



# THE PHYSICIAN

SEPTEMBER 2022

AN OFFICIAL PUBLICATION OF PHILIPPINE MEDICAL ASSOCIATION

VOLUME XXXII NO. 2

## PMA Celebrates 65<sup>th</sup> National Medicine Week



The Philippine Medical Association celebrated the 65th National Medicine Week last Sept 18-24 with the theme "Nagkakaisang PMA Para sa Kalusugan ng Sambayanan"

The annual celebration came into being on August 30, 1957, when President Carlos P. Garcia signed Proclamation 439 declaring the 4th week of September of every year as Medicine Week and authorizing the Philippine Medical Association to take charge of its observance. The Medicine Week celebration aims to help the Filipino people to fully recognize the value of medical science in their daily lives and to fully develop a consciousness of the value of scientific medical practices. In the past several decades, the celebration has been moved to the 3rd week of September.



Wreath laying at the Rizal Monument, Luneta Park by the PMA Execom with the Chair of Medicine Week Dr. Vincent C. Santos, Co-Chair Dr. Maria Christina H. Ventura, Dr. Laarnie S. Moreno and Dr. Carmela Socorro C. Managuelod.

The celebration kicked off with the Wreath Laying Ceremonies at the monument of Dr Jose Rizal in Luneta Park. It was led by the Pasay-Paranaque Medical Society President Dr. Laarnie S. Moreno.

This was followed by the Opening Ceremonies at Manila Hotel with Quezon City Medical Society as Host Society and Dr. Maria Rosario S. Vergeire, DOH OIC, as Keynote Speaker.



PMA President Dr. Maria Minerva P. Calimag with the keynote speaker, Department of Health OIC Dr. Maria Rosario S. Vergeire.

Simultaneous daily free clinics and Lay fora were held at the PMA Auditorium and different regions during the entire week participated by the Component Societies, Specialty Divisions, Specialty Societies and Affiliate Societies.

The week was capped on September 24 by a Thanksgiving Mass presided by Rev Fr. Ernesto R. Montuerto, OCD and closing ceremony led by the Marikina Valley Medical Society. In his homily, Fr. Montuerto said that the healing ministry of Jesus is intimately linked to his preaching of the truth. Thus, those in the healing profession have so much to offer, not just to heal the patients but to bring Jesus to them and radiate the light of Jesus.

*Maria Corazon S. Maglaya, MD*



## The President's Corner

MARIA MINERVA P. CALIMAG, MD, MSc, PhD., FPSA, FPSECP,  
FPCHA, FICS, FPS

PMA President 2014-2015; 2015-2016; 2022-2023

### The Leader in Action!

#### Striving for Excellence

*"Progress cannot be generated when we are satisfied with existing situations"*  
– Taiichi Ohno

#### Establishing New Beginnings

*"Leadership is action, not a position"*  
– Donald McGannon

We are all leaders, and let us remember that a leader is more than just being at the helm. The leader who occupies the best seat during picture takings also occupies the hot seat during Board Meetings and he/she should be an influencer who stands up with conviction to make sure that the voice of each member of the organization is heard. No one leads alone. When a leader looks back, and no one is following, then he/she is not a leader.

As individual leaders we drive change at the PMA, build awareness of the work, and align where possible throughout the community. Collectively, as PMA leaders, we work together to drive systems change by mobilizing the community and championing advocacy to support evidence-based change. As an organization, we align work to partnership outcomes and commit ourselves to use data and identifying best practices.

The Philippine Medical Association garnered the Most Outstanding Accredited Professional Organization in the Healthcare Sector at the 2022 Professional Regulation Commission Awards night last July 29, 2022.

This year, the 11<sup>th</sup> Eric Nubla Award for Excellence in the Professions was awarded to Dr. Celia C. Carlos, an infectious disease specialist for her role in the pandemic response. Over the last 11 years, five physician-researchers



have won this prestigious award thus setting a track record for the PMA. Dr. Maria Minerva P. Calimag was the 1<sup>st</sup> Eric Nubla Awardee during its inception in 2012. All PMA Nubla awardees through the years include Dr. Maria Rosario Z. Capeding (4<sup>th</sup> Nubla Awardee, 2015); Dr. Jose Florencio Lapeña, Jr. (6<sup>th</sup> Nubla Awardee, 2017); and Dr. Carmencita Padilla (8<sup>th</sup> Nubla Awardee, 2019).



#### Strengthening the Core

The Philippines is an archipelago with cities spread across the country's approximate 7,641 islands. These islands

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*The President's Corner, from page 2*

are divided into three geographical divisions — Luzon, Visayas, and Mindanao. There are a total of 82 provinces in the country and 1,493 municipalities, with 145 chartered cities. The PMA visits Component Society leaders and members in island provinces and geographically isolated and disadvantaged (GIDA) areas by land, air, and sea transport via nautical highways because a leader not only leads from the front. A leader should also know how to lead from behind, to make sure that no one is left behind; as well as lead in the middle, to listen with empathy to one's colleagues in their midst.

## Reaching the Unreached

*Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.*— Matthew 25:40

**PHILIPPINE MEDICAL ASSOCIATION**

*Paglulunsad*  
**KULTURA, KOMUNIKASYON AT KATUTUBONG WIKA (KKK)**  
sa Pagpapalaganap ng Karunungan Pangkalusugan

**Tagapagsalita**  
**Mggt. MARIA MINERVA P. CALIMAG**  
Pangulo ng Samahan ng mga Manggagamot sa Pilipinas

**QUEZON MEDICAL SOCIETY**  
MIYERKULES  
Ika-10 ng Agosto, 2022  
Ika-7 ng gabi

UNILAB 853 9316 1117 | LIVE <https://www.facebook.com/pma1903>

Last August 10, 2022, the PMA together with the Quezon Medical Society and the UST Sentrong Salin at Araling Salin launched

the advocacy to promote Health Literacy in Minority Communities using their Indigenous Languages dubbed “Kultura, Komunikasyon at Katutubóng Wikà para sa Pagsusulong ng Karunungan Pangkalusugan.” There are 110 indigenous groups comprising 14-17M population of Indigenous Peoples (IPs) speaking 187 indigenous languages in the Philippines. Most of the IPs reside mostly in the uplands which they claim as part of their traditional territorial domain. In one province alone there can be as many as 7 indigenous tribes.

Serendipitously, the initiative launched last August 10, 2022, Philippine Time is reinforced by the UN Declaration of August 9, as the International Day of the World's Indigenous Peoples, and 2022-2032 as the Decade of Indigenous Languages. The advocacy further conforms to the Regional Committee for the Western Pacific Regional Framework for Reaching the Unreached in the Western Pacific (2022-2030) adopted during the 73<sup>rd</sup> Session of the WHO Regional Committee for the Western Pacific Region on October 24-28, 2022. The PMA Message of Support to the National Commission on Indigenous Peoples (NCIP) during its celebration of the 2022 Indigenous Peoples' Rights Act (IPRA) Commemoration with the theme, “25 Years: Fulfilling the Indigenous Peoples Rights and Bridging the Gaps through ICCs/IPs Convergence with Partners and Stakeholders to Ensure Economic Sustainability and Security in the Ancestral Domains” is posted in their website at <https://bit.ly/3UAXjEc>

**The Philippine Medical Association**

**2022 Indigenous Peoples Month Celebration and the 25th IPRA Commemoration**

25 Years Fulfilling the Indigenous Peoples Rights and Bridging the Gaps through ICCs/IPs Convergence with Partners and Stakeholders to Ensure Economic Sustainability and Security in the Ancestral Domains

The Philippine Medical Association (PMA), the premier organization of Filipino Physicians, joins the National Commission on Indigenous Peoples (NCIP) in celebrating the 2022 Indigenous Peoples Month this October and in commemorating the 25<sup>th</sup> year of Republic Act No. 8371 or the Indigenous Peoples Rights Act of 1997, which recognizes, protects and promotes the rights of Indigenous Cultural Communities/Indigenous Peoples.

This year at the PMA, we launched our program “Kultura, Komunikasyon at Katutubóng Wikà” to promote health literacy and improve health outcomes among our indigenous peoples in support of Republic Act No. 11223 or the Universal Health Care Act of 2019.

Our theme: “Nagkakaisang PMA para sa Kalusugan ng Sambayanán” (“We are One PMA for a Healthy Filipinas”)  
Mabuhay ang mga Katutubóng Filipino!

MARIA MINERVA P. CALIMAG, M.D., Ph.D.  
President, Philippine Medical Association

Pursuant to Proclamation No. 1906, Series of 2009 declaring the Month of October of Every Year as “National Indigenous Peoples Month” and Proclamation No. 486 declaring October 29 of every year as National Indigenous Peoples Thanksgiving Day. PMA attended “Pilak at Gayak” event hosted by NCIP at the SM North EDSA. PMA will come up with a Coffee Table Book titled “Paghihilom.”

The strengthening of an Indigenous People-focused Curriculum Framework for Health centered on the protection of rights, development, and empowerment that emphasizes, cultural diversity, cultural sensitivity, cultural integrity, and cultural competence is proposed.

We teach them about basic hygiene measures like cutting their fingernails short, handwashing, and wearing slippers and engage them in self-help strategies for health.





## EDITORIAL

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

Success never comes from one-time achievement. It comes from numerous achievements that started as tiny pushes consistently done daily. It becomes more challenging to push when times are hard. It becomes especially difficult nowadays when we are at the tail-end of the pandemic striving to break free from the economic downturn. There are those that take a break and while some slow down. Other simply give up. But we have those who rise above the situation and persevere and persevere they do.

It is Perseverance that keeps those who are successful going. They don't dwell on the past say things could be different, "If only." "If only" is a tempting place to visit when things do not go our way or fall apart.

They go past the past and look forward to something they can do. That is the perspective we must all have in order to succeed. So next time, to move forward, let us not dwell on "if only."

Everyday, the PMA keeps on pushing, no matter how tiny the little the effect is or the achievement. Just like you, the PMA leaves behind the baggage of the past in order to move to the future. "If only" isn't in the PMA's vocabulary. Success is within reach.



## REMINDERS

### NOVEMBER 30, 2022

PMA National Comelec will send the approved voters list to the President and Treasurer of the Component Society

### DECEMBER 30, 2022

Deadline for local component society/ to submit petition for exclusion and inclusion in the voters list (if any).

### EDITORIAL BOARD

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### The Physician

*The Physician* is an internal publication of the Philippine Medical Association instituted by the PMA Board of Governors for the dissemination of information to PMA Members. Its office is at the PMA Secretariat, North Avenue, Quezon City 1105; contact numbers: 89296366; 89262447, 09189234732, 09178221357; fax number: 89296951;

Email: philmedas@yahoo.com, philmedas@gmail.com  
 website: www.philippinemedicalassociation.org



*The President's Corner, from page 3*

## Forging Partnerships



The Philippine Medical Association partners with the Rotary International District 3830 and other organizations in the Coalition For Health and Development.

Partnerships with the Rotary Club of Vigan RI District 3790 and the Rotary Club of Kalibo RI District 3850 are also ongoing.



The PMA joins A-PAD in an International Symposium 2022, themed: "Pandemic Resilience: Multi-sector Partnership on Disaster Risk Management and Emergency Response" last 04 August 2022.



PMA signs a Memorandum of Agreement with Takeda Science Foundation for Scholarship Grants in Postgraduate Fellowships to Japan.



The Philippine Medical Association partners with the World Surgical Foundation Philippines to support the conduct of surgical missions in the Philippines.

## Working with Government

The PMA President was appointed the First Member of the PRBM Committee on Career Progression and Specialization Pathway and the Credit Accumulation and Transfer System (CPSP-CATS).



The PMA joins the Specialty Societies in drafting the equivalencies for the PhilHealth Disease Related Groups (DRG) Reimbursement Scheme last September 21, 2022, at the EDSA Shangri-la Hotel.



PMA actively participated in the multisectoral dialogue on Early Warning related to New Psychoactive Substances organized by the United Nations Office on Drugs and Crime (UNODC) and the Dangerous Drugs Board (DDB), the Philippine Drug Enforcement Agency (PDEA) and the Bureau of Customs last September 20, 2022, at Novotel, Araneta, Quezon City.

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*The President's Corner, from page 5*

## On promoting the rational drug use of medicines as support to Philippine Medicines Policy 2022-2030

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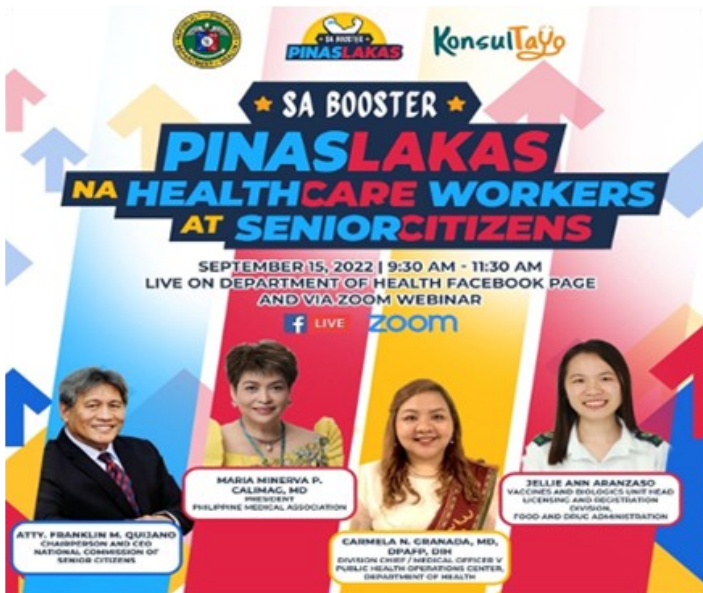
We at the Philippine Medical Association (PMA) express our support in the active implementation of the Philippine Medicines Policy 2022-2030 (PMP) through the promotion of Rational Drug Use of Medicines that are efficacious, safe, suitable and cost-effective among physicians in partnership with the DOH, LGUs, and the pharmaceutical industry.

Isusulong namin ang ACCESS Framework para sa mga gamot na Agad Bisa, 'Alang Panganib, Ankop sa bawat pasyente at Abot Kaya para sa lahat ng Filipino!

DR. MARIA MINERVA P. CALIMAG  
Philippine Medical Association



PMA commits to support the ACCESS Medicine Policy Framework for safe medicines through Rational Drug Use during the Philippine Generics Summit last September 28, 2022



The National Booster Vaccination Days dubbed “Bakunahang Bayan” under the PINASLAKAS Campaign was slated from September 26-30, 2022. The target populations were the vulnerable healthcare front-liners and senior citizens. A webinar with the DOH, the FDA, the PMA, and the National Commission on Senior Citizens was held last September 15, 2022



The PMA President signed the Pledge of Commitment to support the government at the 19<sup>th</sup> Philippine National Health Research Forum for Action in celebration of World Evidence-based Healthcare Day on October 20, 2022, during the launch of Clinical Practice Guidelines for various clinical conditions.

## Enhancing our International Presence

We are recognized globally and became a member of the World Medical Association in 1949. The PMA co-founded the Confederation of Medical Associations of Asia and Oceania and the Medical Association of Southeast Asian Nations.

The World Medical Association (WMA) held a meeting on Conscientious Objection among physicians at the International Code of Medical Ethics (ICoME) Conference in The Westin, Jakarta, Indonesia last July 3-5, 2022.



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*The President's Corner, from page 6*



Prof. Dr. Calimag, President of the Philippine Medical Association actively participated virtually in drafting the Karachi Statement during the 36<sup>th</sup> General Assembly and 57<sup>th</sup> Council Meeting of the Confederation of Medical Association of Asia and Oceania (CMAAO) September 23-24, 2022, in Karachi, Pakistan.



Prof. Dr. Calimag, PMA President delivers the Country Report at the 19<sup>th</sup> Midyear Meeting of the Medical Association of Southeast Asian Nations (MASEAN) held at the Borobudur Hotel in Jakarta, Indonesia last December 3-4, 2022.

## A Call to Action

It is time for all of us Filipino physiciansto look inwards and reflect. Let us be united and heed the call of #OnePMA. All the MASEAN Presidents asked me why #OnePMA and I said that we are pushing for the integration of the medical profession in the Philippines through legislation. And they are so inspired that we have managed to be the one umbrella organization of Filipino physicians for the last 120 years. We also have the biggest number of members and the most number of woman presidents, 7 in all. The Medical Association Thailand had one, Prof. Somsri Pausawasdee; Malaysia Medical Association had one Dr. Mary Cardosa, and a President-Elect this term; and Singapore Medical Association now has a woman president, Dr. Tan Yia Swam. PMA is strong but we should make it stronger through integration. Let us just have one collective voice when we face our legislators in both Congress and Senate. The Chair and Vice-Chair of the Committee on Health in Congress now are both

ENT-HNS physicians, Hon. Rep. Ciriaco B. Gato, Jr., M.D. of the lone Legislative District of Batanes, and Hon. Rep. Peter B. Miguel, M.D. of the Second Legislative District of South Cotabato.

On October 12, 2022, PMA held a Summit together with the PRC Professional Regulatory Board of Medicine, the CHED Technical Panel on Medical Education, the Association of Philippine Medical Colleges, the PMA Commission of Specialty Societies and Commission on Affiliate Societies, the Philippine Hospital Association to discuss its version of the Philippine Medical Act of 2022. The PMA Board of Governors passed Board Resolution 2022-071 on November 13, 2022, which states the rationale why the PMA, established on September 15, 1903, as the umbrella organization of all

physician organizations in the Philippines is the indubitable Integrated National Professional Organization of Physicians (INPOP).

Serendipitously, the House Committee on Civil Service called for a Congressional Hearing two days later on November 15, 2022. On November 19, 2022, the PMA submitted its Position Statement through a revised version, a Substitute Bill for the Philippine Medical Act of 2022 to the House Committee on Civil Service, chaired by the Hon. Rep. Kristine Alexie B. Tutor of the Third Legislative District of Bohol and to the House Committee on Health.

### PMA submits its version of the Philippine Medical Act of 2022 on November 19, 2022, after consultation with stakeholders

#### ARTICLE VII INTEGRATED NATIONAL ORGANIZATION OF PHYSICIANS (INPOP)

**SECTION 58. Integration of the Profession.** - The profession shall be integrated into one (1) Integrated National Professional Organization of Physicians (INPOP) duly recognized and accredited by the PRBM and the PRC. For purposes of this Act, the Philippine Medical Association (PMA) shall be acknowledged as the INPOP. All physicians, duly registered and licensed with the PRBM and PRC, shall automatically become members of the PMA, maintain such membership therein as a requisite to practice the profession, and shall receive the benefits and privileges appurtenant thereto upon payment of the required reasonable fees and dues. Membership in the INPOP shall not be a bar to membership in other associations of physicians.

Upon the approval of this Act, the PRC shall adopt rules and policies to effect the integration of the medical profession under such conditions as it shall see fit in order to raise the standards of the profession.

• "The profession shall be integrated into one (1) Integrated National Professional Organization of Physicians (INPOP) duly recognized and accredited by the PRBM and the PRC. For purposes of this Act the Philippine Medical Association (PMA) shall be acknowledge as the INPOP. All physicians duly registered and licensed with the PRBM and the PRC, shall automatically become members of the PMA, maintain such membership therein as a requisite to practice the profession and shall receive the benefits and privileges appurtenant thereto upon payment of the required reasonable fees and dues. Membership in the INPOP shall not be a bar to membership in other associations of physicians."

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*The President's Corner, from page 7*

I am furnishing here, Board Resolution 2022-071 so all of us are called to action so we can lobby all our respective Representatives in Congress and Senate.

## BOARD RESOLUTION 2022-071

WHEREAS, there are pending bills in Congress seeking the revision of Republic Act No. 2382 or the Medical Act of 1959 amended twice, by RA4224 in 1965 and RA5946 in 1969;

WHEREAS, the pending bills include the integration of the medical profession whereby physicians licensed to practice medicine in the Philippines will be required to be members of an integrated national organization for physicians;

WHEREAS, the Philippine Medical Association, Inc. (PMA) is able, willing and ready to be such integrated national organization for physicians as it has already in place the necessary structure, resources, logistics and manpower;

WHEREAS, the PMA is a non-stock, non-profit association of physicians established in 1903 and predating all other health institutions in the country including the Ministry of Health. It is a corporation duly registered with the Securities and Exchange Commission.

WHEREAS, the PMA is comprised at present of 92,966 members with primary goals of bringing together and uniting the entire medical profession of the Philippines, extending medical knowledge and advancing medical science; elevating the standards of medical education and practice, ensuring the enactment of just medical laws; promoting fraternal relations among physicians and between physicians and allied professionals, protecting the legitimate rights and prerogatives of the physicians; serving as an authoritative source of information regarding health, disease and medical practice; and promoting the practice of medicine in the context of Philippine life and culture.

WHEREAS, the PMA is the mother organization of all the medical organizations in the Philippines and is considered as the premier medical organization in the Philippines. It is the only accredited professional organization recognized by the Professional Regulation Commission (PRC) to represent physicians duly licensed to practice medicine in the Philippines and is consistently recognized as an outstanding accredited professional organization;

WHEREAS, the PMA has basic units called component societies which are existing in all provinces and major cities, 17 regions, 81 provinces, 145 municipalities in the Philippines,

WHEREAS, the PMA, through its specialty divisions such as the Philippine College of Physicians, Philippine Academy of Family Physicians, Philippine College of Surgeons, Philippine Pediatric Society, Philippine Obstetrical and Gynecological Society, Philippine Society of Pathologists, Philippine Society of Anesthesiologists and Philippine College of Radiology, through their certifying Boards accredit and certify the specialists in their respective medical fields in the Philippines duly recognized by the PRC.

WHEREAS, these specialty societies in turn have numerous subspecialties under their wings.

WHEREAS, the PMA has entities within its structure such as the Commission on Ethics, the Commission on Audit, the Commission on Professional Specialization, the Commission on Legislation, the Commission on Elections and the Commission on Mutual Aid, and dozens of committees with specific functions in furtherance of its visions, missions and objectives to promote the medical well-being of Filipinos;

WHEREAS, pursuant to the Republic Act No. 2382 or the Medical Act of 1959, all physicians in the Philippines must adhere, obey and comply with the Code of Ethics of the Medical Profession promulgated by the PMA and jointly adopted with the PRC.

WHEREAS, PHILHEALTH only accredits healthcare providers who are members in good standing of the PMA and in furtherance of the Universal Health Care Act RA11223;

WHEREAS, the members of PMA constitute one of the pillars of the universal healthcare program of the Philippine government comprising the human resource for health in the Philippines.

WHEREAS, the PMA, either by itself or through its specialties, subspecialties or component societies, conduct medical missions all throughout the Philippines in cooperation with the Department of Health in national and local government units for the promotion of a healthy Philippines.

WHEREAS, the PMA is part of the Technical Panel on Medical Education of the Commission on Higher Education on matters pertaining to the accreditation of new medical schools.

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*The President's Corner, from page 8*

WHEREAS, Presidential Proclamation No. 439, Series of 1957 was issued by then President Carlos P. Garcia declaring the fourth week of September as Medicine Week which authorizes the PMA to take charge of the observance of the Medicine Week

WHEREAS, the PMA has a reputation, domestically and internationally, as the representative of the medical profession in the Philippines;

WHEREAS, the PMA is a voting member of the World Medical Association (WMA) which consists of 115 National Medical Organizations all over the world, a co-founder of the Confederation of Medical Associations of Asia and Oceania (CMAAO) and the Medical Association of Southeast Asian Nations (MASEAN);

WHEREAS, an international treaty, the ASEAN MUTUAL RECOGNITION ARRANGEMENT ON MEDICAL PRACTITIONERS was entered by ASEAN countries, including the Philippines which recognizes the Philippine Medical Association together with the Professional Regulation Commission as the official Professional Medical Regulatory Authority that controls medical practitioners in the Philippines;

WHEREAS, the Philippine Medical Association is mentioned by name five (5) times in Republic Act No. 2382 or the Medical Act of 1959.

WHEREAS, the Philippine government need not appropriate funds for an integrated national organization for physicians since the PMA has already the existing structure, logistics, resources and manpower to be such integrated national organization for physicians;

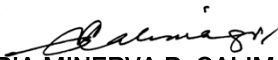
WHEREAS, there is no Constitutional or legal impediment for the recognition of the PMA as the National Accredited Integrated Professional for Physicians (NAIPOP).

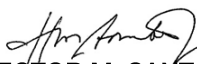
NOW THEREFORE, the Board of Governors of the Philippine Medical Association, Inc. in its 6<sup>th</sup> regular Board of Governors meeting conducted on November 13, 2022, at which meeting, there was a quorum and acting all throughout, adopted the following Resolution; RESOLUTION NO. 071 SERIES OF 2022

RESOLVED AS IT IS HEREBY RESOLVED to request all Senators and Congressmen to support the recognition of the Philippine Medical Association, Inc. as the accredited integrated national organization for physicians.

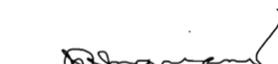
IN WITNESS WHEREOF, we have here unto set our hands on this 13<sup>th</sup> day of November 2022 at Quezon City.

SIGNED by all Officers and PMA Board of Governors 2022-2023.


  
MARIA MINERVA P. CALIMAG, MD  
President


  
HECTOR M. SANTOS JR., MD  
Vice President

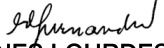
  
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Caraga



## Effect of Global Climate Change on Health

**HECTOR M. SANTOS JR., MD, MMHA**

PMA Vice President

A change in the Global Weather system occurring over several decades is slowly affecting the environment. Despite repeated warnings, without intervention, the changing climate is causing catastrophic consequences now becoming more evident with string of natural disasters affecting our country and the world. Scientists have already shown that climate change is due to increase in amount of greenhouse gases (i.e. carbon dioxide, methane, nitrous oxide) in the atmosphere which causes the earth's average temperature to rise. These greenhouse gases trap heat in the atmosphere raising air and sea temperatures. These are primarily produced by burning fossil fuels (like coal and gasoline) for generation of electricity and emissions from machines for agriculture, industry and transportation. Already well documented is the rise in Earth's temperature from 1C in 1950 to 1.5C in 2019 now 1.8C higher in 2021.

Sociologist Anthony Giddens wrote "since the dangers posed by global warming aren't tangible, immediate or visible in the course of day-to-day life, many will sit on their hands and do nothing of a concrete nature about them. Yet waiting until such dangers become visible and acute - in the shape of catastrophes that are irrefutably the result of climate change—before being stirred to serious action will be too late"

The slow turn of events in climate change is not immediately noticeable to the ordinary person. Often it is dismissed as a usual simple hot day in the office or in the street, which is easily relieved with a quick open switch of the office aircon or a cooling window shopping trip in the airconditioned mall. Changes are seemingly unnoticeable until some climate change advocate point out a few things we are already experiencing:

- Increase frequency of days with extreme heat (>40C)
- Increasing number of spontaneous bush fires in some countries
- Increased occurrence of low pressure areas brought by extreme heat over the seas becoming storms
- A rise in coastal sea levels
- Recent heat waves in European countries and North America
- In past years decreased annual rainfall with low level of water in Dam reservoir
- Periods of Extreme rainfall leading to increased risk/occurrence of flashfloods in previously dry land
- Melting Arctic glaciers and increasing sea level.

Aside from visible effects on people's livelihood, global warming is predicted to have a strong adverse impact on human health. It is estimated that the coastlines along the Pacific Ocean, Indian Ocean and the

sub Saharan Africa will be at higher risk of enduring the health effects of Climate Change. The Germanwatch observatory via the Global Climate Risk Index presented in 2020 Madrid UN Conference on Climate Change and the Philippines is part of the Top Ten Countries "mostly affected by Climate Change". The list includes the following:

1. Japan (climate risk Index of 5.5)
2. Philippines (climate risk index of 11.17)
3. Germany (Climate risk index 13.83)
4. Madagascar (Climate risk index of 15.83)
5. India (Climate risk Index 18.17)
6. Sri Lank (Climate risk index 19)
7. Kenya (climate risk index 19.67)
8. Ruanda (Climate risk Index 21.17)
9. Canada (Climate risk index 21.83)
10. Fiji (Climate risk index (22.5)

World Health Organization (WHO) estimates that Climate Change is responsible for over 150,000 deaths per year worldwide. It is expected to double by 2030. The effects of global warming has dire effects on health. Infectious diseases are expected to increase in Tropical countries. Increased Temperature in Africa and South East Asia already



*Effect of Global Climate Change,  
from page 10*

caused an increase in the mosquito population. This escalates the risk and number of Malaria, Dengue and other insect borne diseases. Government has already made measures to mitigate the situation but like most developing countries we have the will to act but lack the resources to prevent the outbreaks. Like a knee jerk reaction, we tend to respond after an outbreak has been noted, reported and validated.

Prolonged period of abnormally high temperatures can cause Heatwaves! This poses serious health effects on the vulnerable population such as the elderly, the very young and the sick or infirmed. Just a few months ago most of Europe and parts of North America experienced heat waves. With temperature in the high 40-45C. There were reports of deaths from hyperthermia or heat strokes and showed an increased number of admissions in the hospital of those with long standing heart and lung conditions. There were more emergency room visits for those with Asthma and decompensated heart condition.

Climate change will potentially lead to higher pollen concentration and longer pollen season leading to exacerbation of pollen induced asthma and allergic/atopic conditions. Pollen exposure could also trigger symptoms of allergic rhinitis, allergic conjunctivitis and increase cost on ER consults and increase in prescription medications bought.

Extreme heat also lead to Power outages as our dams have low water reserves to provide adequate

electric generation. It leads to extreme dry land onwards to drought. As crop production declines economic instability ensues. Furthermore low food production leads to undernutrition, hunger and higher food prices.

Extreme rainfall is also attributed to Climate change. In recent months we have experienced severe monsoon rains and super typhoons causing overflowing rivers, flash flood, deluge and landslide. As a result upper respiratory infections now increase in number not to be outdone are cases of Leptospirosis from walking in the flood. There is likewise a good number of lives lost from flooding and being caved in the landslide and the significant number of limb and body injuries. In the other end of the spectrum Mold tend to grow faster in the cold wet indoors during a sustained rainy season. The mold allergens then also increase asthma and mold allergy conditions.

Crucially important to consider is that pre existing mental health conditions or problems can be exacerbated or even triggered by climate change. General anxiety disorder, psychological distress, even PTSD following extreme weather event has definitely been documented. Already in place are advocates of mental health positivity. Studies have been made to mitigate adverse mental reactions and point out information to help elucidate complexities of mental health impacts from a changing climate and also to help understand predisposing factors that may influence positive mental health outcomes and build psychosocial resilience. It is most important that as health practitioners we recognize a 'troubled mind' and offer a helping hand or

a compassionate hug of support to these individuals. The timing of psychosocial implications from climate related hazard poses another challenge. Studies show there is a wide ranging timeframe for the psychosocial impact to manifest. Some studies report mental health problems to be most significant within 6 months after a flood. Mostly the average is 5-8 months but some conditions started manifesting one year post event. Additional research is needed and more effort must be made to better understand climate change related health hazards with the context of mental health sequelae.

In 2015, the World Health Organization (WHO) set forth the *framework for building climate resilient health systems*. This framework provides guidance for health professionals to predict, prevent, and prepare for climate change-related shocks with the ultimate aim of protecting population-level health by increasing health systems' capacity to cope, adapt, sustain, and strengthen in the wake of a changing climate.

After reading this you may now have a grasp of the Climate change problem and see its deleterious effect. How can you as a person or even as a health practitioner be part of the solution.

As one person out of seven Billions in this world can you make a difference? To start with scientists have showed that Climate Change starts as a problem of personal consumption. A Swiss scientific study wrote that humanity can help limit the effect on climate change if each

*continued on page 12*

*Effect of Global Climate Change,  
from page 11*

person used 2,000 watts of power a year! It is estimated that an average American consumes 12,000 watts a year and a Bangladeshi uses 300. No study yet on individual Filipino consumption but it is highly possible we are double 2,000 watts consumption. It is a lifestyle choice, and with better government regulation of energy expenditure and better technology we may still help the number drop. A notable development is living in smaller homes.. "tiny house movement". Shrinking your space doesn't mean shrinking your life. Downsizing can lead to less clutter, less space to clean, lower utility bills and closer family bonding in a confined space.

On Transportation. The cleanest mode of transportation is walking or using a bike which create a zero greenhouse gas emission. The electric driven car is more environment friendly than the car or bus run by fossil fuel diesel or petrol! For long distances and across islands/continents no alternative to flying but it would be best if we develop inter island trains or ships run by Electricity.

Rebuilding Cities or building new cities with environmental friendly blueprint is probably best direction to curve climate change. Old buildings and house have to be retrofitted to be environmental friendly 'green houses'. Government office buildings, residential buildings and houses should have solar panel and even gardens on roof tops. For those where Heating, ventilation and air conditioning (HVAC) is needed. More fuel efficient and environmental friendly technology is available. Recently HVLS high volume ceiling fans are used in churches, factories and school gyms. These large fans are newest cooling and ventilation option than huge, expensive air conditioning units. Your individual or even group clinics should be environmental friendly. Aside from using solar panels for electric source having free flowing air through large windows are a cool way to go.

Included in city or community planning is sustainable water management programs. Storm or rain water could collected and funnelled in water treatment pools to provide enough water supply for the community.

Canal and street drainage should be de clogged and maintained free flowing to prevent flood waters in the street. Planned canal systems can be built to prevent flash floods in the rice paddies and streets of the barrio. All of these is through a good environmental conscious urban planning.

The gargantuan task is on the government of each continent to cooperate towards decreasing Climate change. The biggest task is on Geoengineering to develop globally applicable large scale intervention to counteract climate change. The politics of worldwide climate intervention is a bit complex. I not a politician so I wont get into that. For now.

Individually we can start with ourselves to help decrease climate change. Be environmental friendly and do your share to decrease the effects of Climate Change. Teach your patient and their family what it means to help planet Earth.

☪•☪•☪•☪



## PHILIPPINE MEDICAL ASSOCIATION

### 116<sup>th</sup> Annual Convention and Scientific Meetings

**May 17-20, 2023**





## National Treasurer's Report

MILDRED M. MAÑALAC-MARIANO, MD

The Philippine Medical Association has released to 88 members a total of P3, 598,750 for death and disability benefits from June to October 2022.

### Mutual Aid Claims as of October 31, 2022

	No. of Claims	Total Claims
Death benefits	64	3,087,500.00
Covid	5	250,000.00
Non-covid	59	2,837,500.00
Disability benefits	24	511,250.00
Covid	3	30,000.00
Non-covid	21	481,250.00
Legal aid benefits	0	-
<b>Total</b>	<b>88</b>	<b>3,598,750.00</b>

From June to October 2022, a total of ₱44,500.00 was donated to the Association. The Abra Medical Society received ₱30,000. in financial aid for the three members affected by the 7.3-magnitude earthquake. The remaining donations as of October 31, 2022 amounts to ₱1,089,888.15.

### Disaster, Calamity and Medical Mission's fund (Donations) As of October 31, 2022

Remaining donations, June 1, 2022	1,077,388.15
Receipts	44,500.00
Less: Disbursements	(32,000.00)
<b>Total remaining donations, October 31, 2022</b>	<b>1,089,888.15</b>

### List of Donors

Date	OR No.	Name	Amount
6/1/2022	177037	Basio-Duran, Melanie S	1,500.00
6/1/2022	177036	Basco, Marthony Precilla	2,000.00
8/3/2022	181101	Taguig City Medical Society	16,000.00
8/3/2022	181103	Aklan Medical Society	10,000.00
8/3/2022	181113	Mandaluyong City Medical Society	10,000.00
8/30/2022	183964	Las Pinas Medical Society	5,000.00
<b>Total</b>			<b>44,500.00</b>

### Financial assistance given to Component Society and expenses to those affected by Earthquake

Date	Check No.	Particulars	Amount
07/29/2022	6056344758	Financial assistance for the 3 members of Abra Medical Society	30,000.00
08/17/2022	6056344793	Van rental to move the 200 boxes of Pocari Sweat from PMA to JTC trucking. The JTC trucking will transport to Vigan City, Ilocos Sur.	2,000.00
			<b>32,000.00</b>

National Treasurers Report, from page 13

The Association called for Donations for the families affected by typhoon Paeng on November 1, 2022. As a result of generosity of the members the Association was able to raise ₱346,000 as of November 15, 2022 and other donations were directly given to the affected Component Societies amounting to ₱249,250.

<b>Donations to PMA</b>			
<b>Date</b>	<b>OR No.</b>	<b>Name</b>	<b>Amount</b>
11/4/2022	199596	Taguig City Medical Society	10,000.00
11/7/2022	199648	Taytay Angono Cainta Medical Society	10,000.00
11/7/2022	199649	Batangas Medical Society	5,000.00
11/7/2022	199650	Southern Ilocos Sur Medical Society	25,500.00
11/8/2022	199667	Las Pinas City Medical Society	5,000.00
11/9/2022	199677	Annette Tayag	5,000.00
11/9/2022	199678	Oriental Mindoro Medical Society	10,000.00
11/9/2022	199687	Dr. Mildred M. Mariano	10,000.00
11/9/2022	199695	Central Luzon	38,000.00
11/9/2022	199696	San Pablo Medical Society	10,000.00
11/9/2022	199697	Taal-Lemery Medical Society	20,500.00
11/10/2022	199723	Palawan Medical Society, Inc.	10,000.00
11/10/2022	199724	Abra Medical Society	10,000.00
11/10/2022	199725	Pasig City Medical Society Inc.	7,000.00
11/11/2022	199734	Quezon City Medical Society	30,000.00
11/11/2022	199736	Rizal Region	50,000.00
11/11/2022	199741	Central Tagalog Region	30,000.00
11/11/2022	199742	Eastern Rizal Medical Society	10,000.00
11/11/2022	199753	Pangasinan Medical Society	15,000.00
11/14/2022	199777	Lipa Medical Society	10,000.00
11/14/2022	199779	Manila Medical Society	20,000.00
11/14/2022	199780	Taal-Lemery Medical Society	5,000.00
			<b>346,000.00</b>

<b>Donations directly given to Component Society</b>		
<b>Donor</b>	<b>Recipient</b>	<b>Amount</b>
PMA-General Santos City Chapter	Cotabato City Medical Society	51,250.00
PMA-General Santos City Chapter	Sultan Kudarat Medical Society	51,250.00
Lanao Del Sur Medical Society	Cotabato City Medical Society	51,750.00
Lanao Del Sur Medical Society	Zamboanga Medical Society	50,000.00
Dr. Luz P. Acosta-Barrientos	North Cotabato Medical Society	10,000.00
Dr. Luz P. Acosta-Barrientos	Cotabato City Medical Society	10,000.00
Dr. Luz P. Acosta-Barrientos	Sultan Kudarat Medical Society	10,000.00
Western Mindanao Region	Cotabato City Medical Society	10,000.00
Western Mindanao Region	Sultan Kudarat Medical Society	5,000.00
	<b>Total</b>	<b>249,250.00</b>

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REMITTED BY:

## Getting to Know Your Specialty Division President



### Dr. Karin “Kaye” Estepa-Garcia

President

Philippine Academy of Family Physicians



The medical profession is fortunate to have someone as passionate as Dr. Karin “Kaye” Estepa-Garcia. As the youngest ever President of the Philippine Academy of Family Physicians, she is a staunch advocate of its vision to be the Physician of Choice of every Filipino family. These causes, in a nutshell, mirrors her career path. She graduated as Doctor at the University of the East Ramon Magsaysay Memorial Medical Center in 2004. Then she spent her Residency Training in Family and Community Medicine at the University of the Philippines - Philippine General Hospital (UP-PGH) from 2007 to 2009, and her Fellowship Training in Hospice and Palliative Care from the same institution in 2010.

From then till the present, she significantly gave her expertise to the Family Medicine knowledge base and practice; aside from being the Clinical Associate Professor at the UP-PGH College of Medicine, she is a Contributing Author to the textbook “Family Medicine Volume 2 - Chronic Pain Management in Primary Care”. She is also part of the team that produced the “Standardized Outcome-Based Education Curriculum for Community, Family, and Preventive Medicine”

in 2016. She is a Co-Author and Contributor to the “Family-Focused Home Care Plan during a COVID-19 epidemic, A Consensus Statement by the PAFP Task Force on COVID-19”, and the “COVID-19 Unified Algorithm for Advance Care Planning, and End of Life Care.

Her past and present positions in the organizations she is associated with are proof of her devotion to the field of family medicine. Aside from the PAFP, currently she is the Chair of the Department of Family and Community Medicine at the UP-PGH, Vice Chair of the Department of Family and Community Medicine at Manila Doctors Hospital, and Chief of Clinics of the OFW Hospital at San Fernando, Pampanga. Her past positions in Family Medicine organizations include Chairperson for the Department of Family and Community Medicine of the Manila Doctors Hospital; Vice-President, Executive Secretary, and Chairperson of the Basic and Continuing Medical Education of PAFP; and Vice Chair for Faculty of the Department of Family and Community Medicine at the UP-PGH. She is also the Immediate Past President of the Philippine Society of Hospice and Palliative Medicine (PHSPM).

She was able to do and fulfill all these roles because her mantra is “Life is short, so I need to live life to the fullest.” She does not waste an opportunity to be a doctor who enriches the lives of her patients and students, and the institutions she worked and belonged in.

Kaye also believes that FAMILY is MEDICINE. She spends quality time with them by watching football games, especially with her son, and she supports her daughter’s social causes. And in the times that she’s taking a break from fulfilling her goal of being the Physician of Choice of Filipino families, she fawns on dogs, does yoga, and watches Netflix.



#### PMA Regional Assemblies for Fiscal Year 2022-2023

#	Date	Region
1	October 16, 2022	NCR
2	November 11, 2022	Northern Mindanao
3	November 27, 2022	Central Visayas
4	January 22, 2023	Southern Tagalog
5	February 5, 2023	Central Luzon
6	February 12, 2023	Northwestern Luzon
7	February 19, 2023	Southeastern Mindanao
8	February 26, 2023	Western Visayas
9	March 5, 2023	CARAGA
10	March 19, 2023	Northeastern Luzon
11	March 26, 2023	Northcentral Mindanao
12	April 16, 2023	Bicol
13	April 23, 2023	Western Mindanao
14	April 30, 2023	Eastern Visayas



## Getting to Know Your Specialty Division President



### Dr. Imarzen V. Elepaño

President  
Philippine College of Radiology



Doctor Imarzen V. Elepaño is a Diagnostic Radiologist and has been practicing for more than 18 years.

He took his residency in Diagnostic Radiology in the University of the Philippines - Philippine General Hospital (UP-PGH) from 2000 to 2003. During his junior years in residency, he was one of the few who has presented his research papers, at that time, in the annual convention of the Radiological Society of North America (RSNA) in Chicago, Illinois. He has also presented his research papers in the ASDIR in Chengdu, China, Singapore and Seoul, South Korea and a few abstracts published by other international medical societies.

He also had his fellowship training in diagnostic imaging, specifically in CT, MRI and ultrasound imaging, also in the UP-PGH. He was one of the recipients of the Diosdado Macapagal fellowship grant and has attended several trainings abroad like in Hong Kong and Singapore mainly on Body Imaging.

In 2006, he started working as a clinical associate professor in the Department of Radiology in UP-PGH,

initially without compensation (WOC). This was a way of giving back and showing his gratitude to the institution that he owed so much to and was hoping to inspire the younger generation to do the same. He became the training officer of the UP-PGH Department of Radiology from 2010 to 2018. He then became active in the Philippine College of Radiology (PCR), one of the eight specialty divisions of the Philippine Medical Association (PMA) and was appointed the chairman of the Residents Training Committee (RTC) of the PCR in 2010 up to 2015 and was then voted in as a member of the Board of Directors in 2013. Currently, he is the President of the Philippine College of Radiology (PCR). At present, he is also the Public Relations Officer (PRO) of the CT MRI Society of the Philippines (CT-MRISP), a subspecialty society of the PCR, the current section head of the CT-MRI section of the Asian Hospital and Medical Center (AHMC), and head of the CT scan subsection in UP-PGH.

He loves to travel, eat exotic foods, go to exotic places, and enjoy exotic cultures. He also has a collection of exotic face masks from various countries, which range from theatre to ceremonial, from festival to death masks. Some of which were purchased abroad, and many were gifts from friends and relatives acquired from their many trips.

He is the eldest of four siblings, and his name is as unique and as complicated as his personality. His name is a combination of his father's (Marcial) and mother's (Zennen) names; with the letter 'I' placed in the beginning, to symbolize his position as the first borne. 'Marzen' is the nickname he is fondly called by his family and relatives. Märzen or Märzenbier (which is German for March beer) is also a pale lager seasonal that originated in Bavaria. The Märzen style has historically been associated with the change of seasons, the onset of autumn, and the celebrations that take place at that time, including what became the first Oktoberfest celebration. On the other hand, his friends, classmates, teachers, colleagues and acquaintances call him by another name, 'Imar'. Ímar (Old Norse: *Ívarr* ['i: , wɑ:]; died c. 873), or Ivar the Boneless, was a Viking leader in Ireland and Scotland in the mid-late ninth century who founded the Uí Ímair dynasty, and whose descendants would go on to dominate the Irish Sea region for several centuries. Ímar was given the title "King of the Norsemen of all Ireland and Britain" in contemporary annals.

## Getting to Know Your Specialty Division President



### Dr. Ramon S. Inso

President

Philippine College of Surgeons



RAMON S. INSO, MD, FPSGS, FPALES, FPCS, is the 2022 President of the Philippine College of Surgeons. An Associate Professor 4 and the Chairman of the Department of Surgery in the College of Medicine of the University of Perpetual Help Dr Jose G. Tamayo Medical University (UPHDJGTMU) in Binan City, Laguna, Philippines. He is also the Overall Chairman, from 2004 up to the present, of the Perpetual Help Medical Center Consortium, made up of two Level 4-university hospitals, one in Biñan and the other in Las Piñas, with a combined total capacity of 500 beds, which is a PSGS (Philippine Society of General Surgeons) - accredited training institution in General Surgery.

He acquired his medical degree at the Cebu Institute of Medicine in Cebu City in 1980 and had his post graduate internship at the Southern Islands Hospital (now Vicente Sotto Memorial Medical Center). He moved to Manila and had his General Surgery training from 1982-1986 and served as Chief Resident at the Perpetual Help Medical Center in Binan, Laguna. He became a Diplomate of the Philippine Board of Surgery and a Fellow of the Philippine College of Surgeons in 1988. He established his

practice primarily at the Perpetual Help Medical Center Binan in Laguna and the southern part of Metro Manila. His competence, dedication to his profession and in the training of surgery residents including his pioneering laparoscopic surgery in the institution and his genuine care for the underprivileged, greatly helped propel the institution to greater heights and him to take on responsibilities in various capacities such as the Surgery Department's Training Officer and then its Chairman. He has always volunteered and been involved in major surgical missions to help address the unmet surgeries in the Philippines, through the PCS SURE (Surgery in the Underserved Regions with Education) Committee and lately through the PCS SURE Commission. He also served as Chair of the various committees of the PSGS and PCS; as a PSGS founding incorporator in 1999; then eventually becoming the National President of the Philippine Society of General Surgeons in 2008 and this year's National President of the Philippine College of Surgeons. He has received numerous awards notably the: Achievement Award University of Perpetual Help System Laguna 1999, Dr Jose G. Tamayo Exemplar Award, 2017, PCS PSGS Southern Tagalog Chapter Master of the Knife Award 2005, and the PCS PSGS Southern Tagalog Chapter Illustrious Fellow Award last December 2021.

He loves to listen to and sing his favorite contemporary playlist while performing his surgeries. He loves to play basketball and table tennis up to the present. A true family man, he and his beloved wife, Cecille are blessed with three children who are all doctors, and are practicing consultants in general surgery, anesthesia and in vascular surgery, respectively.

☪•☪•☪•☪

Doctor Imarzen V. Elepaño,  
from page 17

Doctor Imarzen V. Elepaño has always lived by the words of Albert Einstein and has repeatedly shared these words to the trainees - "The important thing is not to stop questioning. Curiosity has its own reason for existence. One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality. It is enough if one tries merely to comprehend a little of this mystery each day." — "Old Man's Advice to Youth: 'Never Lose a Holy Curiosity.'" *LIFE Magazine* (2 May 1955) p. 64"

☪•☪•☪•☪



## Getting to Know Your Specialty Division President



I am Marlyn T. Dee, MD, 2022 President of the Philippine Obstetrical and Gynecological Society (POGS) with an academic rank of Professor 2, at the UST Faculty of Medicine & Surgery. I am a Fellow of three subspecialties, Philippine Society of Reproductive Medicine (PSRM), Philippine Society of Gynecologic Endoscopy (PSGE) and Philippine Society of Ultrasound in Obstetrics & Gynecology (PSUOG). I had my fellowship training for one year in 1994 at the Women's University in Bonn, Germany and I had my Masters degree in Health Profession Education. I love to travel, watch telenovelas, go to spa for massage and a plantita.

### Dr. Marlyn T. Dee

President

Philippine Obstetrical and Gynecological Society



I had 2 new Presidential projects for my term, and these are the adhoc committee for Member's Mental wellness and Motivation or M3 and the POGS Learning Management System (LMS). The M3 had 4 quarterly webinars known as ME Time for self-care, self-healing and service, as we all had our own share of losses during the pandemic. A weekly journaling for mental health known as Sunday Pause was added which is a healthy way to express oneself and effectively manage stress. All sectors of the healthcare profession need to be healthy both physically and mentally for us to be able to provide quality health care to our patients. The POGS LMS serves as a portal in conducting online examinations and other activities with trainers and trainees, as the virtual platform is here to stay even after the pandemic.

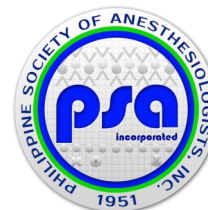
POGS is the premier organization with the mission of providing the highest quality of women's healthcare and increasing awareness of women's health issues through its advocacy programs and education of health care providers and the community. In order to accomplish these missions, POGS has collaborated with various stakeholders on advocacies to reduce teenage pregnancy through sexual education and family planning, breast and cervical cancer awareness and screening, patient safety bundles to reduce the risk in the provision of healthcare, community services with training of the midwives on common OBGYN cases, maintaining the quality of residency training program and giving educational updates to its members thru the Continuing Medical Education (CMEs), practice bulletin and Clinical Practice Guidelines. We likewise give mutual assistance to our members through the Mutual Assistance Program and give financial support during calamities to other regions.



### Dr. Edgard M. Simon

President

Philippine Society of Anesthesiologists



Dr Edgard M Simon took up his B.S Pre- Med at the University of Santo Tomas and got his Doctor of Medicine from the same institution. He had his Residency in Anesthesiology at UP- PGH Medical Center in 1988-1991, Pain & Trauma Anesthesia at the Sackler Medical University Ichilov Hospital, Israel in 1992 and Masters in Health Services Administration at the Ateneo School of Business in 2000- 2003.

His past positions included President Society for Obstetric Anesthesia of the Philippines, 2008, President Asian Anesthesia Associates Inc., 2013, 2014, Managing Partner, Medical Anesthesia Care Partnership, 2015 - 2017, Member, Philippine Board of Accreditors - 2016, 2017, Chairman, Department of Anesthesiology, Asian Hospital 2018-2020, Member, Board of Directors PSA - 2009, 2018, 2019 and Member, Board of Directors, Regional Anesthesia Society of the Philippines 2018-2020.

Currently he is the President of Philippine Society of Anesthesiologists and Society for Intravenous Anesthesia of the Philippines. He is also a Associate Professor 7 at the UP, College of Medicine and a Consultant in Obstetric Anesthesia at the UP- PGH Medical Center & Asian Hospital and Medical Center.



## Getting to Know Your Specialty Division President



### Dr. Alan T. Koa

**President**  
**Philippine Society of Pathologists Inc.**



*Dr. Alan Koa's* passion for Pathology flowed from his meticulous, organized skills and pursuit for excellence that in whatever he does, he carries his approved signature work. He does not want mediocrity as he embraces every opportunity for professional development. His dynamism and search for learning and growth both as an academician and as the Pathologist that he is now is unquestionable.

He studied medicine at UERM Memorial Medical Center with B.S. Biology as his pre-med course at the University of St. La Salle - Bacolod. The road to Pathology was paved in the halls of the University of the Philippines-Philippine General Hospital for his Anatomic and Clinical Pathology Residency Training where he became Chief Resident in 2001. He had his fellowship trainings in diagnostic nephropathology at Singapore General Hospital, Emory University School of Medicine in Atlanta and at the University of North Carolina at Chapel Hill, USA. His desire for continuous education is evidenced by his recently obtained Postgraduate Diploma in Molecular and Diagnostic Pathology at the University of Hong Kong (2020).

Looking at glomeruli excites him and what challenges him lately is

the hybrid delivery of Pathology curriculum in the two medical schools he is affiliated with - San Beda and Ateneo de Manila. He is the coordinator for Pathology in both institutions and also the Administrative Officer of the College of Medicine at San Beda. His love and passion for teaching as evidenced by his 20 years of continuous service was left unnoticed. He was the recipient of the Dean Mariano Dela Cruz Excellence in Academic Teaching Award in 2016 that was bestowed by the San Beda College of Medicine where he currently holds an academic rank of Professor 1.

Born with leadership qualities, he was the Chair of the Council on Education and Research (2018-2022) and Chair of the Board of Pathology in 2016-2017 of the Philippine Society of Pathologists. He organized a Symposium-Conference in Anatomic Pathology with International Expert Pathologists in January 2020 just two months before the world shut down due to COVID-19. He arranged live webinars in Anatomic Pathology with local and international speakers so as not to limit the acquisition of knowledge during the pandemic.

As a Pathologist, his excellent attitude and exemplary work ethics won the admiration of many. His unwavering commitment and deep motivation as a teacher and

mentor to many of his students was appreciated. He was the recipient of the 2020 Liborio Gomez Memorial Award and Lecture bestowed by the Philippine Society of Pathologists for his involvement in the promotion and advancement of the science of Pathology.

His life is very much integrated and he has a broad perspective of situations whether in the laboratory or life in general. This he owes to the countries and places he has visited. Traveling is tantamount to growth in all aspects that he arranges his schedule to make way for his well-deserved break.

The "loves" of his life, if you may ask? First, God Almighty followed by family, practice of Pathology, teaching and traveling. His ultimate bucket list is to be able to join a cruise to Antarctica and experience the polar plunge!

--- Written by: Mirian Viterbo, MD, FPSP



## Getting to Know Your Specialty Division President



Dr. Florentina U. Ty, fondly called “Flor” by friends and colleagues is a woman of distinguished character, virtue and simplicity. She is not only a pediatrician par excellence but to many lives she has touched over the years, she is a sister, a mother, teacher and a mentor rolled into one.

Flor hails from Biliran Leyte. She spent most of her growing up and adult years to complete her studies in Cebu.

She obtained her Doctor of Medicine Degree at the Cebu Institute of Medicine. She had her Postgraduate Internship at the Southern Island Hospital in Cebu City. She went to Manila to pursue residency training in pediatrics at the Manila Central University - Filemon D. Tanchoco Medical Foundation and Hospital and Pediatric Intensive Care fellowship training at the Philippine Children’s Medical Center. Driven by a strong desire to hone both her clinical skills and competence, she went on to further her studies at the Cincinnati Children’s Medical Center, Ohio USA as a rotating fellow. She concluded her intellectual pursuit with a master’s degree in Public Health at the Institute of Community and Family Health.

Flor is blessed with three children. The eldest daughter is an accountant, second daughter is currently working

## Dr. Florentina U. Ty

**President  
Philippine Pediatric Society**



as nurse in Colombia Hospital, New York City; and his youngest and only son is now a certified physician. Unfortunately, her husband also an accountant was not able to see their children become professionals because of his untimely demise.

Despite her busy schedule Dr. Ty makes sure she spends quality time bonding with her children. She is fond of baking cakes, and pastries for her children and friends during her spare time.

“Flor” is known for her dedication and passion for teaching. She worked as an Associate Professor at the MCU College of Medicine and clinical professor at various institutions. Her selfless commitment to share her expertise to the young aspiring doctors earned her numerous distinctions for her exemplary work such as being recognized as Most Outstanding Faculty and Most Outstanding Consultant in various medical institutions.

She was Past Chair of the Department of Pediatrics of the Las Pinas Medical Center, past Board Director and Administrative Officer at the Diliman Doctors medical center and was also its Chief of Clinics.

She became the President of the Society of Pediatric Critical Care Medicine, Philippines in 2002-2005, National Coordinator of the PPS Pediatric Advanced Life Support from 1995-2001. She is an international faculty consultant for BLS, PALS and ACLS in PCMC and also a regional faculty in Asia Pacific for the said courses. She

a certified Hospital Board Trainer of the Neonatal resuscitation Program of the American Academy of Pediatrics and the American heart Association.

At present she is the Chair of the Department of Pediatrics at the Diliman Doctors Hospital and the Pediatric ICU Head at the Medical City.

With her Master in Public Health being put to good use, she has authored and co-authored several published researches mostly with interest in pediatric critical care.

She has been a most sought-after speaker in various national conferences in pediatric critical care and a dedicated trainer of PALS, BLS and ACLS, going around the country to share her knowledge with residents, fellows and consultants and other allied health care professionals. She was invited by AHA Dallas to conduct AHA PALS Instructor courses in Singapore, Guam & Indonesia.

Dr. Ty has served the Philippine Pediatric Society and sat as one of the Board of Trustees for more than a decade where she assumed several key position as Treasurer, Secretary and as Vice-President.

Dr. Ty is truly an epitome of a well-rounded complete Five Star pediatrician, worthy of praise and emulation. With her leadership and influence as the national president of the Philippine Pediatric Society 2022-2024, the organization will definitely shine its brightest and fullest, all in the service of the Filipino child.



## Getting to Know Your Specialty Division President



### Prof. Diana A. Payawal, MD

President  
Philippine College of Physicians



- President Philippine College of Physicians, 2022-2023
- First Woman President of the Asian Pacific Study of the Liver
- Past President of Philippine Society of Gastroenterology 2010-2011
- Past President of Hepatology Society of the Philippines 2021-2014

#### Academic Positions:

- Professor II, Our Lady of Fatima University
- Ass Professor, Department of Medicine, University of Santo Tomas (past)
- Asst. Professor III, Department of Biochemistry and Molecular Biology, St. Luke's Medical Center 1998-2006

#### Advocacies:

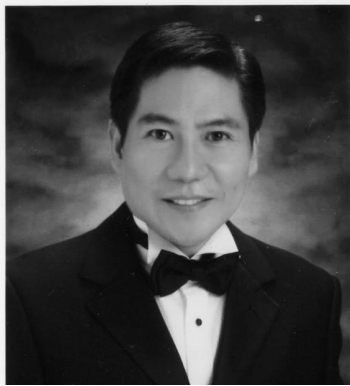
- SIN TAX BILL to increase EXCISE TAX for alcohol to curb liver diseases related to alcohol. Started during the term as President of HSP
- Unified Globally 4 Regional Societies namely Asian Pacific Study of the Liver (APASL), European Association for Study of the Liver (EASL), American Association of the Study of the Liver (AASLD), and Association of Latin American Study of Liver (ALEH) for a statement of NO TO DISCRIMINATION FOR patients with Viral Hepatitis.
- Chairman of Outreach Programme, Philippine Society of Gastroenterology, 2002-2004:
- spearheading the Advocacy Programmed for Hepatitis B vaccination programme for the Aetas /Outreach Programme for Hepatitis B vaccination August 2007 for the children of Tumana, 2007

#### Passion:

- Incorporator and Founder of the Hepatology Society of the Philippines in 2006, which presently has 800 members. Hepatology Society of the Philippines remains to be the Recognized Liver Society both locally and gl Editorial Board of International Peer reviewed Journal: Assistant Editor, Hepatology International, Editorial Board, World Journal of Gastroenterology, and Past Editor in Chief, Philippine Journal of Gastroenterology
- Editorial Board of International Peer reviewed Journal: Assistant Editor, Hepatology International, Editorial Board, World Journal of Gastroenterology, and Past Editor in Chief, Philippine Journal of Gastroenterology
- Founder and established the Community Based Centers for Digestive and Liver Diseases FUMC Digestive Endoscopy and Hepatology Unit for Bulacan (CAMANAVA area) and ANTIPOLLO
- Chaired and Hosted the FIRST APASL (Asian Pacific Study of the Liver) meeting in MANILA by Hepatology Society of the Philippines attended by 3000 Experts worldwide.
- Collaborated with Local Experts to Establishing Digestive and Hepatology Center training: Marawi (Amai Pakpak Digestive Center)
- Collaborated and formed Asian Pacific Guidelines for Liver Cancer, Chronic Hepatitis B and C in resource Limited Countries, COVID 19 task force, Metabolic Associated Fatty Liver Disease, Liver Fibrosis, Acute on chronic Liver Failure (multiple papers), Autoimmune Hepatitis (in press) and Nutrition in Liver (on going), Chronic Hepatitis B in special populations (in press)
- Collaborated and formed LOCAL Guidelines for Colon Cancer, Nutrition for PEG insertion (in process)
- Collaborating for the establishment of First Ablation therapy Group for the Liver cancer (in process) and participating in the regional Ablation Therapy in Asia

#### Social-Civic woks / Community Service:

- Church Lector for Santa Della Strada Parish since 2015 up to Present
- Incorporator and Chair Green Project, 2010 (Environmental Project)
- World Hepatitis Day convenor, Valenzuela and Mandaluyong (2007 and at present)
- Member, Academic Committee Ateneo High School Section 2L
- Board of Directors and Chairman of Outreach Programme, Loyola Grand Villa Homeowners Association
- Chairman of Outreach Programme, Philippine Society of Gastroenterology, 2002-2004: spearheading the Advocacy Programmed for Hepatitis B vaccination programme for the Aetas
- Outreach Programme for Hepatitis B vaccination August 2007 for the children of Tumana, 2007
- Organizing Committee for the Outreach Programme in Cagayan De Oro- Cardinal Santos Medical Center 2005



## The Pillars in the Palace

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

A monument exists because of its firm upstanding anchors who played a significant role to make an aim happen through its rightful fundamental precepts. The anchors' goals are geared towards a strong desire to achieve something great. We call them leaders.

I came across an article in the Harvard Square about "Leadership Excellence" that mention about its better definition. This was derived from a business dictionary and defined as "The capacity to establish direction and to influence and align other towards a common goal".

As I may quote John Quincy Adams, he said that "If your actions inspire others to dream more, learn more, do more and become more, you are a leader!" This only proves to say that we have the association's bests in its history because our monument still stands strong through the years until now, the "ONE PMA!".

Giving a fleeting view of the past, let me share a brief history of the Association meticulously narrated by our beloved PMA Past President (1988-1989) **Dr. Santiago Del Rosario** entitled, "PMA Legacy". and he said,

"In the beginning, in the late Spanish era there were already health groups in Manila although limited to doctors, sanidades and nurses only. There was also the Colegio Medico-Farmaceutico de Filipinas. On September 29, 1898 a board of health was created to oversee the improvement of Health and Sanitation of Manila.

When William Howard Taft was appointed civilian governor general, he assigned Major John Rich Mc Dill, M.D., Brigade surgeon of the 7th Army corps operation in Cubao, to organize a medical society in order to hasten delivery of medical assistance from the American Red Cross. Thus, on July 9, 1902 the Manila Medical Society was founded and Dr. Mc Dill became the first president.

To be affiliated with the American Medical Association, a prerequisite for recognition and eligibility for Congressional allocation of funds for health, the affiliating Association must be in the category of a national level. Dr. Mc Dill called a meeting of the MMS and members of the Colegio, who were mostly MMS members anyway and merged them into the national Philippine Islands Medical Association (PIMA) on September 15, 1903 with only MMS as its component society. Societies from Cavite, Bulacan, Rizal and the rest were eventually formed.

### HIGHLIGHTS BY DECADE

#### First Decade 1903-1913

- Enlarged the MMS to be the Philippine Island Medical Association
- Worked for the affiliation of PIMA with the American Medical Association and recognition with the U.S. Congress
- Encouraged all physicians to unite with PIMA attracting them through CME.
- Surveyed the magnitude of all Communicable Diseases and formulated strategies on how to control them.
- Organized the First PIMA Annual Convention
- Instigated government to form a second Medical School with a Division on Tropical Medicine, Malnutrition, Tuberculosis
- Enlarged the Board of Health into the Bureau of Health
- PIMA worked for the establishment of the following:
  - 1905 – St. Paul's Hospital
  - 1906 – Mary Johnston Hospital
  - 1910 – Philippine General Hospital
- Started education of the public on hygiene, sanitation and immunization
- Expanded the municipal laboratory of Manila into the Bureau of Research Laboratories which produced farms and developed sera, vaccines and biological chemicals were developed

*continued on page 24*

*The Pillars in the Palace, from page 23*

## **Second Decade 1913-1924**

- PIMA instigated the establishment of the Santolan Sanitarium in San Juan del Monte for Treatment of Tuberculosis
- Initiated survey on Typhoid Fever epidemics and their successful control.
- Initiated the prophylactic treatment of hookworm and the anti-cholera vaccinations.
- Established the first PIMA Journal to facilitate the spread of medical communications to physicians.
- Lobbied and succeeded in urging the establishment of Dispensary services all over the country.

## **Third Decade 1924-1934**

- Organized the House of Delegates where important health issues were discussed and PIMAs plan of action.
- Created the PIMA National Council of Research. Urged legislation to control influx of foreign doctors. Created the PIMA Committee on Drugs and Patents; Created the PIMA Committee on Maternal Mortality.
- Managed to convince Governor General Theodore Roosevelt to require Philippine government to consult PIMA on appointments to the Board of Medical Examiners.
- Amended the American Code of Ethics in existence then and produced the PIMA Code of Ethics.
- Initiated and was successful in promoting the setting up of cancer hospitals and facilities.
- 1939-PIMA congressman managed to produce legislation in the creation of the Department of Health.
- Created the Liga Anti cancerosa de Filipina to help government fight cancer.
- Created the Women's Auxillary to the PIMA

## **Fourth Decade 1934-1944**

- Most of the period was under the Japanese occupation and PIMA did not want to participate with the government however during this period the Philippine Islands Medical Association was amended to be the Philippine Medical Association.
- PMA had legislation passed – Nationalization Law which provided that only Filipino Physicians can practice medicine in Philippines.
- PMA discovered Beri-beri as the No. 1 killer of newborns hence doctors prevented breastfeeding on women with signs of the disease

## **Fifth Decade 1944-1954**

- Researched, discovered and eradicated Beri-beri which was the cause of high infant mortality. Tiki-Tiki was invented and breastfeeding was prevented on mothers with signs of Beri-beri. Research on conditions why there's high mortality on "below 5 years old children.
- Creation of the Board of Examiners in Medicine and Surgery .
- PMA was admitted as a member of the World Medical Association, an honor at the time.
- Sponsored the idea of a Confederation of Medical Association of Asia and Oceania.
- Succeeded in making President Elpidio Quirino to Proclaim September 15 as the Medicine Day and later President Magsaysay was prevailed by PMA to make it Medicine Week September 15-21.
- In 1953, Proclamation No. 407 was signed by President Elpidio Quirino Proclaiming Philippine Medicine Day on September 15.
- In 1957, Proclamation No. 330 was signed by President Ramon Magsaysay declaring September 15-21 as Medicine Week.

- In 1966, Proclamation No. 439 was signed by President Carlos P. Garcia declaring the 4th week of September every year as Medicine Week and authorizing the PMA to take charge of the observance thereof.

## **Sixth Decade 1954-1964**

- Advocated the creation of the Food & Drugs and Cosmetic Board and got it passed by Congress. This became the Food and Drugs Administration.
- PMA interceded with the U.S. government in favor of Filipino doctors who were being sent home when they failed in the Executive Council for Foreign Medical Graduates (ECFFMG).
- PMA started the idea of Medical Care which became the Philippine Medical Care Commission, then became Philhealth.
- PMA created the MARIA project which dispersed physicians to rural areas without doctors.
- PMA got the support of the Board of Medicine in citing media for unethical and false newspaper advertising.
- In 1978, Proclamation No. 1789 declaring September 27 of every year as Physician's Day in honor of Filipino physicians.
- President Marcos approved the PMA project of the Philippine Medical Care commission.

## **Seventh Decade 1964-1965**

- PMA created the PMA Family Planning Project for Luzon, Visayas and Mindanao with the support of U.S. Aid to maternal and child health.

*continued on page 25*



*The Pillars in the Palace, from page 24*

- PMA acquired its present real estate.
- PMA had a Dangerous Drug Board approved and a Drug Rehabilitation Center.
- PMA produced the Professional Fee Guidelines
- PMA created Task Force Caduceus which was assisted by police and courts sanctions on missions made against abortionists, malpractice and quackery.

#### **Eight Decade 1974-1984**

- Got the support of the Philippine Board of Medicine to cite Media for unethical and false newspaper advertisements.
- Founded the Association of Pediatric Societies in Southeast Asian Region in 1977.
- PMA issued the following Public Declarations:
  - dangers of Tobacco and smoking
  - The need for the military to protect doctors in areas of conflict
- PMA objection to the Ministry of Health policy of undue restrictions on drug importation
- PMA issued a stand against violations of Physicians freedom to practice medicine in areas of conflict and voiced opposition to the detention and kidnapping of physicians in rebel infested communities.
- Increased PMA participation in Government projects – DO, BFAD, PHIC, PRC, BIR
- Instituted Closure of Abortion Clinics and Apprehension of Abortionists.

#### **Ninth Decade 1984-1994**

- Return of internship to the Colleges
- PMA advocated reforms in the undergraduate medical curriculum and the return of internship to the Medical
- PMA opposed Government restriction on the right of physicians to practice in areas of conflict.
- Succeeded in including the first normal delivery as compensable by the Medicare Commission.
- Fought for the restoration of PMA representation in the PMCC Return of internship to the Colleges
- Assailed the Government on the local Government Code, Revised
- Tobacco Act of 1992. Flavier Bill on Traditional Alternative medicine
- Warned the public on deterioration of health care with the HMO and MHO
- The PMA created the Centennial commission that will take charge of the 100th year Anniversary celebration of the Association.
- Established the First Joint PMA-APPA Scientific meetings.
- PMA created the Association of former PMA Presidents
- PMA expanded the PMA Indigency Center with funds from outside sources.
- PMA established a dental clinic, prenatal care, and baby well clinic.
- PMA opposed vehemently the Generic Law which abrogated the right of Physician Autonomy to prescribe the best medicine considered for one's patient. Objected strongly to Malacanang in approving the Generic Law that

unethically allowed pharmacists or drugstore clerks to make substitutions on doctor's prescription. PMA obtained the support of MASEAN, CMAAO and the World medical Association in refuting Malacanang's Position. PMA in desperation brought the Generic Law opposition to the Supreme Court but eventually lost the case. Therefore it is incumbent to subsequent leadership of the PMA to carry on "conscious objection until Physician autonomy of the doctors will be complied by the government. In the World Medical Association where there are more than one hundred national Medical Associations active in membership, only in the Indonesia Medical Association and the Philippine Medical Association are there generic laws violating the ethical right of physician autonomy

#### **Tenth Decade 1994-2004**

- PMA engaged in ecology and zero waste projects of Government
- Opposed and succeeded in preventing governments plan of compulsory community service doctors after graduation
- Opposed BIR plan to withheld Tax from professional fees.
- PMA participated in Party List elections.
- Celebrated the Centennial Anniversary of PMA.

#### **Eleventh Decade 2004-2012**

- PMA won the Most Outstanding Accredited Professional Organization Award for two consecutive years, 2008 and 2009. The award was given by the Professional Regulations Commission

*continued on page 26*

*The Pillars in the Palace, from page 25*

- To help victims of calamities like the Ondoy, Pepeng, and the recent habagat, the PMA conducted medical missions in the affected areas in cooperation with other organizations of Health Professionals, pharmaceutical companies, and government institutions like DSWD, PNP.
  - PMA implemented the computerization of the membership and CME data of the members.
- The Philippine Health Insurance Corporation (PhilHealth) has appointed the Philippine Medical Association (PMA) to register physicians for PhilHealth accreditation as a professional health care"

And this history ended in 2012 and now its 2022, just about time to update and add the history of the last decade as I may say so!

The festive yearly assemblage of the Philippine Medical Association's valiant helmsmen is during its Foundation Day celebrated every 15<sup>th</sup> of September. A program specially dedicated to honour our Past Presidents which commence with a mass followed by the singing of the Philippine National Anthem, PMA Hymn, wreath laying and a blithesome gathering.



Holy Mass presided by  
Rev. Fr. Lawrence Talangan



Singing of the PMA Hymn/National Anthem



Wreath laying ceremony



Entrance of the Mace by  
the Secretary General  
Dr. Marianne L. Ordonez-  
Dobles



Inspirational message by  
our very own indefatigable  
PMA President Dr. Minerva  
P. Calimag



Dr. Jose Asa Sabili, PMA  
Past President giving his  
response on the 119th  
PMA Foundation  
Anniversary Celebration



Message from the  
PMA Vice President  
Dr. Hector M. Santos Jr.



A serenade by the gorgeous  
Dr. Maria Ronella Mallari-  
Francisco



Candle Ceremony



Wine Ceremony



Cake Ceremony



## PMA in Action



August 4, 2022: International Symposium on Pandemic Resilience: Multi-Sectoral Partnerships on Disaster Risk Management & Emergency Response held at Hotel Jen, Pasay City. The PMA is represented by its President Dr. Maria Minerva P. Calimag who gave the Keynote Speech; the Vice President Dr. Hector M. Santos, Jr.; the Secretary General Dr. Marianne L. Ordoñez-Dobles; the Asst. Secretary General Dr. Albert C. Guevarra; the Chairman of Committee on Emergency & Disaster Dr. Frederick D. Francisco and member Dr. Federico A. Malubay; USec Teodoro J. Herbosa and Dr. Maria Lourdes G. Monteverde president of Davao Chamber of Commerce & Industry who gave the Closing Remarks.



August 3, 2022. Ilocos Sur Medical Society Committee on Emergency and Disaster Distribution of Cements to the July 27 Magnitude 7.1 Earthquake Victims of Vigan City and Bantay, Ilocos Sur.

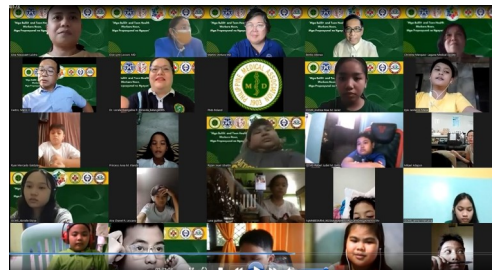


## PMA in Action

**PMA-PCSMQC-QCMS 16th Operation Bukol  
Breast Awareness and Lay Fora on Warning Signs of Cancer**  
(A Pre-Medicine Week 2022 Celebration Activity)  
September 17, 2022



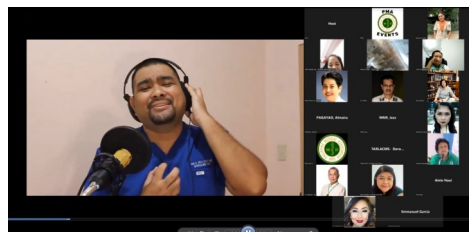
**26th Anniversary of the Child (Bulilit) Health Workers Training Program**  
(A Pre-Medicine Week 2022 Celebration Activity)  
September 17, 2022





## PMA in Action

### 19th PMA-PPMS Singing Physicians Contest September 20, 2022







**Handwashing activity and distribution of hygiene kits at Pulang Lupa, Nagtipunan, Quirino, Medicine Week 2022.** Members of Quirino Medical Society (QMS) started very early in the morning of September 21, 2022 to reach this Geographically Isolated and Disadvantaged Area (GIDA) situated in Nagtipunan. It is home to one of the Indigenous Tribes of Quirino, the Bugkalots. This activity was spearheaded by dr. Azpiro Saure, a paediatrician. Proper way of handwashing was taught to the kids of this school wherein majority were Bugkalot and Agta kids. Hygiene kits were also distributed among the schoolchildren and a short lecture on infection prevention and importance of hand washing was discussed.



The Santiago City Medical Society kicked off the 65th National Medicine Week Celebration with the traditional wreath laying at the Jose Rizal Statue at the Santiago City Hall last September 18, 2022.



65<sup>th</sup> PMA National Medicine Week

Theme: Earth Saving Day

SISMS hiked 92 steps to reach the Our Lady of Grotto in the nearby mountain enjoyed the scenic view of the Sulvec Coast and part of the West Philippine Sea then planted 110 different varieties of trees to save Mother Earth.



**Ilocos Sur Medical Society.** Lay Fora and COVID-19 Booster Shot Vaccination: "It's Time to VAC-UP" Protect-Control-Prevent was held on September 9, 2022 with Dr. Roland Zara as speaker in cooperation with PCP Ilocos-Abra Chapter and Rotary Club Vigan.





**Aurora Mangrove Activity**

The CELENT (Central Luzon ENT) Group in collaboration with Baler-ENT, DENR, UP Baler and Aurora Medical Society conducted a mangrove planting activity last Sept 25, 2022 in Diguisit, Aurora. Around 396 propagules were planted, spaced apart in the target area by around 90 participants. Planting was timed during low-tide window, 9:30-11am.

The propagules were planted in mixture of sand/rock ground using various garden tools.

This is a yearly activity of the Central Luzon-ENT Group in chosen provinces, in coordination with different groups. For 2022, Aurora was chosen as the venue.



Officers and Members of Manila Medical Society with the PMA National Officers during the PMA-UNILAB CPD/Regional Assembly for NCR held on October 16, 2022.



(From Left to Right) Dr. David B. Pinto - MMS District 4 President, Dra. Socorro V. Rustia - MMS P.R.O., Dra. Maria Minerva P. Calimag - PMA President and Dr. Alejandro Y. Tan - PMA Governor for Manila in their elegant barong tagalog and baro't saya during the PMA 65th National Medicine Week Celebration



**Medical Mission:** DAMAYANG FILIPINO in cooperation with Manila Medical Society at the Basilica Minor Immaculate Concepcion, Baranggay Cuta, Batangas City held on October 22, 2022



**Medica Mission at San Gabriel, Malolos, Bulacan:** Damayang Filipino Movement Incorporated in cooperation with Manila Medical Society.





**Director's Night at Crowne Plaza Galleria Manila last September 1, 2022.** QCMS held the first-ever Director's Night, to strengthen relationship with hospital medical directors in the region, as well as representatives of the different medical organization. The event was attended by no other than Quezon City Mayor Joy Belmonte.



**16th Operation Bukol at PMA Auditorium last September 7, 2022.** QCMS co-sponsored Operation Bukol, first out-patient surgical mission held after the onset of the Covid-19 pandemic.

## Tugon ng Rizal

by Lorenzo F. Bernardino, MD, FPCP  
Malabon-Navotas Medical Society

Ang paglingkod sa kapwa ay sadyang  
nakagisnan

Saan mang lugar na pinanggalingan sa Rizal  
May sakit man o nagmamalasakit sa kapwa  
Ay nauunawaan nang lubos at nang kusa.

Ano mang sakuna ang dumating,  
Basta't iisa ating mithiin.  
Iyon ay pag bigay ng agapay  
Sa ating mga mahal sa buhay.

Isang PMA ang tutugon,  
isang Rizal ang umaayon  
Iisa lang ang adhikain,  
Iisa lang ang dapat gawin.

Magtulong tulong, magsama sama  
Isang Rizal, dala ng pag asa.  
Anu mang direksyon pinag mulan  
Aangat kalusugan ng bayan.

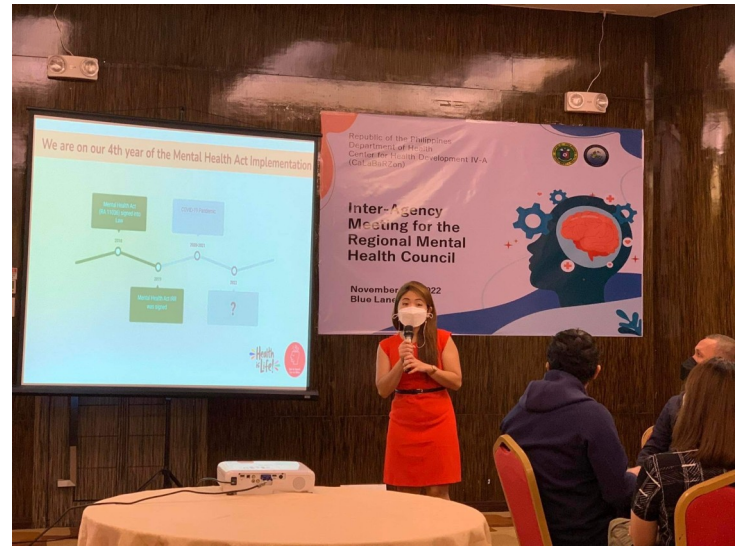
Noon pa man ay atin nang nakagisnan,  
Lahat ng pagsubok ay handang labanan  
Iba't ibang bayan pa man pinagmulan  
Rizal dumaramay at nagtulongan.







The International Coastal Clean-Up held in Las Piñas Parañaque Wetland Park on September 17, 2022, an annual event of DENR in cooperation with PPMS-APMA and PPMS Officers. Other groups who attended are the Central Tagalog Region of PMA (Caloocan, San Juan, Makati, Marikina Valley, and Valenzuela Medical Society), Las Piñas Medical Society, Cavite Medical Society, DMCI-Asteria Residences Admin, Rotary Club Parañaque, Naval Officers, Air Force Reservist Officers, SPD-PNP RCSP Officers, GSK Pharmaceuticals and POCARI – Otsuka Pharmaceutical.



Southern Tagalog Inter-agency Meeting in the Regional Mental Health Council held November 3-4, 2022 at the Blu-Lane Hotel Manila represented by the Component Society Presidents of Cavite, Batangas and Laguna.



Oriental Mindoro Society celebrates National Correctional Consciousness Week 2022 with a Medical-Derma-Ophtha Mission about the persons deprived of liberty.

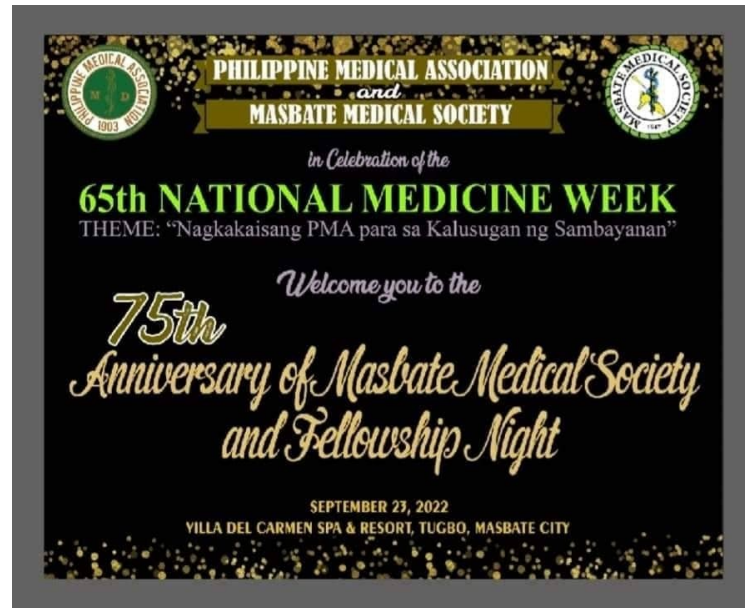




Catanduanes Medical Society Annual Medical Check up



Catanduanes Medical Society Wreath laying Ceremonies at the Jose Rizal Monument, September 18, 2022



Masbate Medical Society on its Induction of Officers and new members and 75th Anniversary celebration of the Society.





The Aklan Medical Society Tree Planting and Medical Mission in Manika, Libacao, Aklan, a 515 feet above sea level community habitat with a population of approximately 3 thousand indigenous populace. September 28, 2022



Aklan Medical Society Medical Mission, Feeding Program, PinasLakas Bakuna and Promoting Basic Hygiene and Sanitation among our Aeta brothers and sisters in Aliputos, Numancia, Aklan in collaboration with Philippine Pediatric Society- Panay Chapter and Rotary International Club of Kalibo. September 3, 2022



Celebration of the Holy Mass during the PMA Medicine Week 2022  
Ormoc City Medical Society

**END POLIO NOW**

Omroc Bay Rotary Club

FREE WEBINAR  
WHAT YOU NEED TO KNOW ABOUT

# POLIO

**WORLD POLIO DAY**  
OCTOBER 24TH

MEETING ID: 85476209890  
PASSWORD: ENDPOLIO

**SPEAKER: DR. LARSEN C. OMOLON**  
INFECTIOUS DISEASES SPECIALIST

**REACTOR: DR. MARY ANN V. ARGUELLES**  
NEUROLOGIST

**Polio Vaccines**

10PVP (Live Attenuated Oral Polio Vaccine)	Attribute	11PVP (Inactivated Polio Vaccine)
Good	Route of Administration	IM/SC/ID
Good	Thermal Stability	Heat and Freeze Sensitive
Good	Humoral Immunogenicity	Good
Good	Intestinal Immunogenicity	Poor
Good	Cost	\$\$\$
Good	Safe Production	Only in select countries, risk of recontamination of WPV from manufacturing facilities
Good	Low risk	No safety issues
VAPV, VOPV	Safety	At least one dose in combination schedule, 4-6 doses in IPV only schedule
Multiple doses	Schedule of protection	





### Western Mindanao Region enthusiastically celebrated Medicine Week with various activities



Zamboanga del Sur Medical Society started the Medicine Week with a Thanksgiving Mass at San Jose Parish, Pagadian City



Dipolog City Medical Society garnered the 3rd place for Singing Physicians' Group Category







The members of Misamis Oriental Medical Society went full force to attend the



Members of Misamis Oriental Medical Society enjoyed the night with senior physicians, during the closing ceremonies of Medicine Week 2022.



Obligatory posts as mandated by PMA: BMS Medicine Week Motorcade and Wreath laying 2022, September 18, 2022, Plaza Rizal, Valencia Bukidnon.



In celebration of the Medicine Week, the Misamis Oriental Medical Society had a tree planting headed by the Philippine Academy of Family Physicians Misamis Oriental and Philippine College of Radiologist at Alubijid, Misamis Oriental, Zumba and a boodle fight after.



The Gingoog-Medina Medical Society is active again.... They are now in full force to celebrate the Medicine week with the leadership of Dr. Georgette Mortiz.



The smallest component society of Northern Mindanao participated in the celebration of the 65th Medicine Week with their active President taking the lead Dr. Filipino Estacio.





Libreng Ultrasound by Metropolitan Davao Medical Society



Cotabato City Medical Society Medical Mission and Humanitarian Service to Typhoon Paeng's Victims in Cotabato City



Tree planting program of the PCP-PMA Misamis Occidental Medical Society Oroquieta City



Lanao del Norte Medical Society clean-up drive activity







Misamis Occidental (Oroquieta City) Medical Society CME Bimonthly activity



Misamis Occidental (Oroquieta City) Medical Society attended the Provincial Development Council as representative from health sector



Surigao del Norte Medical Society Fellowship Night and Induction of New Member September 22, 2022



75th Anniversary of Agusan del Norte Medical Society held last September 25, 2022 at Almont Inland Hotel, Butuan City, Agusan del Norte



**PMA-UNILAB CPD/Regional Assembly for National Capital Regional  
October 16, 2022  
UNILAB Bayanihan Center, Pasig City**



**PMA-UNILAB CPD/Regional Assembly for Northern Mindanao  
November 7, 2022  
Mallberry Suites, Cagayan de Oro, Misamis Oriental**





**PMA-UNILAB CPD/Regional Assembly for Central Visayas Region  
November 27, 2022  
Bethel Guest House, Dumaguete City, Negros Oriental**



# PHILIPPINE MEDICAL ASSOCIATION CHRISTMAS PARTY 2022

DECEMBER 10, 2022, 4:30 PM | PMA AUDITORIUM



*Let's Paint the Town*

# RED



# PMS Doctors Committed to Serve

**Cheers of “Sumangkao na” (Welcome)!...” Sumangkao na ali “(Malaus Kayu Keni/Come In)!** and traditional aeta dances were received from the Aeta Community of Sitio Camachile, Floridablanca, Pampanga last October 09, 2022 for the community service of the Pampanga Medical Society (PMS) with the Philippine Medical Association (PMA) and the Department of Health (DOH).

Doctors and volunteers were led by PMA President Dr. Maria Minerva P. Calimag. Present were PMA Vice-President Dr. Hector M. Santos, PMA National Treasurer Dr. Mildred M. Mariano, PMA Governor for Central Luzon Dr. Agnes Lourdes D. Fernando, PMA Governor for Rizal Dr. Lorna M. Dideles, PPMS President Dr. Laarni Moreno, Past PMS Presidents and members, MHO Floridablanca Dr. Felipe Jaime Cuyugan. We were also honored by the presence of DOH-OIC Dr. Maria Rosario Vergeire and DOH Regional Director D. Corazon I. Flores and their teams. This visit is very timely as we celebrate Indigenous People’s Month this October.

In support of DOH’s PINASLAKAS CAMPAIGN, 60 adults were given immunization against COVID-19. DOH promised that no one will be left behind especially our countrymen from geographically isolated areas. In support of PMA’s focus on HEALTHY PILIPINAS, several activities were done like lectures on Proper Nutrition, Dengue Awareness, Proper Handwashing. 200 students were also fed with warm bowls of rice porridge with chicken and egg and were given deworming medications. 260 households were given bags of groceries, aquatubs, hygiene kits and jerricans.



On a lighter note, kids enjoyed listening to the story telling activity led by Dr. Calimag and Dr. Vergeire. A dialogue with their elders and leaders was long awaited and valued. The group also met 2 nursing scholars from UP Tarlac. They will soon be instruments in filling the gap in the human resources for health especially in remote areas like Sitio Camachile.

As our fruitful heartwarming morning culminated, chants of “Mal at Salamat” (Dakal Salamat/Thank you very much) bid us goodbye... A young boy gave Dr. Calimag a wink and handed her a plastic red rose to say “Labay Katao” (Kaluguran da Kayu/ We Love You)!

We pledged to come back since PMS has always been committed to serve...



**Accreditation of Philippine Medical Association as Accredited Professional Organization (APO) for physicians renewed last October 1, 2022 and valid until October 1, 2025.**



Republika ng Pilipinas  
REPUBLIC OF THE PHILIPPINES  
Komisyon sa Regulasyon ng mga Propesional  
PROFESSIONAL REGULATION COMMISSION  
Manila

Katibayan ng Pagkakilala  
CERTIFICATE OF ACCREDITATION  
Katibayan ng Pagkakilala Blg. APO- 012  
Certificate of Accreditation No.

Nio'y nagpapatunay na ang  
This is to certify that

**PHILIPPINE MEDICAL ASSOCIATION, INC.**

matapos gampanan ang lahat ng mga pangangailangan sa paghibigay-karapatang makilala alinsamod sa iniatas ng mga  
having complied with all the requirements for accreditation in accordance with the

Batas Republika Blg. 8981 at ng mga Tuntunin at Alituntunin at Komisyon Resolusyon Blg. 2018-1089  
Republic Act No. 8981 and its Implementing Rules and Regulations, and Commission Resolution No. 2018-1089

sa pagpapatunay nito ay kinikilalang siyang tunay na samahang Propesional sa mga Manggagamot  
is duly bonafide Accredited Professional Organization for Physicians

at may karapatan sa lahat ng mga pribilehehong nauukol dito  
and as such shall be entitled to all privileges appertaining hereto.

Katunayan nito, ang Katibayan ng Pagkakilala ay ipinagkaloob

IN WITNESS WHEREOF, this Certificate of Accreditation is hereby issued

na taglay ang sagisag ng komisyon sa Maynila, Pilipinas, ngayong ika- 1 araw ng Oktubre 2022  
under the seal of this Commission at Manila, Philippines this 1 day of October, in the year of 2022.

CHARITO A. ZAMORA

Punong Komisyonada  
Chairperson

JOSE Y. CUETO, JR.

Komisyonada  
Commissioner

ERWIN M. ENAD

Komisyonada  
Commissioner

RENEWAL: Valid until October 1, 2025

SID-APO-03  
Rev. 00  
February 25, 2015  
Page 1 of 1

## REMINDER: BALIK ONE PMA PROGRAM 2022-2023

The Balik One PMA Program grants **fifty percent (50%) discount to all members with three (3) years and more PMA membership dues.** This program will run for a period of six (6) months, from **October 1, 2022 to March 31, 2023.**

However, **if the member has only one (1) year arrear or back dues (covering fiscal year 2021-2022)** he/she is **not entitled** to the 50% discount program and has to pay the arrears/back dues in **FULL** (Php1,500.00) plus payment for the current fiscal year 2022-2023 membership dues of Php1,500.00.

Likewise, **if the member has only two (2) years arrears or back dues (covering fiscal year 2020 - 2021 and 2021 - 2022)** he/she is **not entitled** to the 50% discount program and has to pay the arrears back dues in **FULL** (2020 - 2021 = Php750.00 and 2021 - 2022: Php1,500.00) plus payment for the current fiscal year 2022 - 2023 membership dues of Php1,500.00.

We request every one to disseminate this program especially to those with long standing arrears and inactive members so they can avail of this opportunity and come back to PMA and become member in good standing.

See full details thru our PMA Website, <https://www.philippinemedicalassociation.org/memorandum-circular-no-2022-10-19-018-balik-one-pma-program-2022-2023-and-incentive-for-the-component-society/>





# WHY BECOME A MEMBER OF THE PHILIPPINE MEDICAL ASSOCIATION?

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