



# THE PHYSICIAN

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VOLUME XXXII NO. 1

## Calimag Leads PMA Anew

Dr. Maria Minerva P. Calimag took her oath as the 97th President of the Philippine Medical Association last May 20 before the Honorable Associate Justice Apolinario D. Bruselas, Jr. in his sala at the Court of Appeals, Manila. This would be Dr Calimag's third time to lead the only Professional Regulation Commission (PRC)-Accredited Organization of Physicians.

Her contribution to the medical profession has been acknowledged by several award-giving bodies including the PRC and, more recently, the Metrobank Foundation. In 2021 the Foundation gave her the Outstanding Filipino Teacher in Higher Education Award, and this year the Foundation awarded her the 2022 Fellowship in Public Service.

With her at the helm, the PMA would aim to empower the PMA members thru capability building in digital literacy. She promised to have a PMA leadership that will listen to and feel the sentiments of the members and to "walk our talk and speak our mind on things that matter".

The induction ceremonies was witnessed by Drs Marianne L. Ordoñez-Dobles, Secretary General, Albert C. Guevarra, Assistant Secretary General and Ferdinand E. Cercenia, Executive Assistant to the President.

**Maria Corazon S. Maglaya, MD**



# Inaugural Address

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

May 22, 2022 at Park Inn by Radisson, North EDSA, Manila

Friends and Colleagues, Ladies and Gentlemen,

Thank you for your presence and enduring support to the Philippine Medical Association. It means a lot to the physicians we represent, and at this ceremony, it also means a lot to me. I stood here twice before, and I know all the challenges each physician faces, from Aparri to Tawi-Tawi! I thank all PMA members for the collective leadership among those who stood up with conviction to heal our nation during its hardest and most trying times... tunay na mga Bayaning Filipinong Manggagamot na may katangi-tanging adhikain!

I am here today being inaugurated as the PMA's 97<sup>th</sup> President on my third term, *primus inter pares*, not by myself but as co-equal representing our colleagues practicing all over the Philippines from 119 Component Societies, 8 Specialty Divisions, 75 Specialty and Sub-specialty Societies and 39 Affiliate Societies. But let us also remember that as a National Medical Association we are one out of 106 Medical Associations comprising the World Medical Association.

This inauguration ceremony marks a new dedication within the Association and a new spirit among us all. A president may sense and proclaim that new spirit but only a renewed membership can provide it. We have a place, all of us, in a long story – a story we continue but whose end we will not see. It is the PMA story – a story of flawed and fallible people united across the generations by grand and enduring ideals.

I have learned a lot and have grown wiser throughout my leadership journey at the PMA, starting as the Centennial President of the Manila Medical Society



exactly 20 years ago, then President at the Philippine Society of Anesthesiologists and its Affiliate Societies, SOAP, RASPHIL and the PSP, at the academic affiliate Society, the PSECP and the international societies, as President of the Asian and Oceanic Society of Regional Anaesthesia and Pain Medicine (AOSRA-PM), Secretary-General at the Confederation of ASEAN Societies of Anesthesiologists (CASA), Assistant Treasurer at the Medical Association of Southeast Asian Nations (MASEAN) and host-convenor at the Confederation of Medical Associations of Asia and Oceania (CMAAO).

I assure you that I will strive to measure up to expectations, putting the best of my personal capabilities and the fullest measure of my dedication to the service of our organization. But a leader is more than just being at the helm. The leader 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 she is not a leader. But 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, so as to listen with empathy amongst one's colleagues in their midst.

There are reforms that need to be done, and to do so requires a *metanoia*, a change in mindset from what we used to do. The PMA Roadmap will include:

1. Engaging the next generation of physicians, the APMC Student Network and the Asian Medical Students' Association – Philippines (AMSA-Phil) in the affairs of the PMA as I have seen first-hand how even our medical students can have the leadership skills to push their agenda for nation-building;
2. Harnessing policy think-tanks to come up with position statements for the legislative issues that we face, the UHC intended to take into account the social determinants of health in order to optimize health equity, and the Medical Act among many other legislations;

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*Inaugural address, from page 2*

3. Capability-building in digital literacy to inform members about the digitalization of our workflows at the PMA which is paramount to improving efficiency and making sure that all our members are able to take part in the affairs of the PMA, to promote the ethical practice of telemedicine, and to teach our members about DRGs and ICD-11 that will impact on PHILHEALTH and the implementation of the UHC, and to harness the power of Big Data, Artificial Intelligence and Machine Learning such as in our experience with BANTAI COVID;
4. Liaising with other allied health professional organizations like the Philippine Nurses Association, the Philippine Pharmacists Association, the Philippine Hospital Association, the Private Hospital Association of the Philippines Inc., the Philippine College of Hospital Administrators, and the Philippine Society for Quality in Healthcare to discuss issues of mutual concern, i.e., BIR, PHILHEALTH, HMOs among others;
5. Coalition-building with other organizations like the Philippine Districts of Rotary International on issues that affect health, Health Care Without Harm and other NGOs;
6. Promoting patient safety and patient-centric health care and let us make our webinars and conventions patient-inclusive so we can hear them and converse with them about their preferences and their patient experiences;
7. Working together with medical schools, training hospitals, PRC, CHED and DOH regarding undergraduate medical education, continuing medical education, continuing professional development, credentialing, career progression, trainee deployments and the ASEAN Harmonization;
8. Addressing the 17 sustainable development goals cognizant that personal health intersect with planetary health and the global burden of new and emerging infectious diseases and lifestyle diseases;

8. Strengthening PMA ties with our global counterparts in healthcare, WMA and WHO, MASEAN and CMAAO among others even as we battle the COVID-19 pandemic and the wave of infodemic that accompanies it; and last but not the least,
9. Building the leadership capacities of all our PMA members through Leadership Seminars under the banner of the LEAD TO HEAL Movement so that all of us will be able to lead with insight, foresight, hindsight and oversight. Now more than ever, we need strong physician organizations at every level: When our PMA Societies develop strong insight capability, they will have good researchers who know the answers they need to find, ask the answers they need to find, ask the right type of questions and are good at discriminating between noise and relevant, valuable information. PMA Societies with strong oversight capabilities will have a deep bench of leaders and will have powerful boardrooms with an eye on succession planning. PMA Societies with strong hindsight will give leaders the ability to identify why a failure occurred, what can be learned from it and how it can be prevented from happening again. Lastly, a strong foresight will give our Societies the ability to stress-test and model ideas and strategies against possible futures and scenarios.

We live in interesting times!

It is a VUCA World that we are faced with.

The COVID-19 pandemic we face has plunged us into *volatility, uncertainty, complexity, and ambiguity*. Now more than ever, we realize that we belong to a global community of healthcare professionals and what we do and do not do here at the PMA impacts the community of healthcare practice all over the world.

And the response to a VUCA World is another VUCA... *visioning, understanding, clarifying, and adapting*.

The following VUCA responses to promote individual and organizational resilience anchored on Hunsaker (2020) are hereby proposed: Visioning, Understanding, Clarifying, and Adapting. Visioning as a personal motivational response to counter volatility and promote mental well-being. Understanding as an individual cognitive response that requires a change in perspective to counter uncertainty and promote emotional plasticity. Clarifying as a purpose-driven personal behavioural response that requires moral courage to oppose complexity and promote spiritual strength. Finally, Adapting to change with agility as a personal transformational response to counter ambiguity and promote physical resilience. Competence in these skills will help individuals develop and utilize effective strategies for overcoming the broad array of challenges we face as we transition through life.

Let us work together, to address the Association's deepest problems one person at a time, by encouraging and empowering the good hearts and good works of each and every member. This is the essence of a transformational and servant leadership that will be the foundation of everything that we will do at the Society level and at the PMA. Though our challenges are fearsome, so are our strengths. We must bring to our task today the vision and will of those who came before us. KAYA BA NATIN ITO? Tandaan lamang ang mga katagang: asam-asam, isip-isip, usap-usap, sama-sama. Let us always remember that we are ONE PMA!

I want to thank my family, especially for sharing me with PMA and for their continuous and enduring support. It gives me great joy and happiness even though it is not possible to have some of my family members with me at this moment as one might have an emergency operation, or another one might be attending to a patient with STEMI. I am sure that there are times when many of you – like me now – are participating in professional activities that divert us from the company of our family. This is a side effect of being a physician-leader,

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## EDITORIAL

**MARIANNE L. ORDOÑEZ-DOBLES, MD, FPAFP**

**Secretary General**

**Editor-in-Chief**

# A Mandate to Lead

### ANG LAHAT MAY GINTONG NASA... KAPISANAN AY TUNAY ANG DAMDAMIN.

This is a sentence in our PMA Hymn that best describe the Philippine Medical Association; a prestigious organization of physicians.

The medical profession is beset by many issues and challenges that it cannot tackle alone.

As your leaders, we advocate for good governance, for professionalism and transparency in all transactions. Our association began on fundamental but important values which are embodied in the PMA Constitution, and we stand firm by these principles.

As officers of the Philippine Medical Association, our job is just not to see the Association carry on its daily grind, since the PMA is the sum total of all the physicians who gave us their trust confidence. We need to come to a mutual agreement, so that in harmony, we pursue the interests and responsibilities of all physicians of the PMA. As your leaders, we call for unity, solidarity, and collective action.

### ASAM ASAM, ISIP ISIP, USAP USAP, SAMA SAMA.

This was the battlecry of our President Dr. Minerva Calimag during her first term in 2014. And it still is very relevant to this day.

Let us be united and embrace cooperative diplomacy in dealing with government and regulatory agencies and with all stakeholders, including our fellow physicians... If we shut all doors and stop communicating, we will not be able to air our sides and we lose the chance for positive action. We must join hand-in-hand in nation building.

### KAPIT-BISIG PARA SA PAGBABAGO, SA PMA AT SA BAYAN.

We should adopt another of the President's battlecry way back 2016.

The PMA is our Mother Organization since 1903 built upon the age-old ideals of our predecessors. It is the Accredited Professional Organization of Physicians in the country, for the longest time. It has weathered many challenges

challenges through the years. Members and patients count on the PMA to be the informed, and an independent voice in the art and science of Medicine. Public confidence is critical in carrying out our mission. The public relies on the PMA to minimize actual and perceived conflicts of interest and ensure that all its interactions meet high ethical standards. In all these interactions, the PMA must be committed!

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## MEMBERSHIP REMINDERS

### • Annual Dues

**September 30, 2022** - All members shall pay annual membership dues on or before the last working day of September in order to be eligible to vote or be voted upon.

### **On or before September 30, 2022,**

all membership dues should have been deposited to PMA account and the remittance form (with names of paid members) and the deposit slip should have been sent to PMA office, for paid members to get included in the voters list.

## EDITORIAL BOARD

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## The Physician

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website: www.philippinemedicalassociation.org



## Getting to Know Your PMA National Officer



### Hector M. Santos Jr., MD

Vice President

of the Burn Unit of the East Avenue Medical Center. He was an active consultant in both government hospitals for over 26 years.

Dr Sonny is deeply involved in training of young plastic surgeons and surgery residents. He is the Program Director of the Consortium 1 Plastic Surgery training involving 5 hospitals (VMMC, UERMMMC, Makati Medical Center, Rizal Medical Center and East Avenue Medical Center). He was a member of the Philippine Board of Plastic Surgery as Examiner for 12 years and was the Chairman of the Board for 4 years. To date he still teaches the training fellows, readily assisting them in their cases and giving lectures. He is currently also an Asst Professor at the New Era University College of Medicine.

Dr Sonny is one of the longest serving volunteer of the Operations Smile missions here and abroad. Aside from usual 5 cleft missions a year in the Rural District hospitals, he has served in numerous foreign missions in China, Vietnam, Russia, Morocco, Jordan to name a few. His work with Smile train and his stint as Medical Director of Philippine Band of Mercy has seen over 3000 “new smiles” a year in the past 8 years. He is likewise active in Medical Missions having served as Chairman of the PMA Committee on Medical Mission and also PMA Committee on Emergency and Disaster Response. His notable generosity of service won for him Recognitions: Phil College of Surgeons Most Outstanding Fellow in Community Service (2015) and the PCS Metro Manila Chapter award as “Knight of the Knife” (2014).

Dr Sonny is married to Dr Liza Vinluan-Santos, a Pediatrician working in the Philippine Children’s Medical Center

(PCMC). They are blessed with three children Dr Alyssa (April) a Cardiology fellow at the St Luke’s Medical Center in QC, Dr Julio (Jio) a Plastic Surgery Training fellow of the EAMC married to Dr Isabela (Bea) Ocampo a Pediatrician now training in Allergology at the UP PGH. They have a daughter Emilia (1<sup>st</sup> grand-daughter). The youngest of the Santos brood is Janinna (Jam) who is a Fashion Designer.

Dr Santos is a past President of the Quezon City Medical Society and also a past Governor of the QCMS. He was PMA Secretary General in 2020. Despite his many lofty positions his aspiration is be a good servant leader to unite the PMA.

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*Inaugural address, from page 3*

but – remember – as I have espoused so many times before, a balanced professional and social life is essential for taking care of others. Seeing at how eight of our children decided to follow in our footsteps, then I believe that Jun and I have done a good thing in role-modeling.

Let me end with a prayer for all the members of the PMA and I ask all to bow your heads: In 1 Chronicles 4:9-10 we find a short prayer uttered by an obscure man named Jabez who called on the God of Israel and I pray it today on behalf of the PMA: “O Lord, bless us indeed and expand our territory. Keep Your hand on us and keep evil from us, that we may not cause pain.” Dear Lord, I ask for a special blessing because some may not see things from my vantage point... if and when I am pushed beyond my limits... please embrace and comfort me with your Holy Spirit... allow me to bite my tongue so that I will not cause pain on anybody.

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## Getting to Know Your PMA National Officer



### Mildred M. Mañalac-Mariano, MD

#### National Treasurer

Dr Mildred Mañalac-Mariano was born in Sta. Rita, Pampanga on December 28, 1964. She is married to Jose Danilo Mariano and they have been blessed with three (3) children, namely, Jared, Aila, and Erin.

Dr Mariano graduated from the UST Faculty of Medicine & Surgery in 1990. She then proceeded to her Residency training in Obstetrics & Gynecology at the Jose B Lingad Memorial General Hospital, City of San Fernando, Pampanga. She pursued further studies, this time on Hospital Management and on Business Administration, at the Jose Rizal University and obtained Masters Degree in both fields in 2019. She is a Certified Hospital Administrator, Fellow of Philippine College of Hospital Administrators, and a Fellow of International Academy of Medical Specialists.

Dr Mariano has been a PMA Life Member since 1994. She has been very active both in the local and national level. She was the President of the Pampanga Medical Society for two terms, 2012-2013 and 2013-2014. During her watch, the Medical Society bagged the 2nd place of the coveted Icasiano Award in 2013 and she was given the PMA Leadership Award. She was also given the Most Outstanding Physician Award in 2015.

On the National level, she is now on her second term as PMA treasurer. She was the Governor for Central Luzon in 2016-2017, Chair 2016 PMA Christmas Party, and a member of the PMA Medical Team Typhoon Yolanda 2013 (Ormoc, Leyte, Samar). Dr Mariano has been appointed member of the PMA Commission on Ethics as well as Committees on Library and Archives, Medical Mission, Budget, Finance.

At present, she is the President of PHAPI Pampanga Chapter, the Tomas-nong Kapampangan UST Alumni Pampanga Chapter, and the Coordinator USTMAA Pampanga Chapter. She is a member of the Philippine Academy of Medical Specialists, Catholic Physicians Guild of the Philippines, and of the Community Pediatric Society of the Philippines.

Her involvement outside the medical profession include membership in Parish Finance Council Sta. Rita de Cascia Pampanga (this is her 9th year as the President), Ladies of Charity AIC-PHILIPPINES (National President from 2022 till 25), Ladies of Charity Archdiocese of San Fernando Pampanga (President, 2018-22), Ladies of Charity Sta. Rita de Cascia Unit 2014 (she is the Founding President), and a Member of the Ministry of Lectors and Commentators Sta. Rita de Cascia Unit 2008, and a Member Catholic Women's League.

### 8 SPECIALTY DIVISIONS



Philippine Academy of Family Physicians Inc.  
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President

## Getting to Know Your PMA Governor



### Myrna Domalanta-Costales, MD

Governor, North Eastern Luzon Region

I am Myrna D. Costales an Internist and a Private Practitioner having an office at the Costales Medical Clinic at public market Maharlika Highway, Santiago City. A visiting consultant to 4 private hospitals and 1 DOH training hospital, and medical center all located in Santiago City. I cater to adults with various medical problems, and I communicate with them with different dialects like Ilocano, Ibanag, Pangasinan, Tagalog for better patient-doctor rapport.

I attend conventions, workshops, seminars, in the different parts of the country as part of our Continuing Professional Development. We also conduct medical mission in the poor areas of Santiago, and also BJMP, in Parish, and anywhere outside Santiago. We adopt a barangay to guard their health and education. We give lectures or layfora on common illnesses.

We also give donations either in kind or in cash during disasters or calamities. Tree planting has been a common activity and we revisit the plants or replant if need be.

As a physician, I also enjoy music, singing, and playing guitar. I organized and created the SCMS Doctors Choral in 2010 and share our services during mass even outside of Santiago, during wake, weddings, programs, and conventions.

I was a member of the Terpsichorean dancers of SCMS and coveted

awards during my primetime both locally in Manila. Most of all, I like being a farmer. We produce rice, corn, high value crops like melon, watermelon, papaya, and honeydew. I'm a plantita of ornamentals and I like to share some of my plants. Furthermore, I'm also a fisherfolk! producing tilapia, and hito, fingerlings and grow out.

#### APAYAO

- It is a landlock province in the CAR, Kabugao as its capital.
- It is the top producer of cassava in the region.
- The newest home of the Philippine eagle
- Far North Luzon General Hospital and training center 100 bed capacity and Conner District Hospital 25 bed capacity a national hospital

#### BATANES

- It is an archipelagic province in the Philippines a part of Cagayan Valley Region, the northern most province in the country, the smallest both in population and area.
- Known for its scenic waters and terrain and clean environment
- The "Home of the Winds"
- It is peaceful and laid back, the prefect retreat with rich culture and friendly population
- Known for its Kaliente (beef skin) coconut crab, fern (pako) salad
- Root crops have been one of the major agricultural products of Batanes
- Batanes General Hospital. Since 1930, 38 bed capacity

- Only Ivatans can own a property in Batanes. According to locals, because the entire province is declared by law as protected area and covered by the Indigenous People Rights Act., which recognize the province as ancestral domain of the Ivatans.

#### CAGAYAN

- It is province of the Philippines located in the Cagayan Valley Region covering the north eastern tip of Luzon – It's capital is Tuguegarao.
- It is an ancient civilization where commerce and trade was practiced by its inhabitants
- They call themselves Cagayanos
- Known for Carabao food products like chicken, fresh milk, milk candy, pansit Batil Patong
- You find the our lady at Piat Basilica as a tourist attraction
- Impressive churches that date back to the Spanish era
- Tuguegarao earned the distinction of being the Center of Excellence for Higher Education, Science and Medicine in Region II
- Palawi Island is found in Sta. Ana
- Callao Cave has 184 concrete steps, seven chambers which is found in Penablanca, and famous for the natural cathedral formed inside the cave
- Buntun bridge – 2<sup>nd</sup> longest bridge in the Philippines
- CVMC (Cagayan Valley Medical Center and Training Hospital)



*Dr. Myrna Domalanta-Costales,  
from page 7*

### IFUGAO

- It is a landlocked province of the Philippines in the CAR, capital is Lagawe
- Known for its spectacular rice terraces especially in Mayaoyao and Banaue and totemic male and female figures carved in wood used in rituals and a guardian figure
- Ifugao culture revolves around rice, which is considered Prestige Crop
- Ifugao live in small hamlets of 5 to 10 houses scattered among the rice terraces
- It is unique for their narrative literature such as hudhud, an epic dealing with hero ancestors sung in a poetic manner.
- Ifugao General Hospital found in Lagawe

### ISABELA

- The 2<sup>nd</sup> largest province in the Philippines – Capital City of Ilagan
- Declared the 2<sup>nd</sup> largest rice producer in the Philippines and named the Queen Province of the North
- It is known for the Magat High Rise Dam and Tourism Complex the highest and biggest dam in Asia at the time of its construction
- Dipudo, (Divilacan) Honeymoon Island (Maconacon)
- Bambanti Festival (Scarecrow) every 4<sup>th</sup> week of January as a show of love and gratitude for all the blessings of harvest with rice and corn.
- Giant Butaka or the lazy chair is also called Little Hospital, it is the largest in the world
- Binallay, Inatata are food delicacies in the province

### KALINGA

- It is a landlocked province of the CAR, Tabuk as capital
- Known for “Batok” – hand tapped tattoo
- Whang Od 105 years old mambabatok found in Buscalan and nominated as a national artist
- They have rich cultural traditions and expressions of music, dance, and artisan
- Kalinga weaves are characterized by the traditional color combination of red, black stripes and the use of beads. The designs remain unchanged since colors and details have specific meanings.
- One of the country's main products are coffee especially the Robusta, Civet and Arabica beans
- Kalinga General Hospital for renationalization
- Almora General Hospital is a private hospital

### NUEVA VIZCAYA

- It is a landlocked province in the Philippines its capital is Bayombong.
- The province is considered the Citrus capital of the Philippines (Kasibu)
- Also called the Lowland Baguio because of its pleasant climate
- Dalton pass or Balete Pass is the gateway to Cagayan Valley and Ifugao Rice Terraces

- Mt Pulag – Borders the provinces of Benguet, Ifugao and Nueva Viscaya. It is the highest peak in Luzon and a dormant volcano
- Region II Trauma and Medical Center is found in Bayombong is also a training hospital

### QUIRINO

- It is a landlocked province in the Philippines located in the Cagayan Valley Region its capital is Cabarrojis
- It is named after the 6<sup>th</sup> Philippine president Elpidio Quirino
- Dubbed as “Forest Heartland of Cagayan Valley with its each rugged topography”
- It is also the newest province of Cagayan Valley
- Nagbokel cave, Landingan viewpoint, Governor's rapids, and several caves and falls.
- Quirino province medical center is found Cabarrojis

### SANTIAGO

- It is a first class independent component city in Cagayan Valley Region of the Philippines, a self governing an independent from the province of Isabela
- It is regarded as the commercial hub or commercial center of Cagayan Valley
- Known for the Balamban or Butterfly Festival usually on May to celebrate Santiago Cityhood anniversary

**PHILIPPINE MEDICAL ASSOCIATION**  
**119<sup>th</sup> Foundation Day Anniversary Celebration**  
**“Ang Pag-Ahon mula sa Pandemya”**  
**September 15, 2022**

## Getting to Know Your PMA Governor



### Miramar P. Deleon-Bumanglag, MD

Governor, North Western Luzon Region

Dr. Miramar De Leon-Bumanglag is a PMA Governor representing North Western Luzon, a region whose people are known for being industrious, cheerful, simple soul who has shown a remarkable strain of bravery and a bit of “wanderlust”. It is composed of Ilocos Norte, Ilocos Sur, La Union, Abra, Baguio-Benguet, Mountain Province and Pangasinan.

Dr. Bumanglag has specialized in Pediatrics, a Fellow of PPS and a member and former President of the Ilocos Norte Medical Society. She is married to Dr. Castor B. Bumanglag, an Internist and a Fellow of Philippine Academy of Family Physicians. Together with her husband they established the Bumanglag Specialty Hospital in Batac City, Ilocos Norte that provides an affordable and cost-effective quality primary and holistic healthcare in the community. They are blessed with two children, the eldest just finished his residency training in Pediatrics at Philippine General Hospital (PGH) and the youngest is a postgraduate intern at East Avenue Medical Center.

Dra Mira as she is fondly called by friends and colleagues is active in the different civic organizations: President of the Batac Puericulture Family Planning Center (BPFPC) & Indigency Clinic and at the same time the School Directress of the BPFPC Preparatory School that offers free preparatory

education to the less privileged children of the community. She is also the President of the Local Council for Women and a member of the Committee on Health Board of the City of Batac. She holds a position as Vice-President of Prime Water-Batac Water District.

Dr. Bumanglag’s advocacies that won her as the Most Outstanding Pediatrician in Community Service given by PPS and The Outstanding Physician in Community Service given by Auxiliary -PMA are the following: Batac Puericulture projects that decrease maternal and child morbidity & mortality by improving nutrition of maternally at risk mothers; improvement in the nutritional status of children below 5 years old in the poorest barangays of the community. She also advocates volunteerism among her colleagues to extend medical and pediatric services to those in need especially to the poor and marginalized, adopt-a-daycare, adopt-a-Barangay, supplemental feeding caravan to depressed barangays and community education. During this pandemic, Dra Mira managed to put up

an online-consultation FB Page of Batac Puericulture Indigency clinic in cooperation with Bumanglag Specialty Hospital and give free online medical and pediatric consultation, put up a BPFPC Covid caravan that distributes food and groceries for the families that were lockdown during the pandemic. She’s also one of the volunteer doctors of our PMA-DocPH online consultation during the pandemic.

This woman of myriad activities is about not feeling old, but about hoping for the best always. She manage to do what one enjoys in life like she is a runner enthusiast, but she doesn’t run to compete but just love the feeling of complete effortlessness, appreciating everything surrounding her while running and hoping it’ll last. She’s also a good dancer, she believes that dance is a way to find yourself and lose yourself all at the same time.

### PHILIPPINE MEDICAL ASSOCIATION

#### 65th National Medicine Week Celebration

#### “Nagkakaisang PMA Para sa Kalusugan ng Sambayanan”

**September 18-24, 2022**

## Getting to Know Your PMA Governor



# Agnes Lourdes Dizon-Fernando, MD

Governor, Central Luzon Region

Agnes Lourdes Dizon-Fernando, FPOGS, FPCS is the current Chief of Clinics and Chair of the Department of Obstetrics and Gynecology at Pampanga Medical Specialist Hospital (PMSH). She is an active member of the Philippine Obstetrical and Gynecological Society (POGS) having served as President of its Central Luzon chapter in 2018. She has been an advocate of women's health and has championed relevant health issues through dialogue, education and information dissemination efforts and various medical missions.

She also served as President of the Pampanga Medical Society in 2016 where she spearheaded several pioneering initiatives which strengthened the society and helped the community at large. One of which is her brainchild, the TANAM coffee table book. With her love for her home province, together with partner doctors and affiliates, she published TANAM. This is a collection of photos which highlighted Pampanga's history, culture, arts, and cuisine. This publication has garnered several recognitions including National Commission on Culture and Arts (NCCA) 9th Ani ng Dangal, a finalist at the International Photography Awards in Carnegie Hall, New York and was given a Special Presidential Award from the Philippine Medical Association. This is a testament to her style of inclusive and empowering leadership.

Outside of her medical career, Agnes is a loving mother to her 4 children. Her eldest child, Dr. Angela is a licensed physician and has finished her Pediatric residency from Jose B. Lingad Memorial Regional Hospital. Her second child and eldest son, Al Lawrence is a professional Chef and successful entrepreneur. He is the proprietor of Estos Kitchen and Café, a known restaurant in Guagua, Pampanga. Her two youngest children Anne Lorraine and Adrian Lee are both starting with their clerkship at the UST Faculty of Medicine and Surgery. More recently, Agnes has become a loving grandmother to her first and only grandchild, Rocio. Agnes is happily married to Dr. Larry M. Fernando, FPSR for 31 years. Dr. Larry is the current Chief of Hospital of Jose Songco Lapid District Hospital in Pampanga. In her free time, Agnes loves to tend to her plants and play with her fur baby, Belle – a 5-year-old Maltese.

Following Dr. Agnes' election of Governor of Central Luzon, she plans to continue with her brand of inclusive and empowering style of leadership by working closely with the officers of the component medical societies. She plans to bring this to fore to have a fellowship of physicians united in the common goal of acquiring the highest levels of medical knowledge and skills through continuing education and research, and to promote the healing ministrations of physicians in the delivery of healthcare to patients. She believes that through

partnership with other organizations and the government, PMA Central Luzon shall contribute to excellent healthcare delivery to its patients and the community at large.

The PMA Central Luzon region is comprised of the following medical societies: Angeles City Medical Society, Aurora Medical Society, Bataan Medical Society, Bulacan Medical Society, Nueva Ecija Medical Society, Olongapo City Medical Society, Pampanga Medical Society, Tarlac Medical Society, and Zambales Medical Society. Central Luzon is known for its richness in history, culture, arts, and cuisine. Aurora boasts of beaches and waves that are world class for surfing. Bulacan's proximity from Manila makes it an exciting place for progress grounded by colorful festivals such as the Obando Fertility Rites and the Bocaue Pagoda Festival. Tarlac and Nueva Ecija's fertile lands made them a center for agriculture with vast sugar and rice plantations. Zambales, Olongapo and Bataan have the perfect combination of a city and serene beach destinations. Pampanga was able to pivot from the destructive Mt. Pinatubo explosion to becoming the culinary capital of the Philippines to one of the progressive provinces in the country.



## Getting to Know Your PMA Governor



### Alejandro Y. Tan, MD

#### Governor, Manila Region

Dr. Alejandro Y. Tan or Alex to his friends and colleagues is a fifth term Governor for Manila since 2018 up to present with a hold on capacity.

He is married to Betty C. Tan and blessed with four children: Dr. Caroline Tan-Hernandez, a Hema-Onco Pediatric Doctor at East Avenue General Hospital, Chinese General Hospital and Medical Center and in Philippine Children Medical Center, Dominic Tan, an IT in University of Southern California, USA, Eleanore Tan, an OR Nurse and Fitzgerald Tan, a Medical Technologist in California, USA.

He graduated from Far Eastern University - Nicanor Reyes Medical Foundation (FEU-NRMF). He then studied further to become a general surgeon. To further honed his skills, he underwent training in West Germany where stayed for seven years from 1977-1984.

Dr. Tan is the Past President of Rotary Club of Kamuning West RI District 3780 Year 1997-1998. He is also a Philippine Army Reserve officer with a rank of Lieutenant Colonel (Lt Col).

Currently, he is affiliated in Chinese General Hospital and Medical Center, a Laparoscopic Surgeon, and a Consultant at Armed Forces of the Philippines Medical Center (AFPMC) from 1988 up

to present. He is a Fellow of Philippine College of Surgeon and a Fellow of Philippine Society of General Surgeon.

He is also a President of the Colegio Medico-Farmacologico de Filipinas, Inc., a non-governmental organization which consists of physicians and pharmacists within Manila Region from year 2016 up to present. He is an active member and officer of the Manila Medical Society and a sixth term President from year 2010-2016. During his term, he received an Icasiano Award for five consecutive years.

Aside from being a physician, he also loves to sing particularly in the events of Manila Medical Society and of Philippine Medical Association.



### Maria Lilybeth Pascual-Naguit, MD

#### Governor, Quezon City Region

Dr Maria Lilybeth Pascual-Naguit is the daughter of two prominent personalities in PMA and Quezon City Medical Society: Dr Mariano F. Pascual, former QCMS President, and Dr Concordia M. Pascual, former QCMS President and former PMA President.

Dr Naguit has been blessed with 5 children: Ricardo Mariano P. Naguit, MD, Gloria Concordia P. Naguit-Reyes, MD, Ma. Angela Benedicta P. Naguit, DMD, Ma. Luisa Elizabeth P. Naguit-Paz, DMD, and Anna Maria P. Naguit (Freshman Medical Student). She also has one grandchild, Lucia Danielle N. Reyes.

In 1979, after finishing her BS Zoology in the University of Sto Tomas, Dr Naguit took her medical education from the Faculty of Medicine and Surgery of the same University and graduated in 1983. She decided to pursue another career, this time in the legal profession. In 1992, she received her Bachelor of Laws (LLB) Degree from the Faculty of Civil Law of the UST. She also took up Masters Degree in Hospital Administration at St Jude College.

Just like her parents, Dr Naguit has been very active in both QCMS and PMA. She has been elected in various positions in QCMS since 2010, including being its President in 2019-2020, a very challenging time since 2020 was the start of the Covid Pandemic. At the

national level, Dr Naguit has been appointed to the Commission of Ethics (2004-2009, 2012, and 2014-2021), Committee on Legal Affairs (2007-2009, 2012-2015), and Committee on Finance (2021-2022). She has also been appointed Chair, PMA, National Medicine Week Celebration in, 2019, and as member of the Committee on Doctors in Concert Part 2, 2019-2020. Perhaps the most important contribution of Dr Naguit to PMA was her involvement as member of the PMA Commission on Ethics working group for the PMA Code of Ethics of Medical Profession which was approved by the PRC.

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*Dr. Maria Lilybeth Pascual-Naguít,  
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Hobbies of Dr Naguit include cooking, reading, playing musical instruments like piano and electric organ. Her advocacies are: saving the environment through recycling and making use of her God given talent to make the life of the less fortunate more bearable through medical missions.

The remarkable history of Quezon City Medical Society began in 1950 when 3 doctors namely, Dr. Petronilo Monsod, Dr. Demetrio Crispo Lacuna and Dr. Felipe Perez Arenas, met and organized the Medical Society with 37 other doctors from different hospitals in Quezon City eventually joining. To this date, QCMS has 14,704 members, 6,625 of which are active. The Society takes pride in producing 8 PMA presidents namely, Dr. Pedro Mayuga (1960-1961), Dr. Jesus Tamesis (1963-1964), Dr. Jose Denoga (1965-1966), Dr. Fe Del Mundo (1969-1970), Dr. Jose Pujalte (1985-1986), Dr. Concordia Pascual (1994-1995), Dr. Gil Fernandez (2001-2003), Dr. Rey Melchor Santos (2008-2010).

In 2000, with Dr. Cesar Meris as president and Dr. Juliet Santos as PMA Governor, the QCMS won the first PMA award for Most Outstanding Component Medical Society, Category 1, First prize as Icasiano Award. From then on, the Medical society has regularly earned various Icasiano Awards.

QCMS has given benefits to its members in the form of disability, death and legal benefits.

During the term of Dr Maria Lilybeth Pascual-Naguít as QCMS President 2019 -2020, through the concerted effort, perseverance and hard work of the officers and members, QCMS garnered 12 prestigious PMA Awards namely:

1. PMA Award for Most Outstanding Component Medical Society (Icasiano Award) Category 1 – First Prize
2. PMA Leadership Award – Category 1 – First Prize – Dr. Ma. Lilybeth P. Naguit
3. PMA Award for Most Outstanding Component Society Treasurer Category 1 – First Prize – Dr. Rebecca Y. Sison

4. PMA Award for Most Outstanding Component Society Secretary Category 1 – First Prize – Dr. Arnold E. Monteiro
5. PMA Award for Loyalty and Service – Dr. Angela V. Cruz
6. Most Outstanding Physician – Dr. Ma. Mercedes V. Agustin
7. PMA Award for Community Service by a Component Society – First Prize – Dr. Maria Teresita Agda
8. Pujalte Award – PMA Award for Exemplary Humanitarian Service in Times of Calamities (Natural disasters or manmade) – Dr. Hector Santos
9. PMA Award for Most Outstanding Adopt-a-Barangay Project of a Component Society – Second Prize – Dr. Maria Victoria Dela Cruz
10. PMA Award for Most Active Component Active Society in Environmental and Sanitation Projects - Dr. Dean Zenarosa
11. Dr. Fe Del Mundo Memorial Awards for Outstanding School Community Project – Third Prize – Dr. Julieta Agnes Calleja
12. Award for Merit for Membership Growth for Component Society – First Prize – Dr. Marianne Dobles

**To God be the Glory!**

## *Getting to Know Your PMA Governor*



## **Lorna M. Dideles, MD**

**Governor, Rizal Region**

The sixth child in a family of ten, Dr Lorna M Dideles was born on board a motorboat bound for Iloilo City from Buenavista, sub province of Guimaras. She was so excited to see the world she could not wait for her mother to reach the hospital in Iloilo City.

She has been raised and educated in Iloilo City. With a father who is a teacher and mother who is a housewife, education was given due importance. Dr Dideles worked hard and graduated

with honors in High School and became a consistent dean's lister in University of San Agustin in Iloilo City where she finished her Bachelor of Science in Preparatory Medicine degree. She then moved to Metro Manila for her medical education. She received her Doctor of Medicine Degree at FEU-NRMF.

Dr Dideles returned to Iloilo for her Internship and Rural service. After passing the Board Exam, she started her Pediatric Residency training in Iloilo Doctors Hospital, where She was also given the position as instructor in the

college of Nursing, Midwifery and Medical Secretarial. After a year, she transferred to the San Juan de Dios Hospital, where she finished her Pediatric Residency Training in 1982. She was given an award equivalent to the Most Outstanding Resident.

She eventually settled in Las Piñas City, and concentrated her practice around the area. She became affiliated with the University of Perpetual Help Medical Center (UPHDMC), where she

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*Dr. Lorna M. Dideles,  
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was given several positions like Internal Auditor of QMS, Chair, Medical Records Committee since 2001. Became the Vice President of the Medical Staff Organization in 2007 and eventually the Presidency in 2008.

She joined the Las Piñas Medical Society (LPMS) but became actively involved in its activities at a later part. Elected in 2017 – 2018 as President Elect and eventually LPMS President in 2018 – 2019.

Dr Dideles was a member of the Committee on Doctors in Concert Part 2 2019-2020, member of the PMA Awards Committee 2020-2022 and the Medicine Week Celebration in 2019.

They say “all work and no play makes Jill a dull girl”. Well, Dr Dideles is definitely not a dull person. She enjoys traveling, especially with her travel mate and daughter Kath. She is a sports enthusiast, playing bowling and watching sports events, especially tennis. She loves reading, collects rare stamps, and watching plays by the Repertory Philippines. Since the start of the Pandemic, she has become addicted to scrabble

## **RIZAL REGION**

Rizal Region was formerly known as the Rizal Medical Society (RMS) founded in 1931, by then Pasig Mayor, Dr. Sixto Antonio, who also served as its President.

It became a Rizal Region when PMA officially delisted RMS in 2003 due to the emergence of component local societies within the Rizal Medical Society.

To date, Rizal Region is composed of 10 component Societies namely:

- Antipolo City Medical Society
- Eastern Rizal Medical Society
- Las Piñas Medical Society
- Malabon – Navotas Medical Society

- Mandaluyong City Medical Society
- Muntinlupa City Medical Society
- Pasig City Medical Society
- Rizal – Parañaque Medical Society
- Taguig City Medical Society
- Taytay-Angono-Cainta Medical Society

## **PASIG CITY MEDICAL SOCIETY**

In 1948, a group of 24 physician from the municipality of Pasig, collectively founded the Pasig Medical Society.

It was in 1962, when the Rizal Medical Society (RMS) was composed of the Pasig Medical Society, Malabon-Navotas and Caloocan Medical Societies.

However, when Caloocan became a City in 1962, it was granted its independence by the PMA Executive Council in 1963 and thereby became a component Society of PMA.

It was also in 1962, when the Medical Staff of the Rizal Provincial Hospital and doctors from Taguig and Pateros, joined the Pasig Medical Society and became known as the Pasig Pateros Taguig Medical Society (PPTMS).

In 1995, Pasig became a city, so members of the PPTMS contemplated in upgrading the Society into a Component Society of PMA, rather than a chapter of RMS. This was done through the leadership of Dr. Carlito Pajarillo supported by its member. PPTMS members were inducted into office under the Pasig City Medical Society, when finally, it was granted its componentship by the PMA board in June 2003 under Dr. Carlito Pajarillo as its founding President. To date, PCMS is a component Society of PMA under the Rizal Region. Dr. Jose Asa Sabili became the Past President of PPTMS eventually PMA President.

## **EASTERN RIZAL MEDICAL SOCIETY**

The Eastern Rizal Medical Society on the other hand was initially composed of Antipolo, Teresa Morong, Cardona, Binangonan, Baras, Tanay, Pililia and Jalajala through the effort of Dr. Alejandro C. Cruz, President elect of RMS during that time.

The group then was known as the Eastern Rizal District of the Rizal Medical Society in 1963.

It was in 1966, when the Eastern District of Rizal Medical Society was visited by the delegates of the World Medical Assembly particularly the MARIA (Medical Aid to the Rural Isolated Areas) which was the project of the Philippine Medical association in Barrio Subay, Talim Island. This placed the society on the medical map.

In 1973, the Eastern District of the Rizal Medical Society was renamed Eastern Rizal Medical Society. It was during this year that Dr. Pedro Regalado (Antipolo) made the musical arrangement for the hymn “Awit Nang Rizal Medical Society”

Dr. Ireneo C. Bernardo (Tanay) served for 3 years (1983 – 1986) and formulated the constitution and by laws of ERMS.

Fast forward in 2003, Rizal Medical Society (RMS) was officially delisted as a component and Region of PMA. Eastern Rizal, Malabon, Navotas and Taguig Medical Societies became a component and were admitted to PMA.

## **ANTIPOLO MEDICAL SOCIETY**

Antipolo was named after the “TIPOLO” (bread fruit) tree. Formerly, a member of the Eastern Rizal Medical Society, but in 2003, it became Antipolo Medical Society, a component Society of PMA under the Rizal Region with Dr. Mercedes Osunero (2003 – 2009) as its founding President with 73 founding members.

## **LAS PIÑAS MEDICAL SOCIETY**

The Las Piñas Medical Society (LPMS) was organized in 1972, through the initiative of Drs. Eugenio and Arcangel De Leon and Drs. Adalberto and Aretas Alday. They were encouraged by the incumbent RMS President, Dr. Adriano Dela Paz and City Mayor, Dr. Filemon Aguilar. It became the 9<sup>th</sup> chapter of the Rizal Medical Society, a district of PMA. Dr. Eugenio De Leon became its first President.



*Dr. Lorna M. Dideles,  
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Several members of LPMS made it to the key positions in RMS (Rizal Medical Society) & PMA

Dr. Adalberto Alday – Vice President, RMS – 1977, President, RMS – 1984

Dr. Eugenio De Leon – President, RMS 1976 – 1977

Dr. Ricardo Pascasio – Vice President, RMS – 1980 – 1981, President, RMS 1981 – 1982, PMA Governor of Rizal – 1984 – 1985

Dr. Julio Javier – PMA Governor of Rizal – 2012

LPMS also garnered several awards:

1984 – PMA ICASIANO award,

Dr. Juanito La Rosa as President

1985 – Most Outstanding Physician, Dr. Ricardo Pacasio

1986 – PMA ICASIANO award, Dr. Jose Cantos

1989 – Most Outstanding Chapter in Culture & Arts, Dr. Elias Nadal, President

1995 – Most Outstanding Chapter of RMS, Most Outstanding Chapter President, Dr. Sarah Sevilla, Most Outstanding Chapter Secretary, Dr. Corazon Velasquez, Most Outstanding Chapter Treasurer, Dr. Concepcion Indiongco

1998 – Most Outstanding Chapter of RMS, Most Outstanding President, Dr. Ma. Mercedita Alcala, Most Outstanding Secretary, Dr. Regina Cunanan, Most Outstanding Chapter for Social Activities, LPMS Choir under Dr. Renato Jose won the best rendition of the PMA Hymn

After 20 years, in 2018 LPMS landed in the awards category.

2019 – PMA Testimonial of Merit and Testimonial of Appreciation, Dr. Lorna M. Dideles, President

2020 – PMA Testimonial of Merit & Testimonial of Appreciation, Dr. Orpha Abrigo as President

2020 – Most Outstanding Physician, Dr. Lorna M. Dideles

2021 – Most Outstanding Physician, Dr. Orpha Abrigo

2022 – Most Outstanding Physician, Dr. Stella Marie Jose

PMA Governor of Rizal Region, Dr. Lorna M. Dideles

It was in 2004, when LPMS became the 7<sup>th</sup> component society of PMA under the Rizal Region and was registered in the SEC during the incumbency of Dr. Roberto Salvino in 2008.

### **MALABON – NAVOTAS MEDICAL SOCIETY**

In 1949, Malabon–Navotas Medical Society was founded by Dr. Wenceslao Pascual who became its founding President.

But, for the next 6 years Malabon – Navotas Medical Society became inactive. Thanks to the effort of Dr. Jose Quito and Dr. Guillermo Paez, Malabon – Navotas was revived and 4 members were awarded as the Most Outstanding Physicians in a span of 5 years namely: Dr. Jose Quito, Dr. Ricardo Franco, Dr. Tomas Josef and Dr. Guillermo Paez. The society expanded and two other Medical Societies affiliated with them, the Makati and Marikina Medical Societies.

During the Presidency of Dr. Jesus Tamesis, Dr. Ricardo Franco was awarded as the Most Outstanding Secretary, Treasurer by the PMA.

Other member who made it to the key positions in RMS as Presidents were:

Dr. Jose Quito – 1959

Dr. Guillermo Paez – 1962

Dr. A. Rivera – 1969

### **MUNTINLUPA MEDICAL SOCIETY**

In the early part of 1960, only few doctors were practicing in Muntinlupa. New graduate came to practice, but most of them were already members of the neighboring Las Piñas Medical Society.

Finally, through the effort of Dr. Jose Yason and the late Dr. Arturo Bunyi, Muntinlupa Medical Society was

founded in 1973 and became a chapter of the Rizal Medical Society. The late Dr. Arturo Bunyi became its First President and the founding members were inducted into office on April 5, 1973 with Dr. Adriano De La Paz as the inducting officer.

From then on, the members became active and in December 1983, the Muntinlupa Medical Society placed 2<sup>nd</sup> during the Rizal Medical Society Christmas Presentation.

In August 1997, the Muntinlupa Medical Society was upgraded into a component society of the Philippine Medical association during the Presidency of Dr. Marita Rillo and the incumbency of Dr. Paz Cauilan as Governor of the Rizal Medical Society.

Immediate Past President of MCMCS was Dr. Socorro Hao, (2020 – 2022) who was awarded by PMA as certificate of Merit and Testimonial of Recognition.

Dr. Charina Villena (2022 – 2023) was inducted as President of MCMS on June 26, 2022.

### **RIZAL PARAÑAQUE MEDICAL SOCIETY**

The Rizal Parañaque Medical Society was founded in 1974 and was named as the Parañaque Medical Society through the initiative of the RMS President, Dr. Agaton H. Matimtim, RMS Secretary, Dr. Henry C. Lim and Dr. Mariano Caparas who became its first President.

In May 20, 2004, the Parañaque Medical Society became a component Society of the PMA Region of Rizal and changed its name to Rizal – Parañaque Medical Society. From an initial of 18 members, the Rizal Parañaque Medical Society has grown to 547 members (2018).

Its Past President, Dr. Caridad Molino (1992 – 1994) garnered the Icasiano Award during her term and eventually became a Governor of the Rizal Region.

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*Dr. Lorna M. Dideles,  
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#### **TAGUIG CITY MEDICAL SOCIETY**

With the help of a small group of Physician headed by Dr. Jesus Lammatao, Dr. Jose C. Rabe, Dr. Erlinda Cruz Rabe among others and with the help and support of doctors in the neighboring cities of Muntinlupa and Parañaque, Dr. Jaime Duran Jr. Araceli B. Diaz and Phoebe Lim Catipon, Taguig Medical Society was founded February 2005.

#### **TAYTAY ANGONO CAINTA MEDICAL SOCIETY**

In 1947, few Taytay Based Doctors headed by Dr. Eladio T. Alcantara, organized the Taytay Medical Society.

In 1963, doctors from Angono and Cainta joined Taytay Medical Society, and the organization was renamed as the Taytay, Angono, Cainta Medical Society (TACMS). It became the active participant of the Rizal Medical Society (RMS) with Dr. Rogel Rufino of Taytay becoming the President of RMS in 1967.

In 1974, TACMS bagged its first cultural award in RMS under the leadership of Dr. Victor Balcita.

Election to the RMS was espoused by Dr. Ronald Kabigting in 1977, which followed the election of Dr. George Gacula as Vice President and eventually the President of RMS.

A leadership coup ensued in the Rizal Medical Society and TACMS in 1986. Dr. Bayani De Los Santos replaced the incumbent President of TACMS. This gave rise to the drafting of the TACMS constitution and by laws.

It was also in 1986 when TACMS newsletter, the Pelicans, and the TACMS March were created.

In 1997, TACMS celebrated its 50<sup>th</sup> anniversary. During this year, Dr. Crispin Cruz (1997) and Dr. Carlos Zapanta (1998) moved to make TACMS as component Society of PMA.

With the emergence of local component societies, within the Rizal Medical Society (RMS), the RMS was delisted by the PMA in 2003.

TACMS officially became a component society of PMA in 2004 and Dr. Victor Balcita become the first President of TACMS as a component society.

#### **MANDALUYONG CITY MEDICAL SOCIETY**

It was founded in Aug. 29, 1963, when a handful of physicians, led by Dr. Esperanza de Castro, gathered together and established an Organization known as the Mandaluyong Medical Society.

With each succeeding years, it progressively increased in members, activities and achievements. Hence, from being a Chapter of the Rizal Medical Society, it has gained the prestige of being upgraded to a Component Society of the Philippine Medical Association in March 2004.

REFERENCE: PMA COFFEE TABLE BOOK – IMPRINT, VOLUME 3

## *Getting to Know Your PMA Governor*



## **Carmela Socorro C. Managuelod, MD**

**Governor, Central Tagalog Region**

The eldest of two children, Dr Carmela Socorro C. Managuelod, or “Mela” as she is called by friends and family, spent most of her childhood days with her maternal grandmother in Cebu, only transferring to San Juan when she started her studies.

It took only 3-1/2 years for her to finish her BS Psychology in UP Diliman. She then went back to Cebu and studied Medicine in the the Cebu Doctors’ College of Medicine. She went back to Manila for her Internship at The Medical City. She had her residency training, first in Family Medicine then in Obstetrics and Gynecology at the St Martin de Porres Charity Hospital in San Juan. To further

hone her skills, she studied Obstetrics and Gynecology Ultrasound at the MCU USI. She is now a fellow of POGS and PSUOG.

Dr Managuelod has been active in the United Methodist Church as the Chairman of the Church’s Committee on Health and Society and as a member of the small group of the Church’s Chancel Choir that has performed not only in various parts of the country but also in several cities in Indonesia.

The Church had a special role in Dr Managuelod’s love life. It was there that she met and eventually married the love of her life. Their union has been blessed with two sons, the eldest is now a Radiology resident in St Luke’s Medical Center in Quezon City,

and the youngest a law student in San Beda College. Her husband is now a retired Dean of the College of Business Administration and Accountancy of the Philippine Christian University and dabbles in Agribusiness

As a member of the San Juan Medical Society, Dr Managuelod has served as Secretary under five presidents and eventually as President for two terms, 2012-2013 and 2013-2014. Recently she has been tasked to head the SJMS project on Teenage Pregnancy. On her being the Governor of Central Tagalog Region she has this to say: “The governorship of the CTR is my most recent challenge, and with the help of my SJMS and CTR family, I pray that we would be able to meet the challenges that come our way and make our members proud.”

## Getting to Know Your PMA Governor



### Myrna D. Gomez-Zapanta, MD

Governor, Southern Tagalog Region

Our PMA Governor for Southern Luzon is a woman who embodies and exemplifies love and service to God, country and her profession.

It is also a milestone to feature a PMA Southern Luzon Governor because this is the first time a lady physician from Occidental Mindoro held this position.

The PMA's theme "Nagkakaisa para sa Kalusugan ng Sambayanan" for this year is very relevant as we aspire to navigate thru the new normal. After 2 years of the pandemic, we at the PMA continuously act, in order to overcome the challenges brought about by various health concerns.

Dr. Myrna D. Gomez – Zapanta was born on November 9, 1951 in Quezon City, to Dr. Dominador M. Gomez and Mrs. Celestina G. Dimalanta – Gomez.

She is the youngest in the brood of 6. She obtained her medical degree from UERMM Inc, 1976. She was a beauty queen, scholar and debater during her college days. She finished her Residency in Pediatrics at UP – PGH Medical Center in 1982.

Together with her late husband, Dr. Senen M. Zapanta Jr., who was also a former PMA governor for Southern Tagalog, they serve as Directors of the Zapanta Maternity and General Hospital at San Jose, Occidental Mindoro which serve the people of San Jose since 1979.

During the peak of their careers, both Dra Myrna and Dr Senen not only attend to their patients' illnesses, but they were also active in their spiritual apostolate.

Mommy Dra, as she is fondly called serves in the church of the Apostolic Vicariate of San Jose, Occidental Mindoro in various capacities namely:

1. Head Servant – Loved Flock Catholic Charismatic Community, of San Jose, Occidental Mindoro
2. Coordinator – St. Joseph Cathedral San Jose, Occidental Mindoro

Some of her notable posts which are in the national level are as follows:

1. International Regent – Daughters of Mary Immaculate International a post she held from 2000 – 2002.
2. National President – Pro Life Philip-pines in 2002 - 2004

Aspiring to initiate positive change in their community, Dra Myrna also entered Politics. She is presently on her 2<sup>nd</sup> term as member of the Sangguniang Bayan of the Municipality of San Jose, Occidental Mindoro.

Despite her hectic schedule as a doctor and owner of one of the most trusted hospitals in San Jose, Dra Myrna was still able to help people in need not only in their hospital, but across San Jose through her personal projects. She does regular Free Clinics in the different sitios in all Barangays of the Municipality of San Jose, Occidental Mindoro.

Because of her deep concern for children, she built a Model Day Care Centers to inspire young children to study hard. She believes that education is the best way to ensure a bright future for these kids. She put-up solar lamp posts in elementary schools in the different barangays in San Jose. She donated portable sound systems in the churches of the Basic Ecclesial Communities in Barangays specially in far-flung areas. She is a strong advocate in fighting violence against women and children, hence, she proposed resolutions on this and it were enacted as ordinances during her term.

As Sangguniang Bayan member she is the:

1. Chairman, committee on Health and Social Services
2. Chairman, committee on Women, Children and Family
3. Chairman, committee on Trade and Tourism

Here as some of her Notable Accomplishments as City Councilor:

- ◆ Ordinance providing burial assistance to PWDs worth ₱3,000.00
- ◆ Ordinance on the Comprehensive Children's Welfare Code of San Jose, Occidental Mindoro
- ◆ Ordinance providing for a Municipal Gender and Development Code in San Jose, Occidental Mindoro, and for other purposes, otherwise known as the "Gender and Development Code of San Jose, Occidental Mindoro
- ◆ Ordinance creating the San Jose Council of Women, defining its roles, functions and composition, appropriating funds therefore and for other purposes
- ◆ Ordinance strengthening the Local Government Support Systems for the Information and Communications Technology (ICT) Sector, creating the Information and Communications Technology (ICT)
- ◆ Ordinance prohibiting the acts of vandalism within the Municipality of San Jose, Occidental Mindoro and imposing penalties for violation thereof
- ◆ Ordinance prohibiting any act of discrimination or any other act causing stigma, indignity, dishonour or humiliation inflicted upon confirmed, suspect and probable COVID-19 patients, persons who have recovered from COVID-19, and against medical or non-medical frontliners
- ◆ Ordinance creating the Municipal Epidemiology and Surveillance Unit (MESU) in the Municipality of San Jose, Occidental Mindoro.

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*Dr. Myrna D. Gomez-Zapanta,  
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- ◆ Ordinance implementing the “Handog Pasa-salamat” program for the retired accredited Barangay Health Workers (BHWs)
- ◆ Providing local standards, policies and guidelines in the implementation of the Child Development Service for children (3-4) years of age in the municipality of San Jose, Occidental Mindoro
- ◆ Prohibiting remotely piloted aircraft (RPA)/drone operations within one hundred (100) meters from all jail facilities in the Municipality of San Jose, Occidental Mindoro, providing penalties for violation thereof and for other purposes
- ◆ Enjoining all the Punong Barangays of the thirty-nine (39) barangays in the municipality of San Jose, Occidental Mindoro to create Barangay Health Emergency Response Team (BHERT) to address the growing concern over the outbreak of the 2019 Novel Corona Virus, in conformity with the policies and guidelines set forth under DILG Memo Circular No. 2020-018 dated January 31, 2020
- ◆ Municipal Mayor Romulo M. Festin, for and in behalf of the Municipal Government of San Jose, to enter into a Memorandum of Agreement (MOA) with the Ronald McDonald House Charities (RMHC) of the Philippines, Inc. for the implementation of the Ronald McDonald Bahay Bulilit Program
- ◆ Earnestly requesting the Legalization Division (Tricycle Franchising Unit) of the Sangguniang Bayan to post an updated Police hotline numbers in all tricycle for hire and public places in the Municipality of San Jose purposely to ensure safety and protection of the public, particularly minors against any form of criminality
- ◆ Adopting House Resolution No. 42, commonly known as “Bating Filipino” and encouraging all San Joseños to practice the same in the Municipality of San Jose, Occidental Mindoro
- ◆ Adopting the Tourism Development Plan of the Municipality of San Jose that will be used as a roadmap to shape the future of tourism industry in San Jose for the Calendar Years 2021 to 2030
- ◆ Earnestly requesting Municipal Mayor Romulo M. Festin to appropriate funds for the provision of Psychotropic medication for the treatment and management mental illness in the Municipality of San Jose, Occidental Mindoro
- ◆ Resolution adopting the Local Nutrition Action Plan of the Municipality of San Jose, Occidental Mindoro for the calendar Years 2020 to 2022
- ◆ Authorizing Municipal Mayor Romulo M. Festin, for and in behalf of the Municipality of San Jose, to enter into a MOA with the

National Police Commission (NAPOLCOM) and San Jose Municipal Police Station for the adoption of Community and Service-Oriented Policing System (CSOP), Development of POPS PLAN/Integrated area/Community Public Safety Plan (IA/CPSP), implementation of joint programs, projects, services and activities within the CSOP Framework, and adoption and implementation of other programs which can contributed to the enhancement of access to justice and delivery of justice services

- ◆ Authorizing the Honorable Mayor, Romulo M. Festin to enter into a Memorandum of Agreement (MOA), for and in behalf of the Local Government Unit of San Jose, with the Department of Science and Technology (DOST) – MIMAROPA Regional Office for the implementation of the project, entitled: “Provision of Water Testing Laboratory to Secure Community Health and Safety” under the DOST – MMAROPA Local Grants-in-Aid Assistance
- ◆ Authorizing Municipal Mayor Romulo M. Festin, for and in behalf of the Local Government Unit of San Jose, to enter into a Memorandum of Agreement (MOA) with the Department of Social Welfare and Development MIMAROPA for the implementation of Yakap bayan Program in the Municipality of San Jose, Occidental Mindoro
- ◆ Designating San Jose Public Health and Diagnostic Center as the Primary Care Facility (PCF) in the Municipality of San Jose, Occidental Mindoro
- ◆ Requesting Honorable Mayor Romulo M. Festin to consider the possible establishment of a Municipal Fire Substation in the preparation of the layout plan for the new San Jose Public Market
- ◆ Earnestly requesting the Department of Interior and Local Government (DILG), thru the Honorable Secretary Eduardo M. Año to grant one (1) unit of fire truck to the Municipality of San Jose, Occidental Mindoro
- ◆ Earnestly requesting Municipal Mayor Romulo M. Festin to grant monetary incentives to Barangay Health Workers (BHWs) and Barangay Police Safety Officers (BPSOs) providing immediate and appropriate emergency assistance in their respective barangays in this time of pandemic
- ◆ Expressing full support to the conversion of San Jose District Hospital in the Municipality of San Jose, Occidental Mindoro into a General Hospital that shall be known as the “Southern Occidental Mindoro General Hospital”, as authored and introduced by Honorable Josephine Y. Ramirez-Sato and Honorable Sharee Ann T. Tan through House Bill No. 8758
- ◆ Requesting the Pitmaster Foundation, thru Atty. Caroline Cruz, to donate one (1) unit rescue ambulance vehicle for the Local

Government Unit of San Jose to be used during health emergencies of its constituents

- ◆ Approving and Adopting the Municipal Disaster Risk Reduction and Management Plan (MDRRMP), Contingency Plans for typhoon, flooding and storm surge, Local Climate Change Action Plan (LCCAP), and Climate and Disaster Risk Assessment
- ◆ Requesting the Municipal Health Office, thru Dr. Enid M. Asuncion, to accommodate the proposed conduct of COVID-19 testing of Persons Deprived of Liberty (PDL) before commitment or release from their respective jail facilities
- ◆ Earnestly requesting the Local Chief executive for the disinfection of all day care centers in the Municipality of San Jose in preparation for the upcoming face-to-face classes
- ◆ Earnestly requesting the Local Chief Executive for the repair and rehabilitation of the damaged/dilapidated day care centers in the Municipality of San Jose in preparation for the forthcoming face-to-face classes
- ◆ Granting ₱500.00 as Birthday Gift to all registered PWD’s
- ◆ Institutionalizing “Girls Takeover” on the second week of October in celebration of International Day of the Girl Child
- ◆ Handog Pasasalamat sa mga accredited Retired Barangay Health Workers (BHW), Child Development Workers (CDW) and Barangay Nutrition Scholars (BNS)
- ◆ Ordinance institutionalizing the G. San Jose at Bb. San Jose, Lantern Festival Pamaguhan sa Pandurucan and Indak Pandurucan – Cultural activities defecting the tradition of the town of San Jose, Occidental Mindoro.

Being abundantly blessed, both Honorable Myrna and her late husband, continue to share their blessings by giving gifts specially apples to people of San Jose during important occasions and during Christmas season.

During the Covid Pandemic, Dra Myrna distributed hand sanitizers, alcohols, vitamins, and toys to her Pediatric patients to help boost their health as well as brighten their day. Because serving people is what makes her happy as she always end her speech with, “Ito po ang inyong lingkod anytime and all the time para sa bayan ng San Jose”.

A servant leader personified, truly, Dra Myrna Zapanta, is indeed an epitome of success in her chosen field!

## Getting to Know Your PMA Governor



### Rufino A. Bartolabac, MD

Governor, Bicol Region

#### The Joys and Rewards of Practicing Medicine in the Province

Pollution and heavy traffic congestion in the Metro made me decide to practice Medicine in the province should I become a doctor even during my early years in med school. So right after I passed the medical licensure board exam in 1976, I got myself employed in our provincial hospital in Masbate as a Resident Physician. Being a new young physician, I was then one of the most eligible bachelors in the community. So courting pretty girls was not much of a problem (*ehem*) and I was happily accepted in the company of VIPs in the province rubbing elbows with the powers that be so to speak.

But what was so rewarding was that I was held in high esteem by my relatives, my former classmates, close friends, neighbors and countless poor patients as I have in some small and big ways touched their lives for having treated them well and even saved some lives in a few months that I worked as a doctor. In a complex environment of Metro Manila, I wonder if such recognition can be felt by a new doctor amidst a population of so many doctors and where even neighbors next doors are not acquainted with and seldom talk to each other.

Poor town folks are the most grateful of all as they consider treating their illnesses as unforgettable acts of kindness. And they don't fail to reciprocate in one way or the other even if I don't expect them in return. I remember one time a hen was delivered to our house from a mother whose child's life I saved. As she handed to me the gift in a basket, the chicken hatched an egg! *Pinag-isip tuloy ako sa proverbial puzzle na kung alin ang nauna, ang manok o ang itlog?*

Once I was buying an item in a store. I was surprised I was given a discount. (translated in Tagalog:) *"Doktor, noong bata pa ako, linibre nyo ako sa tuli,"* said the store owner.

A fisherman neighbor whom I treated for pneumonia would send me a share of the fish he caught from the sea most of the time. *At masaya akong nakakainoman siya kasama ang kapwa niyang mangingisda rin. Syempre ang pulutan namin ay ang mga sariwang isda na mga nahuli nila.*

In a restaurant where our bus stopped in one of my travels, I was curious why I was not charged for the food I ate. The driver came near me, (translated in Tagalog:) *"Doc, ako po yong na anesthesia nyo noon sa operasyon nang nabali kong braso dahil sa isang aksidente. Salamat po sa inyo at ako'y nakabalik na sa pag maneho. Kinausap ko yong manager na hwag na kayong singilin sa pagkain."*

At another time, a stranger accosted me, (translated in Tagalog:) *"Doktor, ako po yong noong sanggol pa ay pinunasan nyo nang malamig na tubig ang buong katawan ko sa free ward ng hospital na nagpababa sa napakataas kung lagnat at nagpatigil sa aking pagkokombulsyon. Nabangit po yon ng nanay ko. Ako po ngayon ay inhenyero na at kagagaling ko lang po sa Middle East. Maraming salamat po."*

I treated once a brother of our maid who was almost skin and bones as I diagnosed he was suffering from tuberculosis. For six months I monitored that he took daily the medicines I provided him for free. He got well and recovered his strength and activity as laborer. His whole family and co-laborers were so grateful that he and his co-laborers would come

promptly to our house every time I called for them to fix things in our household.

There are countless more of tokens of gratitude I received from people of all walks of life whose names I oftentimes can't recall. I can probably write a book for all these anecdotes I feel so good to narrate for the priceless gestures of thanks from people of humble lives.

And so there are numerous baptisms and weddings I attended standing as godfather which are manifestations of the recognition of the same noble deeds that doctors (who serve in the provinces) extend. My son's keen observations that doctors are always well acknowledged and respected in gatherings especially in the provinces inspired him to also pursue the profession of Medicine.

After a year of practice with wine, women and songs during free restive nights, I got tired and lo and behold for some serene moment, I made up my mind to *"lumagay na sa tahimik"* (In retrospect, I'm asking myself now: *"Bakit ko nga ba naisip yon?"*). Kidding aside, I said then that if I would raise a family, I had to start while I was still young so that there would be less generation gap between me and my children as I felt there was between me and my parents then.

So at the age of almost 27, I got married to a pretty, sexy, young nurse from Batac, Ilocos Norte (I met her at Dr. Jose Reyes Memorial Medical Center in a ward while I was calling thru the paging system for a meeting of Interns as I was the President of the Assistant Residents Organization – the

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*Dr. Rufino Bartolabac  
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Intern's organization then.). And since the place of my wife was mostly regarded then as the "*Holy Land*" of the Philippines where the most powerful Apo President Marcos hailed from and a fraternity brother at that, I transferred to the revered hometown of my newly wedded wife expecting high that with a medical center in place there not common to find in the provinces, the future of my career would be secured. It was not long before I was recognized by my peers in such a strange far place as I was a gregarious individual and especially as they took notice of and were entertained by the passionate love songs I belt out during socializations.

While in Ilocos Norte, my wife and I were blessed with two lovely darling children, the elder one, a boy and the younger one, a girl – two exceptionally great bundles of joy. I easily earned a lot of friends within and outside the medical circle that even though I was not a genuine Ilocano I was elected as President of Ilocos Norte Medical Society and President of Annak ti Batac Jaycees. My stint as effective leader of such organizations was palpably recognized as I was chosen as the Most Outstanding Physician of Ilocos Norte by the Philippine Medical Association and during my incumbency as President of that particular Jaycees Chapter, our group was cited unprecedentedly by the municipality of Batac for our outstanding accomplishments. Meanwhile, my son was growing up to be a good entertainer as he stood out regaling his audiences with his lively song and dance performances during school and non-school programs. He garnered first place in vocal solo in an interschool contest. And my daughter was finishing elementary grades staying always at the top of her class. Also I was gaining more and more surgeons for my specialization of anesthesiology.

Came 1993, the remains of the Great Ilocano Son of Batac was brought to his hometown. Coincidentally, my siblings from Masbate pleaded that I go

back home as there was no brother to take care of our ancestral house and family properties. So with a heavy heart but with the excitement that I will be reunited again with my dear close relatives and hometown friends, my family moved in to my beloved Masbate province. It's an irony that I arrived in Ilocos Norte at the height of power of my illustrious fraternity brother and leaving the same upon his return vanquished and lifeless. It was most painstaking to see my two kids parting away with dear classmates who stayed with them even up to the time the bus started to move away from the town close to their hearts.

My coming back to Masbate was most welcome as I was the only fully trained anesthesiologist in the province and the political leaders of Masbate are closely related in consanguinity with me (the governor then was not only a cousin but a fraternity brother too). It was not long when my children and my wife were able to adjust to the way of life in my home province as provincial folks are usually not difficult to please. My children easily learned our dialect and in no time found a lot of friends.

But my re-employment to the provincial hospital came at the chaotic time of devolution of the health services to the LGUs. Behind this background of the seeming politicization of the health sector and the perceived graft ridden handling of government hospitals, I came across an article in a magazine of a broad sheet about the success of a hospital cooperative in Davao. I thought such hospital cooperative would be a better alternative for health care delivery system and would do well in the province. So with a handful of doctors and allied health workers, I initiated, organized and established a hospital and health services cooperative in my hometown patterned after that of the Medical Missions Group in Davao. We started with measly a little more than a hundred thousand pesos as capital with an ambulatory clinic right in my residence. The rest is history.

Today, our Cooperative is operating and managing the former Masbate Doctors Hospital now Masbate Medical Mission Group Hospital Service Cooperative (MMMGHSC), the premier hospital in Masbate which has the most well equipped, most adequate laboratories, best hospital rooms and most complete line of medical specialists in the different fields of specialization. I was the first medical director when we started managing the hospital.

In 2017, the Diocesan Hospital of San Antonio de Padua owned by the Catholic church of Masbate was entrusted to our Coop to also operate and manage.

On every March 9 of the succeeding years since 1998, we celebrate the anniversary of our hospital and health services by having free blood donation myself leading by example.

As of the end of May 31, 2022, our assets stand in the amount equivalent to more than 119 million and seven hundred thousand pesos with capital shares more than 66 million and six hundred thousand pesos giving employment to a considerable number of Masbateños. I have been Chairman of the Board of our hospital cooperative since 2017.

Again, reflective of being a member of an outstanding UP fraternity with a tradition of excellence in leadership, I was elected unopposed three times as President of Masbate Medical Society receiving three plaques of appreciation from Philippine Medical Association (PMA) for being the Most Outstanding Physician in our province in three separate years; not to mention the certificate of award I received as PMA 2013- 2014 Most Outstanding Bicolano Physician from the 2013-2014 PMA Bicol Governor. I also won cash prize and a plaque for winning in the logo contest for a PMA national convention. In addition, I was elected unopposed as PMA Governor for Bicol serving for PMA year 2009-2010, for the second time in PMA year 2014-2015 and the third time currently this PMA year 2022 -2023. The PMA General Assembly in 2015 voted me as Chairman. I was chosen twice as finalists in PMA Jose Rizal Memorial Award for Community leadership in years 2015 and 2018.

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*Dr. Rufino Bartolabac  
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Outside of the medical profession, for several years, I was President of UP Alumni Association, Masbate Chapter. I was also one of the founders of Rodeo Masbateño Incorporated (I used to manage a small family ranch). Presently, I'm the Treasurer of Cattle Raisers Association of Masbate, Inc. And I have been President of Masbate Electric Cooperative which under my stint electric power has remarkably improved engendering the fast sprouts of businesses in the province especially in Masbate City which I represented.

More than what I earn from my medical profession, the hair and skin beauty parlor that my wife runs on the ground floor of our residence has contributed immensely to our being able to send our two children to medical schools. My wife has special skills in hairdressing and beauty regimens. She is endowed with charismatic public relations traits. No wonder that the rich and famous ladies of Masbate patronize her beauty salon.

Incidentally my two children finished secondary education in a public school. My son who has a talent for music formed a rock band consisting of close classmates whom he literally taught how to sing and to play the varied musical instruments.

My daughter, who was academically bright, was winning medals in so many science, mathematical and literary contests intra and interschool. She was consistently at the top of her class graduating Salutatorian although she was number one in the special Science and Technology Oriented Class. I am proud to say that she was accepted in the very select Intarmed Class of the UP College of Medicine straight from high school finishing Medicine in seven years unlike the nine year course including Internship of the regular medical degree curriculum.

She had more than redeemed my failure to be admitted in the very prestigious UP College of Medicine. Yes Sirs and yes Ma'ams, one need not be a

graduate of an exclusive school in highly urbanized places to become one of the best of the cream of the crop in the country. Both of my children are now full pledged physicians just like their father.

My daughter is now a Psychiatrist. And my son who from time to time used to perform in musical bands is now an Orthopedics Surgeon. And my wife and I are blessed with more bundles of joy from five talented grandchildren.

Wonder of wonders both of my children had no interest in going abroad with special mention to my daughter whose being a UP College of Medicine graduate would usually obsessively opt to go to Uncle Sam. Just like their Dad, they chose to serve our co-provincianos. In the six of us in our preceptorial group of Junior Interns of UERMMMC batch 75, I'm the only one who remained in the Philippines, the rest all went to the US.

There are other extracurricular activities of note that I do and have done happily in the province. About four years ago before COVID-19 set in, I hosted a radio-tv weekly program on health. For some considerable time, I ran a column on health education on a weekly tabloid where I befriended a former NPA commander who was later gunned down after coming from a radio talk show. The activist in me as a former UP student surfaces in several advocacies I embrace and advance in the usual controversies happening in the provinces.

I joined Marriage Encounter a Catholic religious community where my wife and I was chosen as Administrative Couple in our batch and for about half of a year was Diocesan Administrative Couple.

With the backing of the said religious community, I spearheaded activities among which was a motorcade around the city denouncing the rampant vote buying occurring every election time.

I was a co-convenor of a group we now call as Masbate Advocates for Peace (MAP) which along with the men in uniform, worked hard to stop political violence which our province is

notoriously known for. The motorcades that I initiated before were adopted and expanded to strategic parts of the province. Our efforts paid off during the national and local elections in 2010. There was not a single recorded report of violence on the said day of elections in Masbate contrary to past experiences that election day in Masbate was always marred with violence. From then on, our province learned to be peaceful during elections, if there was later there were few. The last lections of 2022 was a peaceful one in Masbate.

And yes, I also unwind. I engage in ballroom dancing every time I have the opportunity to do so. It really surprised me that I could already dance the boogie and the tango with or without the DI. And of course, together with dear fun loving friends, I frequently visited videoke bars singing to our heart desires with a microphone on one hand and a bottle of beer on the other hand. And every time I joined small or big reunions with frat brods and medical group acquaintances in Manila, from the reactions I received, not a few love to hear me sing. No kidding, my dear colleagues in the medical profession, it's more fun to practice Medicine in the province.

But of course, my stay in the province is not all filled with roses. We stepped on thorns also along the way. Albeit, as the song goes, there are too few to mention. There were also serious challenges relating to marriage, finances, health and otherwise but I have hurdled and overcome them in not so long a time with the help of the closely knit ties of family and friends which I believe are not so strong in highly urbanized cities.

Practicing Medicine in the province, I therefore conclude, is really living a satisfying full life far from the rat race and dog-eat-dog mentality in the metropolis.

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## Getting to Know Your PMA Governor



### Arthur A. Salido, MD

Governor, Western Visayas Region

The Governor for the Western Visayas Region for the fiscal year 2022-2023 is DR. ARTHUR A. SALIDO. He is a native of Kalibo, Aklan and has been a member of the Aklan Medical Society (AMS) since 1984. He served as its president in 2012-2013. He was presented with a PMA Outstanding Leadership Award for leading the AMS to win the Icasiano Award for 2012-2013 as the Most Active Component Society of the PMA, Category V – 1<sup>st</sup> Prize. On May 19, 2017, he was presented with the PMA Most Outstanding Physician Award for services rendered to the AMS.

He is a graduate of Bachelor of Science in Psychology in 1997 at the University of the Philippines, Diliman, Quezon City. He finished his Doctor of Medicine at the West Visayas State College (now known as the West Visayas State University) in Iloilo City, receiving the PMA “Most Outstanding Medical Graduate” of the West Visayas State College in 1982.

After Passing the Physician Licensure Examination in 1984, he trained as a General Surgeon for five years (1986-1990) at the Western Visayas Medical Center, Iloilo City.

After graduating from residency, he started practice as a General Surgeon in Kalibo, Aklan. He served as the first Medical Director of the then newly-opened first-ever cooperative hospital established in Western Visayas in 1996, the Aklan Cooperative Mission Hospital - which he is still currently serving as its Chairman of the Board.



*The Aklan Cooperative Mission Hospital*

He was also instrumental in the establishment, and one of the founding co-operators, of another cooperative, the Medical Mission Group Hospital and Health Services Cooperative of Aklan, which operates the MMG-AKLAN SPECIALTY CLINICS, which at present is probably the biggest outpatient clinic facility in Aklan province.



*The MMG-AKLAN Specialty Clinics*

He was a member of the faculty, teaching Legal Medicine at the School of Law of the Aklan Catholic College, and Anatomy and Physiology at the School of Nursing of the Saint Gabriel College and the Aklan State University, all located in Aklan province.

In March 2020, he obtained his Masteral Degree in Business Administration at the Aklan Catholic College by successfully defending his thesis entitled “The Influence of Organizational Citizenship Behavior, Commitment, and Trust on Employee Work Motivation of Aklan Cooperative Mission Hospital”.

#### **Western Visayas Regional Council**

WESTERN VISAYAS or Region VI consists of six provinces (Aklan, Antique, Capiz, Negros Occidental, Guimaras and Iloilo) and 16 component cities making it the region with the highest number of cities. Iloilo City is the regional center. The region is dominated by the native speakers of four Visayan languages: Hiligaynon, Kinaray-a, Aklanon and Capiznon. The region has a land area of 20,794.18 sq.km2 and a population of 7,954,723 inhabitants, it is the second most populous region in the Visayas after Central Visayas.

#### **Aklan**

AKLAN is home of piña cloth production, the finest of all Philippine hand-woven fabrics, and famous for the world-renowned white-sand island-resort, Boracay Island. Its capital town Kalibo, is known for its Bakhawan Eco-Park (mangrove forest) and for the Ati-atihan Festival, celebrated every January in honor of the Santo Nino. The week-long festival consists of street parades, floats, street-dancing (known as “sadsad”), wearing colourful costumes, marching bands and people sporting facial and body paints highlighted by a culminating procession on its last day. It has been celebrated in

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the province of Aklan since time immemorial and traces its origin to the 13<sup>th</sup> century when a group of lighter-skinned Malay immigrants from Borneo chose to show their respect for the local Ati people by painting their faces black and singing and dancing as gratitude for the land and food that was offered to them. The widespread promotion of the festival by the municipality of Kalibo in the 1970's inspired other Philippine festivals, thus, it is known as the "Mother of Philippine Festivals". Aklan has many food delicacies such as inubarang manok, binakol, tinuom, tamilok, linapay, ambueong, latik, ibos, etc. Among the other famous and landmarks and tourist spots are Jawili beach, Jawili Falls, Tigayon Hills and Cove, Hurom-hurom cold spring in Nabas, Altavas underground cave, Ariel's Point, Malay Ecological Garden, Nabas Wind Farm, and the piña-weaving community.

AKLAN MEDICAL SOCIETY has 163 active members serving a population of 615,475 (2020 census) with Dr. Glenford Refre as the 2022-2023 president. They hold their Induction of officers and new members (HYBRID) last July 20, 2022. The province has one provincial hospital (Dr. Rafael S. Tumbokon Memorial Hospital), seven district hospitals, and four private hospitals (Aklan Cooperative Mission Hospital, Panay Multi-Purpose Cooperative Hospital, St. Jude Hospital, and Saint Gabriel Medical Center).

### **Antique**

ANTIQUE is a seahorse-shaped province that occupies nearly the entire western coast of Panay Island. Historically known as Hantic, it has been also known for centuries as "The Land Where the Mountains Meet the Sea" due to its rugged mountainous ranges that lead directly into the Sulu Sea. The coastal areas in Antique is a hot spot for scuba divers with its deep sea cliff, coral beds, and stunning coves that are filled with aquatic life. Malalison Island

Antique. It is a 55-hectare island of rolling hills covered with stunning grasslands, rolling hills, stretches of white sand and pebble beaches, and limestone and rock formations.

The famous festival of Antique is the Binirayan Festival which is celebrated every December. "Binirayan" literally means "where they sailed to". It commemorates the legend of the arrival of the ten Bornean datus on the island of Aninipay now known as Panay. The festival starts with the fluvial parade and the re-enactment of the landing of the ten Bornean datu.

ANTIQUÉ MEDICAL SOCIETY is headed by its President for 2022-2023, Dr. Fritz L. Casalan. It still has no schedule of its Induction of Officers and New Members as of this writing. They serve a population of 612,974 (2020 census). The two major hospitals in San Jose de Buenavista are Angel X. Salazar Memorial General Hospital, the main government hospital and Antique Medical center, a privately owned hospital.

### **Capiz**

CAPIZ is known for capiz shell (*Placuna placenta* oyster shell) which is edible but is used mostly for decoration and making lampshades, trays, windows, and doors. The capital of Capiz is Roxas City, also known as the "Seafood Capital of the Philippines" because of the abundance of Diwal and other mouthwatering seafood dishes. Their famous land marks and tourist spots are Panay church, Olotayan, and Baybay Beach. It also boasts of enchanting caves, historical landmarks, and beaches that will fulfill a tourist's wanderlust.

The CAPIZtahan Festival is the main festival of the province. It is held on April 13-15 to commemorate the death anniversary of the late Manuel A. Roxas, the first Filipino president of the third Republic, who was born in the same city and after whom the city was named (Roxas City). It also marks

the founding anniversary of the civil government of Capiz. Every year, all the sixteen towns work together to organize several events for the locals that include street dancing, the Giants parade ("Higantes"), and fireworks show.

CAPIZ MEDICAL SOCIETY which has 212 active members is headed by 2022-2023 President Dr. Victor Federico Acepcion who won a seat in the city council of Roxas City in the last May 2022 elections. They serve a population of 804,952 (2020 census). They will hold their Induction of Officers and New Members on August 3, 2022 (HYBRID). In spite of this, they have already accomplished at least two projects. On June 16, 2022, the Capiz Medical Society joined the Philippine College of Physicians Capiz-Aklan Chapter in initiating the Zero Plastic Drive. This is in partnership with the Plastic Flamingo. A collecting site was set up where members and Capizeños could drop off their cleaned collected plastic every Saturday. These plastic wastes will then be shipped to the recycling plant of Pink Flamingo where they will be upcycled into construction materials. This is an ongoing project wherein the collection of plastic is carried out every Saturday for upcycling. They also have a radio program in Bombo Radyo where they seek to educate the public with their various medical advocacies.

The main government hospital is the Roxas Memorial Provincial Hospital. Available special medical services in the province are Diagnostic and Therapeutic Endoscopy, Laparoscopic Surgery, Endourology, and Eye Center.

### **Negros Occidental**

NEGROS OCCIDENTAL is known to produce more than half the nation's sugar output which is why it is known as the "Sugarbowl of the Philippines". Sugarcane plantations abound in the

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agricultural areas of the island and also produces cotton and hardwood. Its capital, Bacolod City, is known as “The City of Smiles” because of its lively Rio Carnival-like MassKara Festival that features street dancing by people wearing costumes and colorful masks with smiling faces held during the third week of October. They have other famous festivals such as Panaad sa Negros (April), Sinulog sa Kabankalan (January), Dinagsa in Cadiz City (May), Pasalamat Festival in La Carlota City (April/May), Pintaforez in San Carlos City (November), and Bailes de Luces in La Castellana (January 5). Their famous land marks and tourist spots are: The Ruins, Danjugan Island, Lakawon Island Resort, Carbin Reef, Buenos Aires Mountain Resort, Mambucal Mountain Resort, Campuestohan Highland Resort, Sugar Beach (Sipalay), Punta Bulata, and Mag-Aso Falls. Its main food attraction is the tasty and delicious chicken “inasal” that unlike the usual barbecue or grilled chicken that uses soy sauce instead uses different ingredients for marinade and basting sauce that creates a unique flavor. Their other famous foods are piyaya, pastries and cakes.

Negros Occidental has seven medical centers that are fully equipped for most specialty procedures. These are Riverside Medical Center, Doctors Medical Center, Queen of Mercy Medical Center, Bacolod Adventist Medical Center, Metro-Bacolod Medical Center, South Bacolod Medical Center, and Corazon Locsin Montelibano Regional Medical Center. Special Medical Services offered by these hospitals include Cardiac catheterization laboratory at the Dr. Pablo Torre Memorial Hospital, Cancer Centers, and Hemodialysis Centers.

NEGROS OCCIDENTAL MEDICAL SOCIETY and CANLAON MEDICAL SOCIETY are the two active medical societies in Negros Occidental.

Together, they serve a population of 2,623,172 (2020 census).

CANLAON MEDICAL SOCIETY has 527 active members headed by its new president for 2022-2023, Dr. Francisco Maleza, Jr. They held their Induction of Officers and New Members last June 18, 2022 (HYBRID). One of their first projects was a Well-Family Activity at

Providence Community, Bacolod City on July 2, 2022. It was spearheaded by Dr. Pauline Tan-Ngo, a pediatric cardiology specialist in Bacolod City. The project started with breastfeeding followed by a discussion of the benefits of breastfeeding for babies, for mother, the family and for society & environment in general. (see picture below)



*NEGROS OCCIDENTAL MEDICAL SOCIETY is headed by its President for 2022-2023, Dr. Miguel Tomas S. Sarabia. It has yet to induct its new Officers and New Members as of this writing.*

### Iloilo

ILOILO is known for the annual Dinagyang Festival, exquisite heritage sites, deliciously fresh seafood, and signature Ilonggo dishes. The city is also home to many Spanish-colonial churches, grand vintage houses, and old commercial and institutional buildings dating back to its heyday as the “Queen City of the South.”

Iloilo City is a 1st class highly urbanized city on Panay Island. The city is the regional hub of education, health-care, tourism, culture, industry, and economy in Western Visayas.

ILOILO MEDICAL SOCIETY is headed by their 2033-2023 President, Dr. Jimmy Jay Bullos. They held their Induction of Officers and New Members on June 11, 2022 (Hybrid). They serve a province with a population of 2,509,525 (2020 census).

(Note: GUIMARAS MEDICAL SOCIETY has been inactive for sometime now.)

*Dr. Rufino Bartolabac,  
from page 20*

The Bicol Region which I represent is composed of six provinces with Camarines Norte, Camarines Sur, Albay and Sorsogon of the bicol peninsula and the island provinces of Catanduanes and Masbate. The region is replete with four wonders, not only that we have the world famous almost perfect cone Mayon Volcano in Legazpi City but the whole Bicol is well known for its plenty of white sand beaches, teeming fishes to include whale sharks, mouth watering foods with “ginataan”, “spicy” recipes, yummy pili nuts, delicious varied fruits, cattle ranches, gold and other valuable natural resources, great leaders of Wenceslao Vinzons patriotic fame and most of all very hospitable, friendly, cheerful people of good looks and character rich in culture and festivals. Bicol is also the first to provide geothermal energy in the country. Come and visit Bicol.

## Getting to Know Your PMA Governor



### Jocelyn Joyce G. Maningo, MD

**Governor, Central Visayas Region**

Zumba at 5:30am jumpstarts my day after a tranquil sleep the night before. I feel the rush of adrenaline when I dance to the music of the 80s which is my favorite genre of all time! I try to eat a hearty, well-balanced breakfast then get ready for work by 7am. My routine has changed for the past few weeks having been promoted to chief of hospital in the workplace that I have loved for the past 27 years. I can finally correct the frustrations that I had with the past administration and so far so good. Our governor validated that I am on the right track by recognizing that I have done much in the short time that I have sat as chief. I am truly grateful for the present position that I have fully understanding the trials and obstacles that have molded me of who I am today.

My family has always been my rock. I have a supportive and responsible husband who completes me. He is my best friend and constant companion who never fails to be always there for me especially during the times that I need him most. My eldest daughter is my mini me. She is a medical oncology fellow in UP PGH. She is fiesty and principled like me. My second daughter would be in medical school soon always rising to challenges that come her way. My youngest daughter would be graduating soon with a degree in Interior Design and chose to take a different path in her career. My husband and I have fully supported our Tres Marias so they could maximize their full potential as adults.

Whenever I'm home, I forget that I am a doctor. I'm a wife and a mother, cooking meals for the family. I love going to the wet market with my husband getting my stash of fresh seafood, meat and poultry. We even do our own laundry even if we household help. I am a meticulous person never allowing anyone to touch our clothes, more so our underwear! I am very particular about cleanliness wanting everything to be spic and span.

Looking back, God has been good to me. My heart is full of gratitude for all the blessings that I have received. I am wealthy because of the love and support from my family and friends. I am lucky because God has given me what I have today. My family is enough. I am enough. To God be the Glory forever!



### Dennis Y. Capuyan, MD

**Governor, Eastern Visayas Region**

Dr. Dennis Capuyan or "Doc Den," as he is fondly called by family and close friends, hails from Ormoc City. He is the eldest of 6 children born to entrepreneurial parents, Jesus and Ofelia.

He finished his medical degree at SouthWestern University in Cebu City in 1976. It was during this time he met his wife of 48 years, Maria Luz, who is from Tabango, Leyte. Dennis and Luz had 6 children, who are now all accomplished professionals in different fields.

After graduating from Medicine in 1976, Doc Den and his family settled in Ormoc City. He became the resident physician in Anaesthesia of Ormoc General

Hospital, after which he was promoted to Chief of Clinics, (renamed Ormoc District Hospital) at present. With the aim to enhance his medical career, he decided to specialise in Anesthesiology, and graduated at the Anesthesiology Centre of Western Pacific in UP Manila in the year 1983.

Throughout the years, Doc Den has kept himself busy doing public service to the people of Ormoc, whether serving as the President of the Ormoc City Medical Society (OCMS) in 1984 or as City Councilor (1998 and 2004), City Administrator (2004-2012), President of Ormoc City Host Lions Club, and President of YMCA of Ormoc until present. His passion and dedication for the medical profession earned him the Most Outstanding Physician by the OCMS in 2018.

Doc Den and his better-half, Luz, share the love for travelling to local and international destinations. They are at their happiest when surrounded by their 6 children and 9 grandchildren. Being empty nesters, weekends are spent having lunch with Doc Den's siblings and their respective families. From time to time, he would visit his farm in Tabango and farms in Lake Danao, both of which became his favourite go-to places to relax and unwind.

Nowadays, Doc Den has retired from public service, concentrating more on his private practice as an anesthesiologist at the age of 71 y.o. He has also been appointed as the PMA Governor for the Eastern Visayas chapter, which includes the medical societies of Samar, Eastern Samar, Northern Samar, Leyte, Ormoc, Southern Leyte and Biliran.

## Getting to Know Your PMA Governor



### Liz Corazon C. Parangan, MD

Governor, Western Mindanao Region

Dr. Liz Corazon Cabahug-Parangan, is a colleague armored with grace and beauty and a delightful second (2<sup>nd</sup>) term Governor of Western Mindanao. Belonging to a family of doctors, selfless service to people by her parents and aunts in the rural town of Pagadian City are the things which greatly affects and made an impact on her life. This motivated her to pursue her dreams at her best, graduating BS Zoology “Cum Laude” and Doctor of Medicine at the University of Santo Tomas in 1988. Soon after passing the physicians’ licensure exam, she joined and became an active member of the Philippine Medical Association in 1990.

Married to Dr. Lawrence Parangan, they both are blissfully blessed with three beautiful and lovely daughters.

She had her residency training in the Department of Family Medicine at the Santo Tomas University Hospital and serve as Chief Resident in 1993. Soon after training, she took the diplomate board exam and successfully passed a year after and was eventually conferred “Fellow” of Family Medicine in 1998.

In 1993, she went back to Pagadian to serve her hometown and became an active member of the Zamboanga del Sur Medical Society (ZSMS). As a diligent member and worker, she was elected to various positions initially as CME Coordinator, then Vice President until finally, the highest position as President in 2016-2019. During her reign, with the aim of promoting

the ideals of the PMA in mind, she was awarded the “Testimonial of Merit” and “Leadership Award” for three consecutive years.

She was also the Past President of PAFP Pagadian City chapter and a member of the PAFP Diplomate Board of Examiners from 2000-2006 and 2014-2016. Since 2018, served as Board of Director of the Philippine Red Cross Pagadian City and Zamboanga del Sur Chapter. a school physician since 1998 and an active President of her alma mater’s Saint Columban College Alumni Organization. At present, an active volunteer together with fellow colleagues fighting against COVID.

Her father, the late Dr. Jovencio C. Cabahug who passed away in 2011 was an active PMA leader as well. He established the J. Cabahug Hospital where our dear governor and her husband, Dr. Parangan (presently the Medical Director) are currently affiliated. They both carried over and continued their parents mission and vision. That even just a humble Level 1 hospital, she inspires and empowers all health workers employing the Thomasian 3C’s: to serve with “Compassion, Commitment and Competence”. She engages everyone in a daily 8 am morning prayer being a patient-centered and Jesus-driven health care.

Moreover, Dr. Parangan was awarded the Outstanding Zamboangian by the Zamboanga del Sur local government. She likewise, is an active volunteer of Family in Life Apostolate, an active member of Couples for Christ

and Provincial Medical Coordinator. Blessed with singing talents, she and her husband also join their music ministry for the sick and dying.

Tasked again as the second term Governor of Western Mindanao, it her dutiful obligation to look after the welfare of nine (9) Component Societies; Basilan Medical Society, Dapitan Medical Society, Dipolog City Medical Society, Sulu Medical Society, Tawi-Tawi Medical Society, Zamboanga City Medical Society, Zamboanga del Norte Medical Society, Zamboanga Sibugay Medical Society, and Zamboanga del Sur Medical Society. Our Governor’s honest directed intent is to encourage increase in active membership, foster closer relationship among members and inspire all nine (9) component societies to be the best they can be.

#### PMA LEADERSHIP SEMINAR (Virtual)

- **AUGUST 24, 2022**  
Cluster 1  
Mindanao and CARAGA regions
- **AUGUST 27, 2022**  
Cluster 2  
Visayas and Bicol regions
- **AUGUST 31, 2022**  
CLUSTER 3  
NCR (Manila, Quezon City, Rizal and Central Tagalog) and Southern Tagalog Regions
- **SEPTEMBER 3, 2022**  
Cluster 4  
Luzon Regions



## Getting to Know Your PMA Governor



### Andresul A. Labis, MD

**Governor, Northern Mindanao Region**

Dr. Andresul A. Labis, a second (2<sup>nd</sup>) term Board of Governor for Northern Mindanao is graduate of Xavier University-Jose P Rizal School of Medicine, Cagayan de Oro City. Had his residency training in Family medicine in Northern Mindanao Medical Center and currently the Chairman of the Department of Family and Community Medicine in the aforementioned institution.

A podgy bachelor as he may seem, our comrade is a born Leader gifted with a commanding authority and influence among his peers and colleagues as shown in his past leadership stints. To mention a few of his

accomplishments; Past President of their graduating class, 2012 president of Misamis Oriental Medical Society (MOMS), President of PAFP Misamis Oriental Chapter, President of MOPNFI in Misamis Oriental ( A mixed organization in of allied health professionals), Vice President of the XU-Medicine Alumni Association, The Founding President of Yanong Alubijidnon Youth Organization, team Leader of the NMMC Vaccination Team and assistant Professor of XU-JPRSM.

During his term as the MOMS President, his chapter was accorded the first very first National Award being adjudged as the “Best in Environmental Projects”.

Spending his free time, one of his ways to take simple pleasures and relax is to billow forth in the beach as a traveler. As a devout animal lover, our colleague have collections of tropical fishes, African love birds and different dog breeds.

Lastly, Northern Mindanao has four (4) four medical Societies are under his stewardship: Misamis Oriental Medical Society, Bukidnon Medical Society, Gingoog/Medina Medical Society and the Camiguin Medical Society.



### Luz P. Acosta-Barrientos, MD

**Governor, Southeastern Mindanao Region**

I was born to parents who are both in the medical field; a doctor for a father and a dentist for a mother. Although I could say I belong to a well-off family, my parents sent to me to a neighboring public school in Toril, Davao City during my elementary years. I could not understand it then why they had to do it, not until I became a doctor myself.

#### My ‘awakening’

After I graduated my BS Biology pre-med course at the Ateneo de Davao in 1983 as Cum Laude, I proceeded to

study Medicine at the Davao Medical School Foundation, Inc. where I was elected as Class President in 1987.

In 1989-1993, I took up my Ophthalmology Residency at the Davao Medical Center (DMC, now Southern Philippines Medical Center or SPMC), and placed Top 8 among 72 examinees in Ophthalmology Diplomate Board Examination in 1994. I also took a two-year Subspecialty Training in Oculoplastic/Reconstructive and Orbit Surgery at the University of the Philippines-Philippine General Hospital (UP-PGH) from 1994-1995.

Immediately after, I established my own clinic along Anda Street at the former Quitain building in Downtown Davao City, around 24 kilometers away from Toril, Davao City, where I was born and grew up.

That was when I recalled how my father raised me.

My late father, Dr. Faustino B. Acosta Sr., was the people's doctor serving the masses particularly in Toril, Davao City. I remembered him being

*continued on page 27*

*Dr. Luz Acosta-Barrientos,  
from page 26...*

impartial to both rich and the poor who needed his help and service. Native chicken, fresh fruits and vegetables were staple on our table as most of my father's indigent patients could not afford to pay him in cash so they pay him in goods, mainly farm produce.

If my father's patients could not pay him anything, he would just let them go after treating them and would not ask anything in return.

We may not be filthy rich but our hearts were full of joy and contentment.

That is the greatest influence my father had on me: helping the poor and the needy.

As my patients grew in number, especially because I do not discriminate patients, I realized I needed to put up a bigger clinic. That is why I was able to build through my own finances the LPA Ambulatory Surgery & Diagnostic Center, Inc. in Arellano Street, adjacent to my current residence and just a few meters away from my former clinic in Anda Street, in 2014.

I continue to accept indigent patients. I do not care if they have money for treatment or not because I believe it is my duty and mission to treat and not to deny that to anybody who needed my service.

But I extend my service to providing my poor patients accommodation, especially those coming from far-flung areas, in my own expense.

In order to cope with the expenses this entails, I also included in my clinic reconstructive and cosmetic surgery procedures after I completed my two-year training in Whole Body Cosmetic Surgery at Cosmetic Surgery Institute, Manila from 2010-2012. I topped the

Diplomate Board in Cosmetic Surgery in 2014 by the Philippine Society for Cosmetic Surgery.

Cosmetic surgery procedures at my clinic, however, are not free. This is among the sources of my funds for my charity works.

The cosmetic surgery procedure I do also helps my clients to improve or gain their self-confidence.

### **Community contributions**

Aside from providing free or charitable eye checkups and surgeries, I am also involved in many civic activities, projects, and programs that aimed at helping my fellowmen. Among the civic activities I have organized and/or conducted myself are regular annual feeding whose beneficiaries are mostly victims of calamities, alms-giving to street-children, donation drive also for calamity victims, persons deprived of liberty (aka prisoners), and senior citizens in homes for the aged, and medical missions in remote areas.

During Christmas, I conduct gift-giving to doctors' secretaries, security guards, street sweepers and traffic enforcers, and office or building maintenance or janitors/janitresses as I am the president of MAB Building for six years.

My recent donation campaigns where I donated cash assistance were to the victims of South Cotabato earthquake, Mt. Taal eruption, Visayas earthquake and in North Cotabato, Makilala earthquake victims. I also include giving cash aid to victims of Typhoon Odette, Agaton, and Basyang.

These activities, except the donation drive in North Cotabato, Makilala, where it was co-funded by PMA-Metropolitan Davao Medical Society, are funded solely by myself. These activities are apart from what my organizational affiliations conduct.

Among those I consider my biggest contributions is being one of the major financial sponsors in the activities of Soroptimist International-North Eastern Mindanao District as its District Director.

Soroptimist International caters to neglected and abused women and focuses on improving the quality of life of women and girls. Its main projects include running a Cancer Detection Clinic.

Soroptimist International - North Eastern Mindanao District has seven chapters under its wings, namely: Eagles, Tagum, City of Palms, Davao, Gen. Santos City, Cagayan de Oro, and Palawan.

Aside from that, I was also among the biggest financial contributors in the activities of Metropolitan Davao Medical Society as its past president (2019-2020), and in the Davao School for the Blind as its Board of Trustee. My donations, I must say, contributed greatly to the success of their programs and projects.

### *Other current organizational affiliations:*

- Philippine College of Surgeons - *Fellow*
- International College of Surgeons - *Member*
- Womyn Network - *Management Committee*
- Davao Jubilee Foundation - *Eye Doctor*
- Dr. Evelyn Tantamco Gusi (*An award-giving body for the Most Outstanding Physician in PH*) - *Chairperson of the Board*
- Gusi Peace Prize International - *Board of Trustee*
- Philippine Medical Women's Association - *Member*
- Philippine Society for Cosmetic Surgery - *Fellow*
- Christian Society for the Prevention and Rehabilitation of the Blind - *Board of Trustee*
- Davao Tourism Association - *Medical Tourism in-charge*

*continued on page 28*

*Dr. Luz Acosta-Barrientos,  
from page ...*

- Philippine Society of Medical Specialists - *Vice President*
- Philippine Society for Stem Cell Medicine - *Founding Member*
- Asian Facial Plastic Surgery Society - *Member*
- Philippine Society of Liposuction Surgery, Inc. - *Member*
- Asian Pacific Academy of Cosmetic Surgery - *Member*
- Asia-Pacific Society of Ophthalmic Plastic, Reconstructive and Orbit Surgery - *Founding Member*
- Asia-Pacific Society of Ophthalmic Plastic Reconstructive Surgery - *Fellow*
- Philippine Society for Oculoplastic Reconstructive Surgery - *Member*
- Philippine Academy of Ophthalmology - *Diplomate Member*

In religious aspect, I am a Mass Lector and Benefactor at the Carmelite Monastery Church in Bajada, Davao City since 2015, while being a parishioner as well as benefactor of Sto. Rosario Parish in Toril, my hometown.

#### Professional activities

Aside from my own clinic, I also hold clinic at the San Pedro Hospital of Davao City, Inc., where I am a consultant in the Department of Surgery, Active and Rotating Oculo-Plastic Reconstructive as well as its Orbit surgeon.

I was a faculty member at the Davao Medical School Foundation, Inc. teaching Physiology until 2014.

For four years, in 1996-2000, I was the Section Head and the Main Surgeon of the Plastic Orbit Section, Department of Ophthalmology at the Southern Philippines Medical Center (SPMC), the biggest government hospital in Mindanao.

#### Family background

My father, Dr. Faustino B. Acosta Sr., MD, from San Carlos, Pangasinan, graduated his medicine at the UST in 1952 while my mother, Dr. Lolita

Dolores, dentist, from Culiling, Pangasinan, finished her dentistry at the Centro Escolar in 1950.

I am the seventh child, among the brood of nine. Of the nine, only one has ventured into Agribusiness, while all the others, including myself, are in the medical field.

My eldest sibling, Dr. Manuel Acosta is an Ophthalmologist who graduated in UST in 1975. Our second eldest, Dr. Carlos P. Acosta, a General Practitioner who graduated at UERMMMC in 1977; Dr. Frances Maybel P. Acosta-Rubillo, dentist from Centro Escolar University batch 1978; Dr. Faustino Acosta Jr., IM Cardiologist Cardiologist from DMSF—1981; Ma. Soledad P. Acosta-Logan y Alon, Dentist, from Centro Escolar -1982; Dr. Ma. Lily P. Acosta-O'halloran, Pediatrician, UERMMMC – 1986; myself; Dominic Peter P. Acosta, Agribusiness from USM -Kabacan-1991; and Dr. Ma. Estrella P. Acosta-Cunanan – Emergency Medicine Specialist – UP-Diliman-College of Medicine – 1996.

I am married to Ret. Maj. Gen. Gerardo F. Barrientos Jr., having two sons together: Dr. Miguel Arman Acosta-Barrientos, Surgery Resident at SPMC, and Jose Mari Acosta-Barrientos, medical student.

#### Awards received

- Daliaon Central Elementary School Most Outstanding Alumna - 2014
- Dr. Evelyn T. Gusi Award - Most Outstanding Physician of the Philippines - 2017
- JCI Jaycees Senate-Davao - Leaders & Achievers of Davao - 2019
- Soroptimist International of the Americas, Philippine Region - Outstanding President - 2019-2020
- Soroptimist Int'l of Davao—Leadership Excellence Award - 2020
- Davao Medical Society - Leadership Excellence Award - 2019-2020

I was the speaker during the recent PMA National Annual Convention on Fashion Trends and Social Graces in Times of Pandemic held via online and the elected Secretary of the PMA General Assembly for 2022-2023.

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

#	Date	Region
1	October 16, 2022	NCR
2	October 30, 2022	Western Visayas
3	November 11, 2022	Northern Mindanao
4	November 27, 2022	Central Visayas
5	December 11, 2022	Northwestern Luzon
6	January 22, 2023	Southern Tagalog
7	February 5, 2023	Central Luzon
8	February 19, 2023	Southeastern Mindanao
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 PMA Governor



### Emmanuel M. Cale, MD

**Governor, Northcentral Mindanao Region**

I'll start the statement from Aristotle – *"Knowing yourself is the beginning of wisdom"*. Contrary to the demand of the Philippine Medical Association, (PMA), I was so hesitant at first to write this, for the reason that I am quite preserve and secretive about myself. As what I believe – let the others discover who you are.

From the beginning, I have lived a simple and frugal life in the northern part of Mindanao. Being an orphan without a mother at the age of 12 and with very busy yet very responsible and dedicated father, might felt both a blessing and worrisome. It was a blessing because it was the time when I started to become an independent, responsible and ambitious person. It was also the time when I realized to study harder in order to achieve my dream of becoming a doctor.

More than thirty years ago, I graduated from Dr. Jose P. Rizal-Ateneo de Cagayan, Xavier University College of Medicine. In 1995 or 4 years after being a licensed physician, I did my training in Internal Medicine at Xavier University – Maria Reyna Hospital, Cagayan de Oro City. From the time I finished my training in 1998 up to present, I do my practice as a general internist here in Calamba, Misamis Occidental. giving back my blessings to my fellow *kababayan* and relatives.

It was during year 1998 up to the present time (except during the height of the pandemic) that every Holy Wednesday our family together with my organization (Couples for Christ) spear-headed the Annual Medical and surgical Mission. This has been a big event of

the San Isidro Labrador Parish Church, well-attended by physicians from MOMS - Oroquieta City and other Calambahanon, as well as physicians from other places. Those activities cater Operation Tuli, Dental Extraction, Adult and Pediatric Consultation, OB-Gyne Consultation, and Minor Surgery.

In 2011, the assigned Parish Priest Fr. Alfredo Malalis appointed me as Ways and Means Committee Chair for the construction of the new San Isidro Parish Church worth 28 million as well as the Parish Convent and Christian foundation center worth 4 million and 8 million, respectively. It was on that year and the preceding years that various fundraising activities were done to raise the specified amount. With God's divine intervention, the project completed after 3 years and now serves as one of the landmarks in our locality.

Way back in 2013, I went out of my comfort zone and run into public office for a position of Sangguniang Bayan. I won the election and serve as SB Member of Calamba from year July 1, 2013 to June 30, 2022 – completed 9 years term. I was then assigned as Chairman on Committee on Health and Sanitation, Committee on Rules, Committee on Finance and Appropriation. It was during at that time that I also served as Ex-Officio member of the Sanggunian Panlalawigan being the Federated Philippine Councilors League President by succession from 2017-2019. I was then designated as Chairman on Committee on Health and Sanitary, Committee on Women, Children and Family Affairs.

In my early 20's up to late 40's, I played tennis "doubles" with my friends and *kababata*. Unfortunately, I had to stop due to minor injuries. As I planned to play again what I did was do treadmill at home and do some walking within our home vicinity. With the passion now

a days on plants, together my wife, we became "Plantito & Plantita". However, we seldom buy plants especially rare and expensive once since most of it were given by our friends and my dear patients. I remembered that 20 years ago, we were able to plant trees like Falcatas, Mahogany and Coconut trees. Fortunately, we were harvest and sell and earn a suble amount as well as use some of it for furniture in our home.

In my mid 50's, all of my children were already graduates and earned degrees. My eldest son is a Registered Nutritionist and Dietetics who worked before in big hospital in Cebu City but comes back to help his mom in their family business (maternal side). My second son graduated Bachelor of Science in Medical Technology, and Doctor of Medicine last year hopefully will become a licensed physician. My youngest daughter graduated Bachelor of Science in Medical Technology but is still studying and on her 3<sup>rd</sup> year of medical school proper.

During my free time, I enjoy Karaoke at home, singing my favorite songs like Kahit Isang Saglit, Be my lady, Forever, I'll be there by Martin Nievera and Always, My love will see you through, Make believe and other ballad songs by Marco Sison. My wife and I will celebrate our 30<sup>th</sup> year as a couple this coming September 12, 2022. We seldom made quarrels and always put God first in everything we do. With His blessing we were able to educate our children, see His beautiful creations in many places creative and satisfy our needs for existence.

At this point, I am now an ordinary citizen. I may not be a public servant anymore but still always willing and able to serve the public for the good of their health and welfare.

## Getting to Know Your PMA Governor



### Sharon P. Rafil, MD

Governor, CARAGA Region

Created by Republic Act 7901 in February 1995, the Caraga region or Region 13, occupies the Northeastern Region of Mindanao. It is composed of Agusan Del Norte, Agusan Del Sur, Surigao Del Norte, Surigao Del Sur and Dinagat Islands. Butuan City is the most highly-urbanized city in the region and serves as its administrative hub. The Philippine Medical Association Caraga Region is composed of five component societies, namely: Agusan del Norte Medical Society, headed by Dr. Ann Princess Nespral; Agusan del Sur Medical Society, headed by Dr. Cristian Louie Bagang; Surigao del Norte Medical Society, headed by Dr. Manolito Go, Surigao del Sur Medical Society 1; headed by Dr. Eric Montesclaros, and Surigao del Sur Medical Society 2, headed by Dr. Helen San Pablo.

The current PMA Regional Governor is Dr. Sharon Rafil of the Agusan del Norte Medical Society (ANMS). She completed her Bachelor of Science in Nursing from the University of the Philippines Manila in 1995. She graduated Doctor of Medicine from the Pamantasan ng Lungsod ng Maynila in 2000. She had her internship at the University of the Philippines Philippine General Hospital and subsequently trained in Pediatrics at the same institution.

Dr. Sharon Rafil or “Shawie” relocated to Agusan del Norte in 2005 to start her family and pediatric practice. She was immediately welcomed with open arms by the Agusan del Norte Medical Society and became an active

member. Eventually, she served as Secretary of the ANMS in 2011-2013 and in 2015-2016, then elected President in 2018, before she became the Regional Governor in 2021 up to the present. Apart from the Philippine Medical Association, she is also a Fellow of the Philippine Pediatric Society. At present, she is the incumbent auditor of the Philippine Pediatric Society North Central Mindanao Chapter.

Dr. Sharon Rafil is an active staff at Butuan Doctors Hospital, associate active staff at the Manuel J. Santos Hospital, visiting physician at the Eliza R. Ochoa Memorial Medical Center, all in Butuan City, Agusan del Norte. She is the current chair of the Department of Pediatrics at the Butuan Doctors Hospital. She is also a breastfeeding lecturer at the hospitals where she works, promoting breastfeeding to patients/parents as well. She also a vaccine advocate even prior to the COVID-19 pandemic, and is an active supporter of Resbakuna, volunteering as screener at the vaccination sites. She has also served as lecturer for the Department of Health - Caraga to train health workers for the vaccination drive. Medicine is her passion, hence going to work does not feel like work.

Dr. Sharon Rafil or Dr. Shawie was born to a Caviteña and a Zamboangueno father, and grew up in Paranaque. Her mother, Eva, is a retired educator. Dr. Shawie is married to Regional Trial Court Judge Francis Rafil. They have two children, Samantha Grace, 16 years old, and Robert Francis, aged 14. She has loved dealing with children from an early age, baby-sitting at age 10 and serving as Sunday School teacher in church at 13 years old. Hence, it was not surprising that she eventually became pediatrician.

When she is not busy with clinical work and duties in the PMA, she likes to eat that she learned how to cook, more so during the pandemic. She also found an interest in beginning bread-baking as a relaxing hobby. During the first months of the pandemic, she enjoyed gardening, growing vegetables as well as ornamental plants. Though not actually a swimmer, she enjoys exploring the beaches and islands of superb coastline of Caraga Region together with her family. She also likes to take beautiful photos and sharing them on Instagram. She has not yet learned how to make Tiktok videos, but she just might, one of these days.

## PHILIPPINE MEDICAL ASSOCIATION

**National and Local  
Elections 2023  
March 12, 2023**

**116<sup>th</sup> Annual Convention  
and Scientific Meetings  
May 17-20, 2023**





# PHILIPPINE MEDICAL ASSOCIATION



## NATIONAL OFFICERS AND GOVERNORS 2022-2023

### Seated (First Row L-R)

**MILDRED MAÑALAC-MARIANO, MD** (National Treasurer); **HECTOR M. SANTOS JR., MD** (Vice President); **MARIA MINERVA PATAWARAN-CALIMAG, MD** (President);  
**MARIANNE L. ORDOÑEZ-DOBLES, MD** (Secretary General); **ALBERT C. GUEVARRA, MD** (Assistant Secretary General)

### Standing (Second Row L-R)

**MYRNA D. GOMEZ-ZAPANTA, MD** (Governor, Southern Tagalog); **MIRAMAR DL. BUMANGLAG, MD** (Governor, Northwestern Luzon); **LUZ P. ACOSTA-BARRIENTOS, MD** (Governor, Southeastern Mindanao); **CARMELA SOCORRO C. MANAGUELOD, MD** (Governor, Central Tagalog); **AGNES LOURDES DIZON-FERNANDO, MD** (Governor, Central Luzon); **JOCELYN JOYCE C. MANINGO, MD** (Governor, Central Visayas); **LIZ CORAZON C. PARANGAN, MD** (Governor, Western Mindanao); **LORNA M. DIDELES, MD** (Governor, Rizal); **MYRNA DOMALANTA-COSTALES, MD** (Governor, Northeastern Luzon); **MARIA LILYBETH PASCUAL-NAGUIT, MD** (Governor, Quezon City); **SHARON P. RAFIL, MD** (Governor, CARAGA)

### Standing (Third Row L-R)

**ANDRESUL A. LABIS, MD** (Governor, Northern Mindanao); **DENNIS Y. CAPUYAN, MD** (Governor, Eastern Visayas); **FERDINAND E. CERCENIA, MD** (Executive Assistant to the President); **EMMANUEL M. CALE, MD** (Governor, Northcentral Mindanao); **ALEJANDRO Y. TAN, MD** (Governor, Manila); **RUFINO A. BARTOLABAC, MD** (Governor, Bicol); **ARTHUR A. SALIDO, MD** (Governor, Western Visayas)





# **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.***