiles, visited these schools during the audition leg.

A total of **179 students** auditioned for the singing activity. **43 students** were called back to undergo the Blind Auditions during the semi-final leg of the activity. A separate panel of judges were formed during this round and the **TOP 10 Grand Finalists** were then chosen: Lorraine Bustillo, Glydale Ferolino, Archie Clarion, Alexandra Miranda, Tricia Paguican, Esteward Baguio, Janna Benasing, Evonie Marianito, Richie Lig-ang and Camille Catamaan.

The 10 Grand Finalists underwent the song assessment and voice coaching sessions given by Mr. Daven Torres and Ms. Carlyn Rivera of Center Stage Artist Circle. The Finalists were taught of the proper ways of

singing, breathing techniques, showmanship and some tips on selecting their right contest song pieces. They were also given some advice on how to deal with pressure and stage fright. Most importantly, they were reminded and given some tips on how to take good care of their voices.

Aside from the vocal coaching sessions, the Grand finalists were able to do a studio pictorial for their promotional poster, a radio tour at NCMC Radio 93.7 FM and a VTR shoot which was shown at the Grand Showdown.

The Grand Showdown among the 10 Grand Finalists happened last February 26, 2017 at Meiluz Place in Kapatagan, Lanao del Norte. It was an afternoon filled with powerful vocal showdown. Audience were officially welcomed by the LNMS President, Dr. Demetrio Opamen, along with his co-officers.

Immediate Past National Vice-President of PMA, Dr. Karen Conol-Salomon served as one of the board of Judges, along with Ms. Lilibeth Torres (Center Stage Artist Circle Handler), Sir Joven Maasin (Musician, Center Stage Artist Circle), Dr. Grace Yanez (Lanao del Norte Medical Society), Ms. leonie Maghamil-Villegas (Lala Tourism Officer) and Mr. Genvir Laurente (2016 Singing Health Ambassador Grand Champion).



The show opened with a grand production number of the 10 Grand Finalists together with their mentors, Ms. Carlyn Rivera, Mr. Daven Agabon and Dr. Alexander Bantiles. Centerstage Artist Circle, Lanao del Norte's premiere talent group, also offered some intermission numbers to the delight of the audience.

The Trending Artist Award was given to Mr. Esteward Baguio for gathering the most number of LIKES in FB. The Best Song Interpreter Award was given to Ms. Janna Benasing. They both received a trophy and a cash prize of 1000 pesos.

Ms. Janna Benasing, Ms. Evonie Marianito and Mr., Richie Lig-ang were the 3 finalists chosen to be on the Final Showdown, where these finalists get to sing their second song on a back-to-zero scoring.

After the Final Showdown, Mr. Richie Lig-ang's rendition of "WAG KA NANG UMIYAK" finished THIRD PLACE. Ms. Janna Benasing's version of "HABANG MAY BUHAY" earned her the SECOND PLACE finish.

Ms. Evonie Marianito was declared as the GRAND CHAMPION after her rendition of sheryn regis' song, "HINDI KO KAYANG IWAN KA"

They all received a trophy and a cash prize of 4000, 6000 and 8000 pesos, respectively.



LNMS members together with Dr. Karen Conol-Salomon & 2016 SHA Grand Champion, Mr. Genvir Laurente. Shown in this photo (from left to right): Dr. Miranda, Dr. Salomon, Dr. Demetrio Opamen, Dr. Marujeta Opamen, Dr. Grace Yanez and Mr. Genvir Laurente.

2017 SHA Grand Finalists and winners, together with the LNMS members.

**Highlights from PMA Regions
from page 22...**

This is the second time that LNMS sponsored a Singing Health Ambassador contest. The first was in 2016 wherein, Mr. Genvir Laurente (a nurse by profession) emerged as the Grand Champion and has served his duties and responsibilities well as the medical society's singing health ambassador.

The members of LNMS is hopeful to make this activity a yearly event. The society is true to its vision and goal, and that is, to make a social impact on the local community through various activities involving them. The Lanao del Norte Medical Society, through its Culture and Arts arm, will continue to strive hard in order to empower the youth, contributing not only through the physical growth but empowering them in every aspect. As they say, the youth is the hope of the future. Future leaders need to be guided and supported, inculcating in their minds that leadership is a responsibility and responsibility requires a toned mind, a tough heart and a strong vision.

LNMS will continue to uplift and preserve the Filipinos culture. Its members believe that a lot of talented individuals are just waiting to be recognized. And these fresh, new talents will definitely contribute in enriching the arts and cultures of being a Filipino. LNMS is taking this bold step towards this goal.

**Lanao Del Sur Medical Society
(LDSMS) Inaugurates MAPIA**
By. Omilkhayr B. Mangorsi, MD

Marawi City and Lanao del Sur Province has a total population of approximately 1 million. It has different hospital catering the people around lake Lanao. Mainly there are 5 district hospitals, 4 primary hospitals and the Amai PAKpak Medical Center which is a 300 bed capacity DOH-retaining institution, located in the heart of Marawi City. In these hospitals are doctors ranging from general practitioners to specialists and sub-specialists.

For many years now, Marawi City and Lanao del Sur have steady influx of doctors with different specialization and sub-specialization, which includes cardiology, endocrinology, gastroenterology,

nephrology, TCVS, gyne-oncology, neonatology and others. A good numbers of Maranao doctors are still undergoing training in Manila and abroad for oncology infectious diseases and hepato-biliary surgery. Indeed the practice of medicine in Marawi is growing and thriving.

Despite the increasing numbers of physicians, it has been observed that only a handful of medical representatives are covering doctors. Mainly their ambivalence and reluctance are understandable as they fear for their safety and security. Because of this pressing issue, the Lanao del Sur Medical Society LDSMS initiated the creation of MAPIA which stands for Marawi Pharmaceutical Industries Association. The word 'MAPIA' means Good/Pleasant in Maranao dialect. Thus, this association is very timely since the PMA believes that it should have a harmonious relationship with the drug companies. The main purpose of creating this association is to provide security and safety to the visiting medical representatives. This is spearheaded by the LDSMS President Dr. Mohammad Al-Moqtader A. Abedin, the PNP Chief Juljani Asadil and the City Mayor Atty MAjul U. Gandamra.

Last Feb. 2, 2017, The MAPIA was officially inaugurated at the Marawi Resort Hotel in MSU, Marawi City. The following set of officers were inducted; President Aliah D. Lao, Vice President Roldan Baron, Secretary Rhea Sarmiento Trea, Pretzel A. Alava, Edward M. Lagmay, PIO Michel Fernandez and Phimie P. Caracol. The said occasion was attended by doctors of LDSMS and Medical Representatives from different pharmaceutical companies. Assemblyman Fiat Macarambon was the guest speaker and 37 Pharmaceutical companies pledged their support to MAPIA.



**Misamis Occidental (Oroquieta City)
Medical Society**

On April 1, 2017, early dawn in Ozamiz City, the coastal Barangay Carmen Annex was ravaged with fire. Over 200 families were affected and displaced. Although the said city is not part of the zonal area of MOMS Oroquieta, but being a sister city of the province, officers and members of the local medical society immediately organized relief goods and aid for the fire victims. Relief packs include bottled water, rice, used clothings, instant noodles, canned goods, slippers, 3 in 1 coffee among others.



For the past 18 years, the local government of the Municipality of Calamba, Misamis Occidental, in partnership and cooperation with the Misamis Occidental (Oroquieta City) Medical Society conducted its Annual Medical, Surgical, and Dental Mission in San Isidro Labrador Parish Church. And as had been the tradition, it is held every Holy Wednesday. And this year, it was on April 12, 2017. Flocks of people sought medical attention during the occasion. Operation Tuli alone was able to perform free circumcision to over 300 young boys. As this is an annual project, people around the locality are looking forward to the next medical/surgical mission in the next year's Holy Wednesday with the incoming MOMS president, Dr. Emmanuel Cale as its over all organizer, who is also currently a member of the town council and a board member of the provincial council.



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**Highlights from PMA Regions
from page 23...**



Nellie S. Redoble, M.D.
*Governor, Southeastern Mindanao
Region*

The PMA National Officers and the Board of Governors went to Davao City, the hometown of our current Philippine President. And while in the city, the group experienced the very warm hospitality of the Davaoenos particularly the host society, the Davao Medical Society headed by their president, Dr. Jennifer Banluta. Arriving two days ahead of the scheduled board meeting and the PMA-Unilab SEM Regional Assembly, the group was able to explore and visit many surrounding areas. They had island hopping with 17 destinations. They got to visit the island garden City of Samal, Davao del Norte; experienced snorkeling and scuba diving at the Coral Garden; and had sumptuous seafood lunch at Babusanta Island. Later on, they were treated to watch Bird and Crocodile Show, and Fire Dancing at T'buli, Maguindanao. The exotic durian as well as having a taste of Crocodile adobo/steak and the irresistible lechon made the experience more unforgettable.

On April 8, 2017, the PMA 11th National Officers and BOG Meeting was held at the Apo View Hotel. And later in the evening, the Davao Medical Society hosted the SEM Region Fellowship Night with the theme "SEM goes CARIBBEAN", with the beautiful and sexy Dr. Luz Acosta as chair of the program. It started with a lecture given by Dr. Anna Belen Alensuela on "The Role of the Obstetrician for a Healthy Filipino". This was followed by a production number presentation by the Davao Medical Society, the "Caribbean Dance and Tap Dance". Different component societies from the region also gave their presentations from songs to

dance, - the Sultan Kudarat Medical Society led by their president, Dr. Renie Guardiano; Cotabato City Medical Society, headed by their president, Dr. Mojares.

The PMA-Unilab SEM Regional Assembly started the day with a mass on April 9, 2017 at Apo View Hotel. There was a total of 650 participants registered from the 11 component societies in the region. A huge crowd indeed. Present also in the gathering are the following component presidents.

Dr. Jennifer Banluta of DMS, Dr. Maria Cristina Ramizo of GSMS, Dr. Stephanie Jeansn Mojares of CCMS,

Dr. Gedeon Tolentino of Davao Del Norte MS, Dr. Jo Bonifacio of South Cotabato Medical Society, Dr. Benelina Badilla of NKMS, Dr. Michael Malilong of Davao del Sur MS, Dr. Florence Flores of Davao Oriental MS, Dr. Robert Solilap of Compostela Valley MS, Dr. Renie Guardiano of Sultan Kudarat MS and Dr. Anne Margaux-Quezada of Davao Occidental MS. Dr. Laurence Escovidal of General Santos Medical Society was endorsed as the incoming governor of SEM Region for the PMA fiscal year 2017-2018.



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*Highlights from PMA Regions
from page 24..*

OBITUARIES

Sad to note though, tragedies and violence do happen. And in this part of the country, the PMA mourns the death of two Doctors for the Barrios who were killed mercilessly by the hands of unknown assailants in just over a month apart.



DR DREYFUSS B. PERLAS, an active PMA member of Lanao Del Norte Medical Society. A former Doctor to the Barrios and then became the Municipal Health Officer in Sapad, Lanao del Norte, Dr. Perlas was gunned down in the town of Kapatagan on March 1, 2017 evening, while he was riding his motorbike on his way home to Barangay Maranding from a medical mission conducted in Sapad town. He was 31 years old.



DR. SHAHID JAJA SINOLINDING, an active PMA member of Cotabato City Medical Society. Another Doctor to the Barrios, Dr Jaja Sinolinding, an ophthalmologist, was shot dead on April 18, 2017 together with his security escort in his own clinic at Cotabato City by an unknown gunman who posed as a patient.

Our prayers and sympathies to these two great doctors. You will always be remembered by you family, friends and colleagues.

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NEWSBRIEFS

Commission on Legislation

Chair: Rufino A. Bartolabac, MD

Updates on the proposed bill for the new Philippine Medical Act (or Physicians' Act).

Congressman de Vera of ABS Parylist thru the initiative of Congresswoman Eriguel is sponsoring the bill on Physician's Act (Philippine Medical Act). Copies of the same were provided to House of Representatives Committee on Health Chairperson Angelina Tan as well as to Congresswoman Vilma Santos Recto, Senators Richard Gordon, Antonio Trillanes IV, and Francisco Pangilinan. Emails have also been sent to Senators Grace Poe, Chiz Escudero, Manny Pacquiao, Aquilino Pimentel, Jr., Loren

Legarda, Cynthia Villar, Migz Zubiri and Risa Hontiveros Baraquel. Further, Congresswoman Michaela Meneses Antonio of Agbiag Partylist has already filed the bill on Philippine Medical Association Integration.

In addition, the 10% tax imposed on sugary beverages has already passed in the Lower House of Congress. When finally approved, such will minimize consumption of beverages, which contribute to the increasing incidence of diabetes, hypertension and obesity in our country. Hopefully, the funds that will be raised from this tax will be used to augment the budget of the Department of Health and/or of Philhealth.

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Dr. Rufino A. Bartolabac with Senator Loren Legarda in a dialogue persuading her to author in the Senate the PMA Integration bill and the proposed new Medical Act.



Collaboration Towards Global Health Care

Maria Christina H. Ventura, MD

An evening of leaders of the Philippine Medical Association and Allied Health were feted to an evening of commitment to a "Collaboration Towards Global Health Care" last March 22, 2017 at the Bayanihan Hall in Pasig City. PMA President Dr. Irineo Bernardo gave the Opening Remarks. The evening began with brief presentations of the stakeholders in this endeavor. Dr. Mayumi Bismark, President of the Philippine Obstetrical and Gynecological Society was followed by Mrs. Yolanda Robles, President of the Philippine Pharmacists Association.

Next was Dr. Carlos C. Buendia representing the Philippine Dental Association. This was then followed by Ms. Ruth Thelma P. Tingda, President of the Philippine Nurses Association. The synthesis was done by Dr. Aileen B. Pascual. The Keynote Speaker was none other than the Secretary of Health, Hon. Paulyn Jean B. Rosell-Ubial, MD. The Closing Remarks were given by PMA Vice President Dr. Jose P. Santiago. The activity was hosted by Dr. Cherry Bernardo-Lazaro and DJ Hill Billy Willy.

The activity brought together the different specialty, subspecialty and affiliate societies of the Philippine Medical Association as they signed the Commitment Board for Global Health Care. We are expecting many projects and areas of multidisciplinary



care for our patients and their families. The lines of open communication provide for the avenue for continuous support for the ASEAN Integration that is now upon us. It is hoped that the activity will just be one of the touch points of many that will propel the rise of global health care in the country and in the ASEAN region.

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CME COMMISSION

Rebecca W. Deduyo, M.D.

Chair, Commission on Continuing Medical Education

The PMA CME/CPD commission was assigned to chair the Scientific session of the 110th PMA Annual Convention. After several months of brain storming in the presence of my commissioners and representative of the specialty and affiliate societies, we agreed in the different topics namely:

1. "Are sleep disorders: An epidemic"
2. "Caffeine: A silent hazard"
3. "Drug Addiction: A chronic multi system disorder"
4. "Food supplement: Is there a clinical benefit?"
5. "Metabolic Syndrome: From Womb to Tomb"

The format of the presentation is a Panel discussion spearheaded by a moderator who will present a case as a jumping board for the discussion. Anytime during the discussion questions from the floor can be entertained by the moderator.

The Theme of Our Scientific Session is "One Topic different view points towards' one Goal.

"Isang Paksa Sari Saring Pananaw Patungo sa Isang Layunin"

To further acquaint you of the selected topics let me show you the objective of the different session .

SESSION #1 "Are Sleep Disorders: An Epidemic"

Caffeine is a chemical that acts as a stimulant. It is most commonly found in tea, coffee and cacao plants. This natural stimulant is one

of the most commonly used ingredients in the world. Each day, millions of people turn on caffeine for energy and boost, to increase wakefulness, reduce fatigue, and improve concentration and focus. Around the amount of caffeine in four cups of brewed coffee, 10 cans of cola or two "energy shot" drinks or up to 400 milligrams (mg) of caffeine a day appears to be safe for most healthy adults. There are conflicting reports on the health effects of caffeine. This session examines the latest research on caffeine and its impact on health, both beneficial and adverse.

SESSION III A " Food Supplement: Is there a clinical benefit"

Dietary Supplements

A dietary supplement is a product intended for ingestion that contains a "dietary ingredient" intended to add further nutritional value to (supplement) the diet. A "dietary ingredient" may be one, or any combination, of the following substances: a vitamin, mineral, herb or other botanical, amino acid, concentrate, metabolite, constituent, extract or a dietary substance for use by people to supplement the diet by increasing the total dietary intake. Dietary supplements may be found in many forms such as tablets, capsules, softgels, gelcaps, liquids, or powders. Some supplements can help assure that you get enough of the vital substances the body needs to function; others may help reduce the risk of disease. A dietary supplement is "not represented as a conventional food or a sole item of a meal or the diet" or to replace complete meals which are necessary for a healthful diet. Unlike drugs, supplements are not intended to treat, diagnose, prevent, or cure

diseases. That means supplements should not make claims, such as "reduces pain" or "treats heart disease." Claims like these can only legitimately be made for drugs, not dietary supplements. Dietary supplements can be beneficial to your health – but taking supplements can also involve health risks. This session aims to further explore scientific evidence for or against the use of dietary supplements.

SESSION III B " Drug Addiction: A chronic Multi-System Disorder"

General objective: To discuss addiction as a multisystem disorder

Specific objectives:

1. To describe the stages in developing drug addiction, from initiation of drug use to harmful use, and discuss the possible etiologies
2. To discuss the neuro adaptive changes that underlie the transition from harmful drug use to a stage of drug dependence
3. To discuss the acute and chronic effects of drugs on the cardiovascular system and describe related pathological findings
4. To describe the harmful sexual behavior associated with drug use and discuss the effects of drugs on reproductive health.

SESSION IV" Metabolic Syndrome: From Womb to Tomb"

Objectives:

1. By the end of the discussion, the audience would have confidently diagnose Metabolic Syndrome
2. By the end of the discussion, the audience are adept in the diagnostic work ups of people suspected of MS
3. By the end of the discussion, the audience can confidently manage people with MS

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CME Commission... from page 27

4. By the end of the discussion, the audience had been equipped to stop CVD and Diabetes which are dreaded consequences of MS
5. At the end of the discussion, Preventive Medicine against CVD would have been thoroughly discussed and understood.

The different Panel Sessions will be held at the following rooms namely: Pandango, Palkabal & Rigodon. Another session will be held at Maynila with additional topics of the following:

1. Insights on Vitamin D and its Relevance to Filipino Health by Alejandro Bimbo F. Diaz, MD
2. Skin Lightening Agents by Zharla G. Flores, MD, Skin Nutriceuticals by Evangeline B. Handog, MD for the Philippine Dermatological Society.

We also invited Dr. Cawilihan T. Zubiri, MD who will deliver a talk entitled “Do It With A Bowl Of Rice” and finally the PRC hour with the following topics.

1. CPD Concerns - Hon. Clarita C. Maaño, MD
2. Foreign Medical Residency Trainings - Hon. Maria Graciela G. Gonzaga, MD
3. Asean Mutual Recognition Agreement – Hon. Eleanor J. Galvez, MD
4. IRR 25 Proposals on Recognition/Accreditation of Specialty Societies - Hon. Eleanor B. Almoro, MD

We hope that you will enjoy and learn from our scientific session. The PRC granted us 16 CPD units.

May I also inform the membership of the tasks of our commission.

PMA CPD COMMISSION

As approved in the last PMA Governor’s meeting last January 14 in Silang Cavite, the PMA CME Commission will also be known as “PMA Continuing Professional Development Commission” and will perform the same function.

As per Republic Act No. 8981 and Resolution No. 2013-774 we will be following the one hour lecture for every 1 CPD credit unit. All CPD credit units will emanate from the PMA CPD Commission and/or PRC CPD Council.

As per Republic Act 10912 also known as the “CPD ACT of 2016”, all CPD providers should apply to PRC for accreditation. All accredited CPD providers should fulfill all necessary requirements prior to approval 45 days before their said activities. All specialty societies can apply as CPD providers. For specialty societies they can still have their own CPD requirements for CGS but will need to adopt the 1 hour 1 lecture policy.

All component societies need not apply as independent CPD providers since PMA is already an accredited provider. They will however need to issue a CERTIFICATE OF ATTENDANCE for each CPD activity that

they will conduct duly signed by the Component President, Secretary and CME Coordinator.

For proper monitoring, all specialty societies, affiliate societies and component societies, will need to submit the attendance of all CPD activity to the secretariat of PMA who will then make a summary of every member’s CPD attendance which can be used for the renewal of PRC licenses and for the PQF purpose. Likewise we will be also using our OWL@PMA for monitoring and on-line learning. Once the PMA RFID card are done for encoding we will be using them for additional monitoring of CPD activities.

Nature of CPD Program

CPD Programs consist of activities that range from structured to non-structured activities, which have learning processes and outcomes.

These include, but are not limited to, the following:

- Formal learning
- Non-formal learning
- Informal learning
- Self-directed learning
- Online learning activities
- Professional work experience

Major areas of CPD Activity

MAJOR AREA	COVERAGE OF THE AREA	CREDIT UNITS REQUIRED for three (3) years
I. Clinical Competence / Academic Track	(Please see attached Matrix of Activities)	22.5
II. Professionalism	(Please see attached Matrix of Activities)	14.5
III. Self-Directed Learning	(Please see attached Matrix of Activities)	8
		TOTAL: 45 CREDIT UNITS

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CME Commission, from page 28...

**CLINICAL COMPETENCE/
ACADEMIC TRACK**

1. Participant/Speaker/Facilitator in Continuing Medical
2. Education/Conventions/Seminars/Workshops
3. Researcher, Peer reviewer, Innovator
4. Professorial Chair holder
5. Resident/Diplomate/Fellow
6. Academician/Educator/Administrator/Medical Director
7. Social Mobilizer
8. Board Examiner in specific disciplines

PROFESSIONALISM

1. Medical Ethics
2. Values Education and discernment
3. Medico Legal cases/laws and medical jurisprudence
4. Governance, Leadership, Team-approach
5. Interprofessionalism and Communication skills
6. Public Health, Health Policy issues
7. Primary Care
8. Gender Sensitivity
9. Social Accountability
10. BIR, SEC, Philhealth matters
11. Health Economics

**SELF DIRECTED/LIFELONG
LEARNING**

1. Community service
2. Medical missions
3. Conventions outside the country
4. Joint ASEAN Integration programs
5. E-learning
6. Study tours/visits

Required CPD Credit Units in a Compliance Period

Year of Renewal	Required Number of CPD Credit Units	Minimum Units Allowed to be Earned upon renewal
2017	45	0 c u for Jan. – June 30% = 13.5 c u for July-Dec
2018	45	60% = 27 c u for Jan-Dec
2019	45	100% = 45 c u for Jan-Dec
2020	45	100% = 45 cu for Jan-Dec

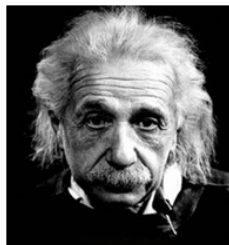
MATRIX OF CPD ACTIVITIES

PROGRAM / ACTIVITY	CREDIT UNITS	SUPPORTING DOCUMENT
1. PROFESSIONAL TRACT (TRAINING OFFERED BY ACCREDITED CPD PROVIDERS, Face to Face Online)		
1.1 PARTICIPANT	Approved Credit Units for the Program	Certificate of Attendance with Number of Hours, Seminar Program and List of Participants
1.2 RESOURCE SPEAKER	3 CU per hour	Photocopy of Certificate, Copy of Papers and Program Invitation
1.3 PANELIST / REACTOR	2 CU per hour	Certification from Sponsoring Organization, Copy of Program
1.4 FACILITATOR / MODERATOR	1 CU per hour	Certification from Sponsoring Organization, Copy of Program
1.5 MONITOR	Twice the number of approved credit units for the program	Monitoring Report, Certificate of Appearance and the Authority to monitor
1.6 IN-SERVICE TRAINING	Maximum of 20 CU for a 12-month period or a fraction thereof upon completion	Certificate of Training & Training Description
2. ACADEMIC TRACK		
2.1 MASTER'S DEGREE OR EQUIVALENT	Full credit units for compliance period upon completion of degree	University Certification / Diploma and Transcript of Records (authenticated copy)
2.2 DOCTORATE DEGREE OR EQUIVALENT	Full credit units for compliance period upon completion of candidacy Additional full credit units for compliance period upon completion of degree	University Certification / Diploma and Transcript of Records (authenticated copy)
2.3 PROFESSORIAL CHAIR	15 CU per year	Certification of grant or appointment paper
2.4 RESIDENCY / EXTERNSHIP / SPECIALTY / SUBSPECIALTY PROGRAM	10 CU per year	Hospital Certification Certificate of Completion
2.5 FELLOWSHIP GRANT		
2.5.1 PARTICIPANT	2 CU per grant	Certification from the granting institution and/or certificate of fellowship
2.5.2 RESOURCE SPEAKER	4 CU per grant	
2.5.3 RESEARCHER	5 CU per grant	
2.6 POST GRADUATE DIPLOMA/CERTIFICATE	Maximum of 30 CU for an 18-month period or a fraction thereof upon completion	Diploma / Certification from the institution
3. SELF-DIRECTED (TRAINING OFFERED BY NON-ACCREDITED CPD PROVIDERS, Face to Face / Online)		
3.1 PARTICIPANT	Credit units for the program as evaluated by the CPD Council	Certificate of Attendance with number of hours, Seminar Program and List of Participants
3.2 RESOURCE SPEAKER	3 CU per hour	Photocopy of Certificate, Copy of Papers and Program Invitation
3.3 PANELIST / REACTOR	2 CU per hour	Certification from Sponsoring Organization, Copy of Program
3.4 FACILITATOR / MODERATOR	1 CU per hour	Certification from Sponsoring Organization, Copy of Program
3.5 IN-SERVICE TRAINING	Maximum of 20 CU for a 12-month period or a fraction thereof upon completion	Certificate of Training & Training Description
3.6 PROGRAM / TRAINING MODULE DEVELOPMENT	10 CU per module	Copy of Module and Evaluation
3.7 TECHNICAL PAPER	5 CU per technical paper for published paper, see 3.8	Certification of Completion and Approval for published paper, see 3.8
3.8 ARTICLE PUBLISHED IN A REFEREED / PEER REVIEWED PROFESSIONAL JOURNAL		
3.8.1 AUTHOR/S	LOCAL 10 CU for multiple authors, divide CU equally among them	INTERNATIONAL 10 CU Copy of Published Article and Table of Contents
3.8.2 PEER REVIEWER	2 CU per article	
3.9 PAMPHLET / BOOK OR MONOGRAPH		
3.9.1 AUTHOR/S	20 CU for single author for pamphlet (less than 100 pages) 40 CU for book or monograph (more than 100 pages) for multiple authors, divide CU equally among them	Copy of Published Book
3.9.2 EDITOR	Maximum of 20 CU	
3.10 ARTICLE IN MAGAZINE / NEWSPAPER	Maximum of 5 CU per article for multiple authors, divide CU equally among them	Proof of Publication of Article
3.11 INVENTIONS	Full credit units for compliance period	Certified Copy of Patent Certificate
3.12 STUDY TOURS / VISITS	2 CU / DAY (Maximum of 20 CU / Tour)	Certification from Sponsoring Institution
3.13 CONSULTANCY (e.g. Technical Meetings / Accreditation and other activities as per request of an institution, etc.)	1 CU per hour	Certificate of Appearance and Invitation
3.14 SOCIO-CIVIC ACTIVITIES (e.g. Medical Missions, Outreach Programs, etc.)	1 CU per hour	Project Proposal, Report and Photos
3.15 RECOGNITION / TITLE (e.g. Fellows, Hall of Fame Award, Outstanding Professional, Lifetime Achievement Awardee, etc.)	Full credit units for compliance period	Copy of Certification from the Awarding Body (duly notarized)
4. SUCH OTHER ACTIVITIES TO BE RECOMMENDED BY THE CPD COUNCIL AND APPROVED BY THE BOARD AND THE COMMISSION		



Specialty Division, Specialty and Affiliate Societies News and Events

by Arnel M. Asino, MD, DPBA, FPSA, FPSQua



"Strange is our situation here upon earth. Each of us comes for a short visit, not knowing why, yet sometimes seeming to a divine purpose. From the standpoint of daily life, however, there is one thing we do know: That we are here for the sake of other men —above all for those upon whose smile and well-being our own happiness depends, for the countless unknown souls with whose fate we are connected by a bond of sympathy. Many times a day, I realize how much my outer and inner life is built upon the labors of people, both living and dead, and how earnestly I must exert myself in order to give in return as much as I have received and am still receiving." — Albert Einstein, Living Philosophies

Philippine College of Surgeons

by Maria Concepcion C. Vesagas, MD,
FPCS, Regent, Philippine College of
Surgeons

In celebration of the 80th Year of the PCS, the history of the Philippine College of Surgeons was published in the book "Eight Decades of Philippine Surgery", launched last December 2016. Copies are available at the PCS Secretariat.

The Philippine College of Surgeons held its 43rd Midyear Convention "Issues and Dilemmas in Surgical Practice" in Cagayan de Oro City from May 5 to 6, 2017.

With the theme "Excellence in Surgery: Standards, Practices and Trends". This year's 43rd Annual Clinical Congress of the Philippine College of Surgeons will be held on December 3-6, 2017 at the Edsa Shangri-La Hotel, Mandaluyong City. All interested physicians are welcome to join the Annual Clinical Congress.

For inquiries and more information, please contact the PCS Secretariat at (632)927-4973, (632)927-4974, (632)928-1083, fax (632)929-2297, email at pcs_1936@yahoo.com.ph, or check the website: <http://www.pcs.net.ph>.

"We all do better when we work together. Our differences do matter, but our common humanity matters more." — Bill Clinton

Philippine Society of Allergy, Asthma & Immunology Inc.

by Maria Carmela A. Kasala, President

The National Allergy Day of the Philippine Society of Allergy, Asthma & Immunology, Inc.

The Philippine Society of Allergy, Asthma & Immunology was established in 1972 by 11 allergist encouraged by Filipino pioneer allergist Dr. Arturo B. Rotor. Dr. Felicidad G. Cua-Lim was the first and founding President of the Society.

Every year, PSAAI looks forward to celebrating its National Allergy Day (NAD). This started in 2005 when the World Allergy Organization (WAO) organized the World Allergy Day. Then PSAAI President Hiyasmin M. Lim initiated its celebration in the Philippines. By 2006, July 8 was declared NAD by then Philippine President Gloria Macapagal-Arroyo with Presidential Proclamation No. 978. This was followed by Presidential Proclamation No. 1313 in 2007 declaring July 8, 2007 and every year thereafter as National Allergy Day (NAD) this yearly event promotes the awareness of the growing problem of allergies among Filipinos. It also promotes the well-being of those suffering from allergic diseases.

Together with the NAD, the Allergy Club was also born. This aims to act as a support group among allergic patients. Initiated by Dr. Hiyasmin M. Lim and implemented by Dr. Linda Lim-Varona, the allergy club has brought

together patients from different parts of the country, participating in activities such as lay forum, fun run and tree planting activities. Dr. Miguel L. Noche, Jr, Past President commended the Society for these outreach activities.

Thru the years, each successful NAD celebration presents with various themes: 2007: Be Alert Against Allergies; 2008: National Allergy Fair; 2009: Allergy Ba Ito?; 2010: Allergy Goes Green; 2011: Allergy: Banta sa Kalusugan; 2012: Ako ang Sagot sa Asthma Ko; 2013: Fighting Allergies, More Fun in the Philippines; 2014: Allergy & Asthma Alert; 2015: Save Mother Earth & Help Control Your Allergies; 2016: Allergies, The Environment & You.

This year, the NAD will be celebrated in July 9 with the theme "May Kwentong Allergy Ka Ba? Usap Tayo" which will be held at the Fisher Mall in Quezon Avenue in Quezon City. A lay fora, educational games, puppet show, booths and freebies await the participants. This is another venue to reach out, educate and alleviate our patients from their allergic suffering.

*"He that does good to another does good also to himself."
- Lucius Annaeus Seneca*

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Philippine Society for Developmental and Behavioral Pediatrics Inc.

By Ma. Rochelle B. Pacifico, MD
President

The Philippine Society for Developmental and Behavioral Pediatrics (PSDBP) established in July 2000, is a professional organization whose mission is to make every Filipino child, particularly those with special needs, attain the best quality of life, through competent, compassionate, collaborative and ethical care. The specific goals of the Society is to establish and maintain high standards of practice and expertise in the field of Developmental-Behavioral Pediatrics, provide comprehensive and competent care for all children with developmental behavioral problems and their families, create and strengthen linkages and networking with individuals and/or institutions, nationally and internationally engaged in the care of these children with special needs and advocate for programs, policies and legislation pertaining to these.

On September 5-6, 2017, the society will be holding its 9th Biennial Convention at the Novotel, Quezon City with a Scientific theme focusing on Neurodiversity. Pre-registration is on-going with inquiries at devped-phil@gmail.com.

Currently, there are 51 members throughout the archipelago. Among the Board of Trustees are Drs. Rochelle Buenavista-Pacifico (President), Noemi Salazar (Immediate Past-President), Agnes Falcotelo (Vice-president), Christine Conducto (Secretary), Marizel Dacumos (Treasurer), Ma. Paz Bautista (Asst. Treasurer), Ferriza Isaguirre (Asst. Secretary), Joel Lazaro (Internal PRO), Celina Gellada (External PRO).

*"Coming together is a beginning,
staying together is progress, and
working together is success."
- Henry Ford*

Philippine College of Occupational Medicine

By Margaret L. Leachon, MD, FPCOM,
National Secretary

The Philippine College of Occupational Medicine (PCOM) recently concluded its 39th Annual Convention that focused on the health of the workforce as a means to effect change, aligning the College to the Philippine Government's thrust of addressing present problems and looking to the future. With positive change in mind and with a wide spectrum of specialists in its ranks, PCOM has reached out with other organizations such as the People Management Association of the Philippines (PMAP), and the Association of Safety Practitioners of the Philippines, Inc. (ASPP), to name a few, to help realize PCOM's vision of a healthy workforce for the Philippines. PCOM also works with the national government through collaborative undertakings with the Department of Health (DOH), Department of Labor and Employment (DOLE), Metro Manila Development Authority (MMDA), and the House of Representatives. Globally, PCOM presented the state of occupational medicine in the Philippines at the 2017 22nd Asian Conference on Occupational and Environmental Health. In the future, PCOM sees its members addressing even the occupational health needs of those in the small and medium enterprises, and elevate the state of health of workers in all types of work in the country.

*"A willing helper does not
Wait until he is asked"
- Danish Proverb*

Philippine Obstetrical and Gynecological Society

Kaagapay ni Mommy para sa Malusog na Pagbubuntis
2017 Buntis Day Celebration Up North!

(Excerpts from an article for the POGS Newsletter written by Dr. Maria Constanca Celina C. Ferraris, POGS Region 1 President)

The **Philippine Obstetrical and Gynecological Society (POGS) Region 1 Chapter**, consisting of the provinces of Abra, Baguio-Benguet,

Ilocos Norte, Ilocos Sur, La Union, Mt. Province and Pangasinan, led this year's nationwide celebration of Buntis Day March 10 in Laoag City, Ilocos Norte in cooperation with the Ilocos Norte Provincial Government.

A parade of 20 *calesas* carrying POGS members through the main streets of Laoag City started the festivity leading up to the Ilocos Norte Centennial Arena. **Dr. Mary Lu B. Magno** led the opening prayer followed by the singing of the Philippine National Anthem, PMA and POGS Hymns. POGS Region 1 director, **Dr. Jo-Ann Badua** gave her welcome remarks followed by an overview of the event from **Dr. Mario Bernardino**, the chairman of the POGS Committee on Maternal and Perinatal Welfare.

After the dancing of audience-participated **SALAKOG** or the **dance for pregnant women** led by POGSR1 members, POGS National President, **Dr. Mayumi Bismark**, in a speech expressed her delight at the turnout of participants. **Dr. Rosendo Roque**, the *Father Buntis Day*, then recounted in an inspirational speech how March 10 became "Araw ng mga Buntis" through Presidential Proclamation No. 569. **Ilocos Norte Governor Imee Marcos** also graced the occasion and thanked the POGS for choosing Ilocos Norte as the center for this year's celebration with the women of the province as beneficiaries.

Lay lectures on Gestational Diabetes Mellitus, Hypertension, Nutrition, Anemia and HIV in Pregnancy were ably discussed by **Drs. Marie Quilala, Lovelyn Manongdo, Christine Aguilar, Evelyn Tello** and **Lorena Santos** respectively.

The annual search for "**Super si Mommy**" was participated in by 20 pregnant women from the different towns of Ilocos Norte. The first prize winner won a crib, free consultations and ultrasounds throughout pregnancy and free obstetric services from her obstetrician of choice upon delivery.

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For the second and third placers, the prizes were free consultations and ultrasounds with doctors of choice. Gift packs were given as consolation prizes to the non-winners.

Free services given on-site were 385 prenatal consultations, 201 urinalysis, 134 blood typing and hemoglobin determination and 85 ultrasound scans. The services were rendered by 61 POGS Region 1 members, 2 Pathologists and 8 medical technologists.

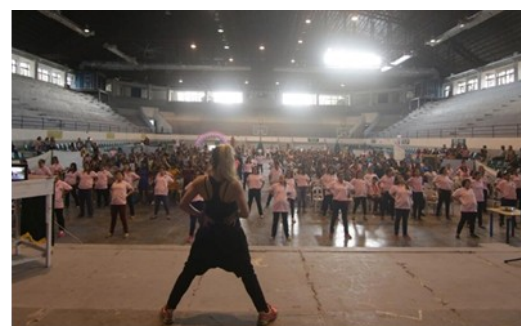
Free medicines, diapers and discount cards were given to all participants. The first 200 of them received a gift bag from the provincial government which contained baby blanket, diaper, cotton, alcohol, maternity pads and baby wipes.

Dr. Celine Ferraris, the POGSR1 President, closed the activity by thanking everyone for their support and participation especially the Provincial Health Office of Ilocos Norte, Gender and Development Office of the province, Philippine Society of Pathologists, The Philippine Association of Medical Technologist Ilocos Norte Chapter, University of Northern Philippines' Medical Students, Philippine Red Cross and Biofemme.

POGS Region 1 Members and Officers with the POGS National Officers at the Laoag Centennial Arena celebrate National Buntis Day last March 10, 2017. **Governor Imee Marcos** greets the delegates of the 2017 National Buntis Day in Laoag, Ilocos Norte with several pregnant women in attendance at the Laoag Centennial Arena with free clinics and "SALAKOG" dance exercise for pregnant women led by the POGS Region 1 members..

My sincerest gratitude to all who made efforts to submit their articles in a short notice and deadline. Maraming salamat po!

"Only when all contribute their firewood can they build up a strong fire." - Chinese Proverb





CONVENTION TIME

MARIA CHRISTINA H. VENTURA, MD, FPPS

The Philippine Medical Association recently concluded its 110th Annual Convention and Scientific Meetings held at the historic Manila Hotel last May 16-19, 2017. The theme of the convention was "Pagbabago Tungo sa Pangkalahatang Kalusugan". The activities began with the Welcome Reception held at the Maynila Ballroom. The activity was hosted by the

Pasig City Medical Society .



The Opening Ceremonies was a beautiful tradition that presented the different leaders of the component societies, specialty divisions and subspecialties and affiliate societies . The Keynote Speaker, the WHO Regional Director for the Asia Pacific, was ably represented by Dr. Benjamin Lane, Coordinator for Health System and Services Team. The Commission on Continuing Professional Development had meticulously prepared the scientific sessions that were well attended. A record total of 3,200 members had attended this annual convention. It is also expected that this number may double for the next annual convention.

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An innovation of this scientific activity was the monitoring of the attendance using the bar codes on the delegate's identification pass or by swiping their latest PMA membership card. The evening was capped by the Fellowship Night that was hosted by the Laguna Medical Society. Presentation numbers from the different medical societies always gave a rise in excitement to the affair.



On the 3rd day of the convention, the General Assembly attended by the presidents of the component medical societies and specialty divisions were was held the Centennial Hall.

On the last day of the convention, we had the Dr. Jose Rizal Awards celebration. The awardees were the following : Dr. Rebecca Deduyo (Clinical Practice); Dr. Kadil Sinolinding Jr. (Community Service) ; Dr. Maria Minerva Calimag (Academe) ; Dr. Jericho Thaddeus Luna (Research) and Dr. Alberto Herrera (Government Service). The Awarding Ceremonies were also held in the afternoon . This was to recognize the leadership of medical societies with the Icasiano Awards. Other special awards were given. The Closing Ceremonies was hosted by the Marikina Valley Medical Society led by Dr. Nimfa Baria. The Keynote Speaker and Inducting Officer was Atty. Teofilo Pilando Jr. We are looking forward to next year's convention to be held in Manila.

110th PMA ANNUAL CONVENTION AND SCIENTIFIC MEETINGS

WELCOME RECEPTION



OPENING CEREMONIES



PMA AWARDS AWARDING CEREMONIES



53rd DR. JOSE P. RIZAL MEMORIAL LECTURE and 26th DR. JOSE P. RIZAL MEMORIAL AWARDS



CLOSING CEREMONIES AND INDUCTION OF OFFICERS



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