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Unprecedented Legacy: President Calimag lead the PMA for a Historic Fourth Term

Dr. Maria Minerva P. Calimag took her oath as the 102nd President of the Philippine Medical Association before Dr. Maria Rosario Singh-Vergeire, DOH OIC Secretary of Health, last May 18 at the Maynilad Ballroom in Manila Hotel. This would be Dr. Calimag's fourth time to lead the only Professional Regulation Commission-Accredited Professional Organization (PRC APO) of physicians. Dr. Calimag is at the helm of the PMA again in time for the celebration of its historic 120th Foundation Anniversary on September 15, 2023.



Her contribution to the medical profession has been acknowledged by several award-giving bodies including the Professional Regulation Commission (First Eric Nubla Award in 2012), the Philippine Society of Anesthesiologists (Quintin J. Gomez Award in 2014), the Philippine Medical Association (Jose P. Rizal Award for Academe in 2017), Metrobank Foundation (Outstanding Teacher in Higher Education, 2021). In December 2022, Dr. Calimag, a widow was awarded the Outstanding Mother Award by the National Federation of Women's Club of the Philippines for single-handedly raising her 8 children, all of whom are now full-pledged physicians.

Fulfilling her promise when she assumed her post in 2022 to listen to and feel the sentiments of the members and to "walk our talk and speak our mind on things that matter", she visited Component Society leaders and members not just in the cities but also in island province and geographically isolated and disadvantaged areas (GIDA) to listen with empathy to the concerns of the members.

On August 10, 2022, Dr. Calimag led the PMA in launching the advocacy to promote health literacy in minority communities using their indigenous language. It was dubbed as "Kultura, Komunikasyon at Katutubóng Wikà para sa Pagsusulong ng Karunungan Pankalusugan". To support the advocacy, Component Societies did various programs, projects and activities that redound to the welfare of our fellow Filipinos brethren in indigenous communities.

During her 2022-2023 term, the PMA has joined hands with other NGOs and pharmaceutical companies. It has partnered with the Rotary International International District 3830 on national medical missions, and the Philippine Red Cross and the Asia Pacific Alliance for Disaster Management for seminars on disaster management, as well as lectures and workshops on coping with post-traumatic mental health issues.

Last August 17, 2022, the PMA signed a Memorandum of Agreement with Takeda Science Foundation for Scholarship Grants in Postgraduate Fellowships to Japan. While on November 21, 2022 the PMA signed Memorandum of partnership with the World Surgical Foundation Philippines to support the conduct of surgical missions in the Philippines. Last April 26, 2023, PMA penned a Memorandum of Partnership with Otsuka and the Asia Pacific Society of Hospital General Medicine (APSARA)

that aims to provide quality medical education to other areas in Asian countries.

Under Dr Calimag's leadership, the PMA has supported various advocacies notably on planetary health, tobacco and vape control, and cannabis-free Philippines.

Perhaps the most important legacy of Dr. Calimag and the 2022-2023 Board of Governors was the establishment of the PMA Foundation for Professional Medical Advancement, Inc., which was approved by the Securities and Exchange Commission last March 3, 2023. It intends to build endowments for current and future opportunities, foster philanthropy, focus the impact of collective giving, find solutions to community challenges, allocate grants, provide leadership training, and continuing professional development of Filipino physician.

The capstone of her administration is lobbying for the passage of the Philippine Medical Act which has passed the two Committee Hearings and two Technical Working Group Meetings at the Joint Committees of the Committee on Civil Service and Professional Regulation and the Committee on Health last August 8, 2023.

Many challenges face the PMA this fiscal year, 2023-2024, and Dr Calimag is committed to make the governance of PMA participatory, consensus-oriented, accountable, transparent, responsive, effective and efficient, equitable and inclusive. She vows to exercise prudence in policy-setting and decision-making, follow the rule of law, yet be innovative and responsive to change while addressing the present and future needs of the organization, and ensuring that the best interests of all stakeholders are taken into account.

Maria Corazon S. Maglaya, MD



Friends and Colleagues, Ladies and Gentlemen,

Thank you for your presence and enduring support of 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 have been teaching for the last 38 years and many of you have been my students both in undergraduate education, in Medicine, and some perhaps even in the Graduate School where I teach Leadership and Governance, and therefore I believe that I will be remiss in my duties as a mentor if I do not deliver this talk among you fellow leaders at the PMA.

I am here today as the PMA's 97th President on my fourth term, not by myself but representing our colleagues practicing all over the Philippines from 119 Component Societies, 8 Specialty Divisions, 95 Specialty and Subspecialty 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.

PRESIDENT'S ADDRESS

Maria Minerva P. Calimag, MD, MSc, PhD, FPSA, FPSECP, FPCHA, FICS, FPS

July 15, 2023, 2023-2024 Leadership Seminar Workshop

The Waterfront Hotel, Lahug, Cebu City

Storying my Journey of Authentic Leadership and the Parable of the Pencil: Lessons Learned on My Way to the Top



If you read through my President's Report, you might ask: "Why did she preface her President's Report with a brief history of the PMA? Because I believe that a leader cannot walk the path of authentic leadership unless he/she is grounded in history. Pride in one's humble beginnings is the start from whence all of us PMA members should come to serve our venerable organization. Serving as leaders at the PMA is not about us... it is about having the best interest of the PMA in mind. Eventually, the President's Report shall be part of PMA's history. We all have a place 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. If and when the time comes that the PMA's primacy over all medical societies and organizations is threatened by external forces, I expect all of us Filipino physicians to uphold and stand up with conviction to protect this birthright!

Why tell my story? Because my story is 100% unique and 0% plagiarized.

According to Daniel Pink, "As human beings, we author our lives by assembling artifacts of our past and creating narratives that reveal our world and our true selves." Our personal narratives, the story created through a powerful mixture of our personality and our lived experience, we learn about what we can and cannot do. It serves as a lens through which we see the world. My President's Report serves as a narrative of our PMA Officers and Board of Governors' vision and aspirations for the PMA, so you will gain a better understanding and insight into the PMA's challenges, struggles, and triumphs for our term 2022-2023.

I started to lead at the helm of the Philippine Medical Association at the start of a new decade (111th and 112th year) in the history of this distinguished institution and now I came back at the closing of the decade (119th and 120th year). I led as the Centennial President of the Manila Medical Society, the Component Society that is the

continued on page 3

President's Address, from page 2

forerunner of the Philippine Medical Association. I am fortunate to have led at the top of three of the oldest medical organizations in the Philippines: the Colegio Médico-Farmacéutico de Filipinas Incorporada (est. June 8, 1899), the Manila Medical Society (est. July 9, 1902) and the Philippine Medical Association (est. September 15, 1903).

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

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

The Philippines is an archipelago with cities spread across the country's approximate 7,641 islands. These islands are divided into three geographical divisions - Luzon, Visayas, and Mindanao. There are a total of 82 provinces in the country and some 1,493 municipalities and 145 chartered cities.

As PMA President, in my bid to strengthen the core, I visited Component Society leaders and members in island provinces and geographically isolated and disadvantaged (GIDA) areas by land, air, and sea transport via nautical highways, while visiting the Specialty and Subspecialty Societies during their conventions. Indeed, a leader not only leads from the

front, A leader should also know how to lead from behind, to make sure that no one is left behind; as well as lead in the middle, to listen with empathy to one's colleagues in their midst. Kamil Toume wrote: "The real competitive advantage in any business is one word only, which is people" I thank all the Component Societies and their members who have warmly welcomed me in their midst during the last 1,096 days.

Leadership is commonly associated with positions of authority and titles. However, true leadership goes beyond hierarchical titles; it is an action-oriented mindset that empowers individuals to inspire and guide others toward a common goal. Leadership is not confined to the boardroom or positions of power; it is a quality that anyone can possess, regardless of their position or rank. Allow me to delve into the concept that leadership is action, exploring how individuals can unleash their leadership potential and make a positive impact in their personal and professional lives.

1. Growing One's Circle of Influence

In my life journey as an organizational leader, following my passions has allowed me to wander into new and uncharted territories, sometimes inadvertently. Unbridled by tradition, leading has been for me a journey of discovery, of who I am, of the world around me, and the meaning of life. I jolted some, rocked a few, gave voice to many, and inspired colleagues to follow my ways. Contrary to popular belief, leadership is not about commanding others. It is about influencing and inspiring individuals to align themselves voluntarily with a shared vision. One of the most significant aspects of leadership is the ability to inspire others. True leaders motivate and mobilize individuals, encouraging them to unleash their full potential. They understand the power of good communication, active listening, and empathy. By building strong relationships based on trust and respect, leaders create an environment that nurtures collaboration, creativity, and growth. Leaders lead by example, their actions speaking louder than words.

Anyone can initiate change and inspire others through their actions, regardless of their position within an organization. By exhibiting integrity, empathy, and a genuine desire to improve, individuals can earn the trust and confidence of their peers and superiors, becoming catalysts for positive change.

2. Unleashing the Power Within

Leadership begins with self-awareness and a deep understanding of one's strengths, weaknesses, values, and aspirations. By investing time in self-reflection and personal development, individuals can identify their unique qualities and leverage them to influence and inspire others. Self-awareness enables leaders to lead authentically, staying true to their values, and earning the respect and trust of those around them. Leadership is marked by a sense of ownership. It involves taking personal responsibility and proactively seeking solutions to problems rather than waiting for someone else to address them. Leaders identify areas for improvement and take the initiative to make a difference, whether it's within their sphere of influence or on a larger scale. They lead by example and inspire others to act in the best interest of their teams, organizations, or communities. Leadership is fundamentally about making a difference and influencing others to bring about positive change. It is not solely tied to formal roles or titles within an organization. Every individual has the potential to lead and be a catalyst for transformation, regardless of their position. True leaders emerge through their actions, displaying qualities like empathy, integrity, and determination. The passion to lead pushes us forward! According to Ferdinand Foch: "The most powerful weapon on earth is the human soul on fire."

3. Taking Initiative

Leadership requires individuals to embrace change and adapt to new circumstances. In a fast-paced, dynamic world, leaders must be flexible and willing to explore innovative strategies. They

President's Address, from page 3

proactively seek growth opportunities and encourage others to do the same. By challenging the status quo, leaders continually push the boundaries of what is possible, driving progress and inspiring others to follow suit. Leadership is about embracing challenges and taking the initiative to drive change. It does not require permission or a formal title. By identifying and seizing opportunities for improvement and actively seeking solutions, individuals can step into leadership roles, irrespective of their designated position. Leaders who take action demonstrate initiative, innovation, and the ability to navigate through uncertainty, inspiring others to follow in their footsteps. Leadership is a set of actions fueled by initiative, influence, and a commitment to personal growth. Regardless of our position or rank, we can tap into our leadership potential by leading through action, inspiring others to join us on a collective journey of growth and progress. In a world that craves visionary leaders, it is essential to recognize that leadership resides within every individual. By embracing the notion that leadership is action, we can all unleash our inner leader and make a positive impact in our personal and professional lives. Leadership is a choice to take action and lead by example. When you come upon a fork in the road do not be afraid to take the first step towards the path least traveled so we may pursue our BHAG (Big Hairy Audacious Goals).

4. Building Relationships and Collaboration

Leadership is not a solitary pursuit; it thrives in a culture of collaboration and strong relationships. Leaders actively build connections, fostering a sense of teamwork and mutual respect. By recognizing and appreciating the contributions of others, leaders create an environment that encourages collaboration and unleashes the collective potential of the team. Through their actions, leaders inspire loyalty, camaraderie, and increased productivity. Last year we harnessed the power of building a coalition. Coalition building is an art. More than anything else,

it requires individuals and groups to be willing to rise above feelings of separateness and to actively collaborate in a spirit of mutual understanding, patience, and flexibility. It means we bring our individual strengths into the Advocacy. For all of us... we bring our voice and knowledge into the Coalition!

5. Sharpening the Saw

I have reached so far in my journey of leadership by continuously expanding my intellectual boundaries, as well as pushing the edges of my discipline into new frontiers. I have quenched my thirst for knowledge having done doctoral work in two disciplines, Medicine and Education. Leadership is an ongoing journey of growth, requiring individuals to continuously learn and adapt. Leaders embrace challenges as opportunities for development and encourage a growth mindset within their sphere of influence. By actively seeking feedback, learning from failures, and staying open to new ideas, leaders demonstrate resilience and adaptability, inspiring others to do the same. Leadership is an ongoing journey of self-improvement and continuous learning. It involves seeking knowledge, acquiring new skills, and embracing personal growth. Leaders are curious and acquiring new skills, and embracing personal growth. Leaders are curious and open-minded individuals who actively seek feedback and reflect on their experiences. By continually sharpening their skills and expanding their knowledge base, leaders stay relevant and ensure they are equipped to navigate challenges effectively. Sharpening the saw is the 7th habit espoused by Stephen Covey.

6. Seeking the "Blue Ocean" Strategy

This is a business concept introduced by W. Chan Kim and Renée Mauborgne in their book of the same name. It suggests that instead of competing in overcrowded and highly competitive "red oceans," where industries are bound by traditional rules and boundaries, organizations should seek the creation of untapped market spaces or "blue oceans." This strategy involves identifying and providing unique value propositions to new or neglected

customer segments, thereby opening up new uncontested market spaces. By focusing on innovation, differentiation, and value creation, organizations can position themselves in a blue ocean, enjoying higher growth rates, increased profits, and reduced competition.

While "Sharpen the Saw" focuses on personal renewal and development, the "Blue Ocean Strategy" emphasizes creating strategic advantages in the business realm. However, there is a connection between the two concepts. Practicing "Sharpen the Saw" can help individuals and organizations develop the skills, mindset, and resilience necessary for identifying and pursuing blue ocean opportunities. By continuously upgrading their capabilities and refreshing their perspectives, individuals and organizations are better equipped to seize new possibilities, adapt to changing environments, and pursue growth and success in uncharted territories.

Together, "Sharpen the Saw" and the "Blue Ocean Strategy" are complementary concepts that encourage personal and professional growth. By investing in self-renewal and continuously seeking new opportunities and value creation, individuals and organizations can achieve long-term success, stand out from the competition, and create their unique paths to excellence.

6. Leaving a Legacy

Stephen Covey a renowned author, speaker, and leadership expert known for his book "The 7 Habits of Highly Effective People," emphasized the value of leaving a legacy in his work and teachings. He believed that true leadership and effectiveness involve thinking beyond immediate goals and accomplishments and considering the long-term impact one can have on others, organizations, and society as a whole.

Covey outlines seven habits that individuals can cultivate to become more effective leaders and achieve personal

continued on page 5

President's Address, from page 4

and professional success. He discussed the concept of "beginning with the end in mind." This habit encourages individuals to define their values, visualize their ultimate goals, and consider what kind of legacy they want to leave behind. Covey argued that by aligning our actions and decisions with our long-term vision and values, we can make a positive impact that extends beyond our immediate sphere of influence.

Covey also emphasized the importance of thinking win-win and seeking mutually beneficial solutions in our interactions and relationships. This mindset allows leaders to create environments in which everyone can thrive, allowing them to leave a legacy of collaboration, synergy, and shared success.

Furthermore, Covey suggested that leaders should focus on building and nurturing strong, trusting relationships based on principles such as empathy, understanding, and respect. By practicing effective communication and seeking to understand others before being understood, leaders can establish a legacy of strong, harmonious relationships that positively impact those around them.

In his later work, Covey expanded on the idea of leaving a legacy by adding the habit of "finding your voice and inspiring others to find theirs." This habit encourages individuals to discover their unique talents and passions and use them to make a positive impact on others. By supporting and encouraging others to do the same, leaders can create a legacy of empowerment and inspiration.

In summary, Stephen Covey believed that leadership, effectiveness, and leaving a legacy go hand in hand. By aligning our actions with our values, practicing win-win solutions, fostering strong relationships, and empowering others, we can create a lasting positive impact that extends beyond our immediate influence. These nine habits emphasize the importance of personal growth, effective communication,

collaboration, and a proactive approach to leadership. By practicing these habits, individuals can enhance their leadership skills and create positive change in their personal and professional lives.

Let us therefore 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 every member. This is the essence of transformational and servant leadership that will be the foundation of everything that we will do at the Society level and the PMA. We bring together our strengths to overcome our challenges no matter how fearsome. Together as ONE PMA we 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.

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, but – remember – as I have espoused so many times before, a balanced professional and social life is essential for taking care of others. Seeing 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 modelling. Indeed, bringing up leaders at work is not different from bringing up leaders at home.

Let me end with The Parable of the Pencil, a story often used to convey valuable life lessons. It goes something like this:

A pencil maker was speaking to a pencil about its purpose in life. The pencil maker explained to the pencil that it had five important lessons to learn.

1. "You will be able to do many great things, but only if you allow yourself to be held in someone's hand." This lesson emphasizes the importance of humbly accepting guidance and support from others. Just as a pencil needs a person to hold and guide it, we too need the wisdom and guidance of others to achieve great things.
2. "You will experience a painful sharpening from time to time, but it's necessary to become a better pencil." This lesson symbolizes the challenges and hardships we may face in life. Just as a pencil needs to be sharpened to fulfil its purpose, we too need to go through difficult experiences that shape us and make us stronger.
3. "You have the ability to correct any mistakes you make." This lesson highlights the importance of learning from our mistakes and taking responsibility for our actions. Like an eraser on a pencil, we have the power to correct our wrongdoings and make amends.
4. "What's inside of you is more important than what's outside." This lesson emphasizes that true value lies within ourselves, not in our external appearances or material possessions. The lead inside the pencil is what creates marks on paper, just as our character, skills, and values are what define us and make us truly valuable.
5. "You will leave a mark wherever you go." This final lesson reminds us that our actions and behaviors have an impact on others and leave a lasting impression. Just as a pencil leaves a mark on paper, we leave a mark through our words, actions, and interactions with others. Therefore, it is important to strive to leave positive and meaningful marks wherever we go.

The Parable of the Pencil teaches us valuable lessons about humility, resilience, accountability, inner worth, and the impact we have on others. It serves as a



EDITORIAL

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

The Philippine Medical Association: Creating a Lasting Legacy

When one thinks of the Philippine Medical Association (PMA), one is reminded of a massive hall filled with doctors attending lectures and conventions, discussing research, advancing knowhow, exchanging views on the latest trends in the medical field, working together for the betterment of Filipino people.

In doing so, PMA, through its numerous programs, working closely with its different component societies and government sectors, has over the years advanced Philippine health in more ways than one can count. These efforts are in line with one of the key missions of the PMA, in contributing “to excellent healthcare delivery to its patients and the community at large.”

Since these programs have been on-going year-in, year out, humility aside, one can say that this is just all in a day’s work. However, our PMA Board wants to build something that is deeply-rooted – a program that is simple yet will be more permanent- its effects impactful and lasting. Among the PMA’s different programs, one activity that always hits home is its outreach programs for the

Indigenous people of Aklan, Pampanga, Bulacan, Palawan, Ilocos Sur, Olongapo, Zamboanga, Pangasinan, Ilocos Norte, Oriental Mindoro, to name a few. This marginalized people don’t only have inadequate medical care but they also sorely lack access to indispensable healthcare requirements, among others.

The latest population census estimate that the country’s indigenous people is between 10% to 20% of the national population, comprising about 14 -17 million, spread into 110 ethno-linguistic groups across distinct tribes such as the Ifugaos, Kalingas, Ilongots, Negritos, Bataks, Mangyans, Kalagans, Subanons, Yakans, Aetas, etc.

While clearly the PMA cannot take on this huge healthcare undertaking because of the sheer number of indigenous Filipinos, the PMA will be working closely with the Department of Social Welfare and Technology, through the National Commission on Indigenous People, the Department of Health, the PMA’s component societies, and sponsoring companies. The vision is to work closely with government and the different sectors and bring together the present leadership in

these various sectors in determining key objectives in healthcare, identifying critical priority areas, and to build a five to ten-year inclusive, practical, and long-lasting healthcare program that future PMA leaders can build on.

As British novelist and screenwriter, *David Nicholls* said, “*This is where it all begins. Everything starts here, today.*”

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President’s Address, from page 5

reminder to embrace the challenges in life, learn from our mistakes, and focus on our inner qualities to make a positive difference in the world.

In closing, I admonish all to uphold PMA First! PMA above all and before all our personal interests. Let our PMA theme resonate within each of us: “**Nagkakaisang PMA: Ang Pamana ng Pilipinong Manggagamot sa Bagong Henerasyon**” (“**One PMA: The Legacy of the Filipino Physician to the New Generation**”)

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National Treasurer's Report

Luz P. Acosta-Barrientos, MD
PMA National Treasurer

Warm greetings to all!

Herewith are the current updates & announcement. Let it be known that monthly treasurer's report is regularly presented to the National Officers and Board of Governors for transparency and accuracy. Also, I have made a separate viber group (2023-2024 PMA CS Treasurers) for me as national treasurer and all component treasurers for direct, effective and fast communication regarding finances. Teamwork and collaboration is the key. Let continue working together, helping one another and embrace change with utmost honesty and integrity for a future ready Philippine Medical Association! God bless everyone!

PMA Call for Help

The Association called for Donations for the component societies in the Northwestern Luzon region affected by typhoon Egay and Falcon. As a result of the kindness and generosity of the members of the Association was able to raise **Php 414,520.00** as of September 5, 2023. The other donations were directly given to the affected Component Societies.

Date	Society	Amount	Date	Society	Amount
8/7/2023	Quezon City Medical Society	P 20,000.00	8/22/2023	Zamboanga Del Sur Medical Society	P 6,000.00
8/10/2023	Manila Medical Society	P 20,000.00	8/22/2023	Philippine Society of Pathologists, Inc.	P 10,000.00
8/10/2023	Kalinga Medical Society	P 10,000.00	8/22/2023	Pasig City Medical Society	P 10,000.00
8/10/2023	Muntinlupa City Medical Society	P 8,000.00	8/22/2023	PAFP - Isabela Chapter	P 10,520.00
8/10/2023	Eastern Rizal Medical Society	P 10,000.00	8/22/2023	Phil. Society of Newborn Medicine Inc.	P 20,000.00
8/10/2023	Central Tagalog Region	P 10,000.00	8/22/2023	Phil. Academy of Pediatric Pulmonologists	P 10,000.00
8/11/2023	Batangas Medical Society	P 10,000.00	8/29/2023	Sultan Kudarat Medical Society	P 19,000.00
8/14/2023	Tarlac Medical Society	P 5,000.00	8/29/2023	Luz P. Acosta-Barrientos	P 10,000.00
8/15/2023	Taguig City Medical Society	P 1,000.00	9/4/2023	Leyte Medical Society	P 10,000.00
8/16/2023	Bataan Medical Society	P 5,000.00	9/4/2023	Iligan Medical Society	P 25,000.00
8/18/2023	Santiago City Medical Society	P 25,000.00	9/4/2023	Phil. Society of Pediatric Hematology	P 10,000.00
8/18/2023	Santiago City Medical Society	P 31,500.00	9/5/2023	PMA General Santos City Chapter Inc,	P 13,500.00
8/18/2023	PAFP Baguio Benguet Chapter	P 7,000.00	9/5/2023	Oriental Mindoro Medical Society	P 80,000.00
8/22/2023	Western Isabela Medical Society	P 8,000.00	9/5/2023	Iloilo Medical Society	P 10,000.00

PMA Members may pay their annual dues thru bank deposit and fund transfer to the following banks

Account Name: Philippine Medical Association Inc.

Bank	Account Type	Account No.	Please send copy of remittances and other concerns to: pma1903acctg@gmail.com PMA Accounting numbers: Globe – 09063416554Smart – 09608670259 Phone – (02) 8929-7361 / 2447 / 6366 local 110,111 and 112
Unionbank	Checking	000-480-001-984	
BDO	Savings	004-050-000-124	
PNB	Savings	105-510-034-601	
*LANDBANK	Savings	493-211-023-2	

Getting to Know Your PMA Governor



Dr. Danilo M. Manango

Governor, Northeastern Luzon Region

Dr. Danilo Martinez Manango is an accomplished medical professional whose journey reflects a deep commitment to his field, a love for adventure, and a strong sense of environmental responsibility. He embarked on his medical education with a Doctor of Medicine degree from Manila Central University in 1983. His practical experience during his medical internship at Family Clinic Inc. from 1983 to 1984 was a stepping stone toward becoming a well-rounded physician. Notably, Dr. Manango successfully passed the Medical Board Exam in 1985, solidifying his expertise.

His professional trajectory led him to become a Resident Physician at the DOH Cauayan District Hospital in Cauayan, Isabela, from 1986 to 1998. During this time, he underwent in-service training in general surgery at the esteemed Jose Reyes Memorial Medical Center from

1988 to 1989, further enriching his medical skill set. Dr. Manango's commitment to providing quality healthcare culminated in his role as the Medical Director and Owner of Manango Hospital, a 20-bed DOH-accredited and PhilHealth Level 1 hospital, since the year 2000.

Beyond his hobbies, Dr. Manango's true passion lies in his advocacy for the environment. He is a staunch believer in individual responsibility for preserving and enhancing our surroundings. Through his efforts, he actively promotes the planting of fruit-bearing trees and the adoption of renewable energy sources, particularly solar energy. His social media presence serves as a platform for spreading awareness about sustainable practices.

Outside of his medical pursuits, Dr. Manango finds solace and creativity in various hobbies. His mastery of playing the guitar and electric organ, coupled with his passion for photography, reflects his artistic spirit. Engaging in physical activity, he enjoys playing lawn tennis, showcasing his vibrant and active lifestyle.

In recent times, Dr. Manango has demonstrated his dedication to environmental conservation on a grand scale. Amidst the challenges of the Covid-19 pandemic, he took action by planting around 2000 mango trees across an expansive 18-hectare land in Angadanan, Isabela. This reforestation initiative not only contributes to the environment but also serves as a sustainable endeavor with the potential to benefit future generations. Notably, his commitment extends to incorporating solar energy to power the water pump on his farm, setting an inspiring example of eco-friendly practices.

Furthermore, Dr. Manango's passions extend to the joy of travel. Exploring the world alongside his wife and family provides him with a sense of renewal, allowing him to recharge and return to his professional responsibilities with newfound vigor. His diverse interests, environmental advocacy, and love for travel collectively paint a portrait of a multifaceted individual who thrives on making a positive impact on both his local community and the world at large. 🌿🌳🌱🌿

PMA REGIONAL ASSEMBLIES 2023-2024

Date	Region	Date	Region
October 15, 2023	SOUTHEASTERN MINDANAO	February 18, 2024	CENTRAL LUZON
November 12, 2023	EASTERN VISAYAS	March 03, 2024	BICOL
November 26, 2023	NCR	March 17, 2024	CARAGA
January 14, 2024	CENTRAL VISAYAS	April 07, 2024	NORTHEASTERN LUZON
January 28, 2024	SOUTHERN TAGALOG	April 14, 2024	NORTHWESTERN LUZON
February 04, 2024	NORTHERN MINDANAO	April 21, 2024	WESTERN MINDANAO
February 11, 2024	WESTERN VISAYAS	April 28, 2024	NORTHCENTRAL MINDANAO

Getting to Know Your PMA Governor



Dr. Maria Alejandra R'lyn P. Narcelles

Governor, Northwestern Luzon Region

Maria Alejandra R'Lyn P. Narcelles, MD is the eldest daughter of Romeo P. Pira, MD and Soledad S. Pira, MD. She was born on March 10, 1967 at Azcueta Clinic Cabugao, Ilocos Sur. Married to Zoilo A. Narcelles, MD, they are blessed with two sons Aaron John Luke and Gabriel Martin.

Education is foremost in the family and most of her childhood days were spent at St. Paul College of Ilocos Sur (SPCIS). And yes, literally, whenever her parents goes out of town for conventions, seminars, or trainings, she was left behind in the school dormitory with fellow interns sometimes and nuns most of the time.

At a very young age, she was exposed early how it's like to be a physician. She took part in patient management by teaching children and young adults how to swallow their prescribed pills, made to observed major surgeries, and assisted in minor surgeries. This led her wanting to be a physician, so she went on to reach for that dream. Her premed was BS Medical Technology at the College of the Holy Spirit Mendiola Manila. Again, another school run by nuns and just the same, an intern of the school dormitory. It can be claimed she live the life of a nun because of the daily routines imposed to comply with the rules and regulations of the dorm. Thank God she only obeyed but with tons of hidden escapades that enriched fond memories and experiences that taught her a lot of lessons in life. She then took

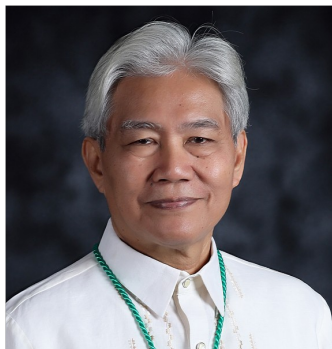
the NMAT and passed without attending reviews but has time to go to the movies. Her reason for that was conflict of interest to help her choose which field she's going to pursue because she also wanted to become a lawyer. Becoming a physician prevailed and she finished her Doctor of Medicine at the University of Perpetual Help Biñan Laguna. This time, no nuns. She had her internship at the AFP Medical Center in V-Luna Quezon City. After passing the board exam in 1994, she went immediately into residency training in the field of anesthesiology at Mariano Marcos Memorial Hospital and Medical Center Batac, Ilocos Norte. She took up executive course in hospital administration at the University of the Philippines and diploma in hospital administration program of the Philippine College of Hospital Administration (PCHA) because it was inevitable that she took over the medical directorship of Pira Hospital her family owned. Hence she became fellow of the PCHA.

As a leader, she served the Ilocos Sur Medical Society (ISMS) being an officer, mostly secretary, for twelve years and on her thirteenth year, she became the president on 2016-2018. She bagged PMA leadership award Icasiano 3rd place category 3 in 2017, leadership merit award in 2018, PMA award for the most outstanding component medical society 3rd prize category 3 in 2017, PMA award for community service 1st place in 2017 and 2nd place in 2018, and PMA award for most active component society in nutrition activities 2nd prize in 2017. She became the most outstanding physician in 2019.

A physician is a noble profession and never an avenue to enrich oneself. This was inculcated in her mind by her parents. During the time she was serving the society, her foremost agenda was reaching out to the community in need. Thus in 2016, project KISS (kabsatidanun mi serbisyalun-at) or bringing forth health services to the community was launched. She spearheaded the collaboration of several groups that were into healthcare provisions that include the Office of Congressman Deogracias Victor Savellano, LGUs, PDOHO, PHO, BHW, PNA, PDA, PRC, and Rotary Club of Vigan. That way, duplication of projects was avoided, resources were maximized, and bigger number of beneficiaries were catered. Monthly lay fora, medical missions, and hands on CPR were conducted. The project lasted only until the commencement of her term as president. It was overwhelming and saturating that's why her successors opted to a smaller projects. Nothing could stop her in the community service she fell in love with. She brought back the society to join the Caritas Nueva Segovia in their medical missions during the presidency of her husband Zoilo Narcelles, MD to the present.

With regards to the hands on CPR, Vigan City was accorded 2nd CPR Ready city nationwide. Lucky enough to have congressman Deogracias Victor Savellano and Gloria Lahoz, MD, she was able to get funds for the provision of AED to each town of the entire province of Ilocos Sur available 24/7 and key personnels were trained to use it in case of emergency.

Getting to Know Your PMA Governor



Dr. Alejandro Fabian Fernandez, popularly known as “Bong” or “Doc Bong” to my relatives, friends and colleagues.

Born in Tarlac, Tarlac on 20 March 1953. Attended secondary and high school at Don Bosco Academy Tarlac (now, Don Bosco Technical Institute).

I earned my doctor of medicine (MD) degree at UST College of Medicine and Surgery in 1978 after completing pre-medical school at UST College of Science in 1974.

Dr. Alejandro F. Fernandez

Governor, Central Luzon Region

I've undergone internship training at St. Lukes Hospital Quezon City with residency training in Pediatrics at UST Hospital that I've completed in 1983.

With my roots in Tarlac, I decided to come home and practice Pediatrics here. I am still active in pediatric care.

I served as president of the Tarlac Medical Society from 1989 thru 1990.

I involved myself in civic organizations such as the Rotary Club of Midtown Tarlac District 3790. I once held the position of president and treasurer of this district. I am still an active Rotarian. I also served as president and chairman of The United Way Foundation Inc. of Tarlac for 10 years. I was also a member and group

chief of REACT (Tarlac Group) Philippines, a Radio Civic Organization. Currently, I am the president of the Tarlac Ophthalmology and Pediatric Corp and a Director of John Hay Management Corporation, a subsidiary of the Bases Conversion and Development Authority and the estate manager of the entire Camp John Hay Reservation in Baguio City.

I love playing golf! I also played some basketball during my high school and college days.

PMA Central Luzon Region includes Bulacan, Pampanga, Angeles, Zambales, Bataan, Aurora, Nueva Ecija and Tarlac Olongapo. ☎•📞☎•📞

*Dr. Maria Alejandria R'Lyn P. Narcelles,
from page 11*

She was amazingly creative and her love for music, even if music doesn't like her, redirected ISMS to another horizon. She founded the Coro Medico in 2015, coined the name iForce of the ISMS dance group, and helped out in the formation of the practitioners, an ISMS band. She co-directed the 4 ISMS concerts namely the evening dose, doctors on stage, eat your hearth out, and a dose of love. Her creativity extended to crafting logos of the society and group she created and T-shirt designs,. She ventured to video editing wherein her first attempt won the society champion in its presentation on environment preservation during the regional assembly last February 2023.

There were several other contributions to the society she willingly served with gusto. She reconstructed the history ISMS, helped craft the constitution and by laws of the ISMS and the PSA

Northwestern Luzon chapter, and helped in the crafting and implementation of the iACT point system, a system devised to record activities of members before they can get certificate of good standing.

Her leadership didn't stop with ISMS. She headed the founding of the Philippine Society of Anesthesiologists (PSA) Northwestern Luzon chapter in 2015 and became the second Chapter President 2018-2021. When the pandemic struck, she was forced to halt all activities except for some virtual FGDs where she regularly shared her expertise and experiences on the given topics in anesthesia. Because she was perceived to be in a laid back mode, she was tasked by PSA to co-chair the PSA Midyear convention in Vigan City a month before assuming the PMA Governorship. The laid back mode was not really the case. It was even more challenging for her to do her part to lead as she was also the president of the Rotary Club of Vigan 2019-2020,

Executive officer of the board of directors and chair of the community health services of Philippine Red Cross Ilocos Sur chapter 2016 to present, Philippine Hospital Association Ilocos Sur chapter Vice president, 1st district representative of the Private Hospital Association of the Philippines Ilocos Sur Chapter, president of the International College of Surgeons North Luzon Chapter 2022 to present, and the vice president of the SPCIS alumni association. It seemed like these were never enough that she still have time to teach anatomy and physiology and biochemistry in the college of nursing at SPCIS.

Finally, it was Ilocos Sur Medical Society's turn to put up someone for the PMA governorship. After consultation among the members of the league of presidents, she volunteered. Indeed, she's a woman of action with crazy ideas that turned out to be beneficial to the component society and the community.

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Getting to Know Your PMA Governor



Dr. Alejandro Y. Tan or Alex to his friends and colleagues is a Sixth 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.



Dr. Michael Eugenio B. De Guzman, MD, “Dr. Mike” to his patients, is the PMA Governor for the Quezon City Region for 2023 to 2024. He was part of the first batch of the INTARMED 7- year accelerated medical curriculum of the University of the Philippines College of Medicine. He graduated Bachelor of Science in Basic Medical Sciences (part of the INTARMED program) from UP Manila in 1986 and Doctor of Medicine from the UP College of Medicine in 1989. He took his residency in Otorhinolaryngology - Head and

Dr. Alejandro Y. Tan

Governor, Manila Region

He graduated from Far Eastern University - Nicanor Reyes Medical Foundation (FEU-NRMF). He then studied further to become a general surgeon. He had his foreign post graduate training in West Germany and 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 has been a Semi-finalist Rotarian of the Year, and Rotary Filipino On-Time of RI District 3780. 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-Farmaceutico 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. ☺•☺•☺•☺•☺

Dr. Michael Eugenio B. de Guzman

Governor, Quezon City Region

Neck Surgery at the Philippine General Hospital from 1990 to 1993. He is a Diplomate of the Philippine Board of Otorhinolaryngology - Head and Neck Surgery, and a Fellow of the Philippine Society of Otorhinolaryngology - Head and Neck Surgery. At present, Dr. Mike is busy with his private practice in his clinic at Sta. Cruz, Manila.

Governor Mike is married to Judylyne Tecson-De Guzman, former President and presently a member of the Auxiliary to the Quezon City Medical Society (AQCMS). They have 2 children: Aiko Joyce T. De Guzman, RN, a nurse supervisor at Brightheart Clinic based in California, and Kenneth Michael T. De Guzman, MD, who is presently a post graduate medical intern

at De Los Santos Medical Center. They have a granddaughter, Kaela Fenris DG Corpus who is presently studying at UST-Angelicum College.

Governor Mike is a passionate audiophile, and spends his free time tinkering with his audio system consisting mainly of old school vacuum tube amplifiers and turntables which play long playing vinyl records. He also builds and collects scale models of aircraft and Japanese castles and samurai paraphernalia.

As Governor of the Quezon City Region, Governor Mike is eagerly looking forward to working with the PMA Executive Committee and the Quezon City Medical Society Executive Board in their upcoming projects and activities. ☺•☺•☺

Getting to Know Your PMA Governor



Dr. Godejardo G. Cruz

Governor, Rizal Region

PMA Governor for Rizal Region

Dr. Godejardo G. Cruz is a well-respected practicing Pediatrician with a 22-year experience attending to patients for a variety of conditions. A Board certified general pediatrics practitioner by the Philippine Pediatric Society Inc. in 2003 and a Fellow of PPS in 2014. He graduated from De La Salle University Health Sciences Campus in Dasmariñas Cavite as Doctor of Medicine in 1995 and completed his Post Graduate Internship in 1996 and Pediatric Residency Training in 1999 at the same institution.

His passion for research which started in college years in UP Los Banos brought him to achieve a published research in PPS journal in for his analytical study Randomized clinical trial on sedation of pediatric patients for diagnostic and non-invasive office procedures. When he went back to his province, he started his career as a general pediatrician and served as Department Chair of Pediatrics in Morong Doctors Hospital from 2003 to present. He also worked as Department Chair of Pediatrics and Chief of Clinics of the Rizal Provincial Hospital System Morong Main from 2007-2014. Aside from professional work, he is an active Rotarian.

He served as President of the RC Teresa in 2014-15, Assistant Governor for District 3800 in 2017 and Chair of Maternal and Child Health in 2020. He is a continuing donor to the Rotary Foundation as Paul Harris Fellow +4 and a Polio Plus Society Charter Fellow. He served his Alumni Associations from Teresa Elementary as past President and Morong High School as two-time VP. College organizations affiliations included UPLB Zoological Society Alumni Association Board and a Fellow of the UPSILON SIGMA PHI both in UPLB. He was once a KABATAANG BARANGAY Chairman during early eighties and served the St Rose of Lima Parish as Extraordinary Lay Minister of the Holy Eucharist.

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Dr. Marie Lucille A. Aniciete

Governor, Central Tagalog Region

I am **Dr. Marie Lucille Aguilar-Aniciete**, and it is with immense gratitude and humility that I share a glimpse of my journey with you all. I am the eldest among four siblings and the daughter of Dr. Lucita P. Aguilar and the late Jorge T. Aguilar. My mother, a remarkable individual, has left a profound impact on the medical field, having served as a past Governor of the Central Tagalog Region, former board examiner of the Philippine Regulatory Commission and the Philippine Pediatric Society, and the former chair of the Department of Pediatrics at the MCU-FDTMF and former Medical Director of the Caloocan City Medical Center.

My journey in medicine has been one deeply influenced by love and dedication. I am honored to have been married to Dr. Joseph G. Aniciete, an exceptional Emergency Physician, who unfortunately succumbed to COVID-19 in April 2021. His dedication and service were recognized when he was awarded as one of the Outstanding Filipino Physicians of 2021 by the JCI Senate Philippines. We first crossed paths during our pre-med days as students of Medical Technology at the University of Sto. Tomas, and after a decade of cherished moments, we tied the knot in 1995. Together, we were blessed with three wonderful boys, each pursuing their own passions with zeal - the eldest as a Software Developer, the second as an Electronics and Communications Engineer, and the youngest as a second-year Medical Technology student.

Since childhood, I have aspired to follow in my mother's footsteps and become a doctor. She has always been my idol, and whenever I give a speech or talk, I make sure to express my profound admiration for her. I hope to emulate her accomplishments and the impact she has had in the medical field. While I may never fully replicate all that she has achieved, I am determined to strive for excellence and contribute significantly to the medical community.

My medical journey began at the University of the East Ramon Magsaysay Memorial Medical Center, where I completed my medical degree in 1991 and successfully passed the Physicians Licensure Examination. My passion for pediatrics led me to pursue my residency

continued on page 15

Getting to Know Your PMA Governor



Dr. Danilo Bathan Vergara was born on Jan 3, 1960 in Taal Batangas. He is the 4th of a brood of 5 to Mr. Simplicio and Mrs. Margarita Vergara. He Graduated at RTR Medical Foundation and took his Residency Training in Urology at Jose R. Reyes Memorial Medical center and a practicing urologist in Lipa City for 29 yrs.

He is a sports enthusiast, was a mountain climber, a marathon runner and now an active golfer. He is Married to Dr. Margarete Gladys A. Vergara is an OB-GYN and currently the Chief of hospital at Lipa city district Hospital. They

training at St. Martin de Pores Charity Hospital in San Juan City. I am proud to have earned the certification as a Diplomat of the Philippine Pediatric Society and, ultimately, the distinction of becoming a Fellow in 2015.

Throughout my career, I have actively engaged in various medical organizations and institutions. I served as a visiting consultant at the MCU-FDTMF Hospital's Department of Pediatrics before becoming an active rotating consultant. Moreover, I had the privilege of leading as the President of the Medical Staff Association of the Caloocan City Medical Center, formerly known as the President Diosdado Macapagal Memorial Medical Center.

Upon marrying my husband, who was already a member, I joined the Caloocan City Medical Society (CCMS). My involvement in the CCMS began as a Councilor, and I eventually held positions such as Assistant Treasurer, Treasurer, and President for FY 2016-2017. My

Dr. Danilo B. Vergara

Governor, Southern Tagalog Region

have 4 children: Marvin Dennis an Entrepreneur, Cyril David a Urologist in training at Jose R. Reyes Medical Center. Danielle Marie is an OB-GYN in training at UP Philippine General Hospital, and Danilo Jr. also an entrepreneur.

He is a passionate, proactive and dynamic leader and currently the Medical Director of Lipa Medix Medical center. He has a big heart for service and chose to practice in Batangas in order to serve his fellow Batanguenos. In 2007 he invited his Urologist friends and in collaboration with Lipa City Medical Society he initiated the first Uro-Surgical Mission. This would then become his yearly advocacy for the next 17 years without fail. Serving our fellow men who can not afford Uro-Surgical Intervention.

Currently, Dr Vergara serves as the Medical Director at Lipa Medix Medical Center and has been the Assistant Chair of the Department of Urology at Batangas Medical Center since 1994. In his distinguished past positions, he served as the President of Stamp from 2022 to 2023, President of the PUA Southern Tagalog Chapter in 2021-2022, President of the Jose R. Reyes Urology Residents Alumni Association in 2021-2022, President of the Lipa City Medical Society in 2007-2008, and as the Department Chair of the Section of Urology at Mary Mediatrix Medical Center from 2016 to 2021. These roles collectively reflect his steadfast commitment to advancing medical care, fostering professional connections, and leading healthcare initiatives to better serve the community.

dedication to service compelled me to accept the Treasurer position again from FY2017-2018 to FY2020-2021, ensuring the continuity of the society's mission.

Within the Philippine Pediatric Society, I have been actively engaged in annual conventions, serving as a member of the Speakers' Bureau, formerly known as the Hospitality and Reception Committee. Since 2010, I have had the honor of taking care of esteemed speakers during PPS Annual Conventions, learning and collaborating with esteemed professionals.

My passion for service extended to the Philippine Medical Women's Association (PMWA), where I served as the President for the Caloocan-Malabon-Navotas Chapter and PRO for the PMWA National. Presently, I serve as the assistant secretary of PMWA National.

In my present role as the department coordinator of the MCU College of Medicine Department of Pediatrics, I am

entrusted with the responsibility of coordinating various departmental activities in collaboration with the chair, staff, and students. Furthermore, I proudly serve as the Chair/Representative of the Therapeutics Committee and secretary of the MCU-FDT Department of Pediatrics.

Before taking on the esteemed position of Central Tagalog Region Governor, I faced numerous trials. With a heart filled with faith, I sought guidance through prayer, trusting in His will rather than seeking victory. The unwavering belief and support from relatives, friends, and acquaintances have been an unwavering source of strength.

As the Central Tagalog Region Governor for this fiscal year, I pledge to dedicate myself wholeheartedly to fulfilling the objectives and dreams of the Philippine Medical Association (PMA). I am honored to be part of an organization that advocates for excellence in medical

continued on page 17

Getting to Know Your PMA Governor



Dr. Vietrez D. Abella

Governor, Bicol Region

After two decades of straying from the roost, service to the profession has called me back.

I have a completely government-sponsored education: primary grades at the University of the Philippines (UP) Integrated School; Philippine Science High School (PSHS-Diliman); and UP College of Medicine. I was accepted to the third batch of the Integrated Arts and Medicine Program, which shortened the standard nine-year curriculum to seven, cutting pre-medical education into two years of “essentials” and exposing us students, straight out of high school, to the current state of health service at the Philippine General Hospital.

After graduating five years post-EDSA revolution, I trained in general surgery at the National Kidney and Transplant Institute. I had set my sights on a rural practice, inspired by medical heroes like Dr. Bobby Dela Paz in Gandara and Catbalogan City, Samar, and Dr. Eddie Dorotan of Irosin, Sorsogon. These past two decades of surgical practice have solidified my belief that I was indeed destined for Catanduanes, where I, together with my husband Rene (who had roots from this island), relocated after we got married in 1996.

I joined the provincial hospital there as a part-time Medical Specialist II, serving 24/7 all the general surgical needs of patients, and even doing subspecialty procedures that I had confidence with. As a step towards this full commitment, I transferred my medical society membership from Quezon City to Catanduanes. In 1999, two years into my surgical practice in the Land of the Howling Winds,

during a meeting of the Catanduanes Medical Society, I was taken by surprise when I, together with 3 other colleagues, were appointed officers of the CMS by the senior members of the Society.

I was inducted as President by the PMA National President, Dr. Nenita Lee-Tan, with Albay-based Bicol Regional Governor Dr. Rodolfo Nitollama present. Dr. Joselito DC. Urgel was Vice-President, Dr. Ma. Teresa Amador-Arcilla was Secretary, and Dr. Ma. Bessie Rodulfo-Zafe was Treasurer. The PMA Leadership Seminar held in Manila Midtown Hotel (which has since been torn down and replaced by Robinsons Place Manila) taught me what I needed and from then we hit the ground running.

As there was no turnover from the previous set of officers, we started from scratch: establishing By-laws and a community presence, holding continuing medical education activities, and generating resources. During this pre-mobile phone era, we established communication through a mimeographed newsletter that was hand-delivered within Virac, or sent through jeep and bus lines for those in the other ten towns. This way we were able to connect with 50 or so members scattered throughout the hilly island, most of whom were serving district hospitals or rural health units.

In my two-year term, we held Round Table Discussions and Lay Fora. We proposed local legislation to regulate medical and surgical missions which at that time were not coordinated with the medical society and were politically-driven.

After institutionalizing the Medicine Week celebration in the province, strengthening CMS identity with its own Hymn (composed by Dr. Lito Urgel) and handing over 20,000 pesos in funds, I turned over CMS into the capable hands

of my Vice-President. Dr. Joselito Urgel brought CMS to even greater heights, and became Regional Governor for Bicol. I turned to other professional organizations, namely the Bicol Chapters of the Philippine College of Surgeons and the Philippine Society of General Surgeons, the latter of which I became President of from 2004 to 2005.

I was also volunteering to Philippine Red Cross- Catanduanes Chapter, advocating volunteer blood donation. By 2011 we were able to establish the first Department of Health-licensed Blood Collecting Unit and Blood Station in our Chapter, of which I was pro-bono head for over a decade, thus ending the commercial trade of blood products on the island.

By 2005 I was elected Charter President of the Rotary Club of Virac, with RC Naga as mother club. Dr. Lynne Lucena, a PGH-trained neurosurgeon and classmate from PSHS and UP College of Medicine, now became my Rotary classmate as well, serving as First Presidents.

In tandem with raising my youngest child, my only daughter, I was rearing the socio-civic club that would birth 19 (as of writing) presidents and community leaders, who would initiate and perpetuate legacy projects and be generous donors to The Rotary Foundation as Paul Harris Fellows and Major Donors.

In these intervening years, my husband and I sent off our three kids to the city in turn. By 2017 we started empty-nesting. I focused on hospital administration, having been appointed Chief of Hospital of the provincial hospital in 2014. There, I focused on resource-generation for the newly-declared hospital economic enterprise, that it may comply and implement new programs of the Philippine Health Insurance Corporation, as well as

continued on page 17

Getting to Know Your PMA Governor



Dr. Roy I. Quiatson

Governor, Western Visayas Region

Each one has an interesting story in his journey through life. Some stories are neck-deep in melodrama, other stories inspire, but in most stories, one can glean life lessons. Here is my story... a glimpse of my life.

My parents were both venturesome at an early age – my father left Antique to try his luck in Manila in his fourth grade; my mother left Romblon at age 7 to become a household helper to be able to study at first grade. They met in Manila and had seven children. I was the sixth.

Aside from being sickly, thin, and frail-looking, I had a pica during my childhood days, a penchant for cigarette butts and hollow block tidbits. Back then, I only eat three things: rice, milo, and tapa, no more, no less. An ad would recommend Milo every day, however, mine would be Milo three times a day.

In my elementary days, I was always voted class president but I would equate that not to leadership but to three things:

a chance to check my classmate's test papers, a privilege to bring home the classroom key and a responsibility to open the classroom before the teacher arrives in the morning. I was good in Math, because we have a sari-sari store; I was good in English because of reading old newspapers used to wrap items: I was good in Filipino because of reading komiks. Thanks to these things, I graduated on top of our class.

I left home in high school. I lived with my brother and sister-in-law. It was my first experience of being away from home and there was no turning back since then. High school turned me into a bibliophile- reading all kinds of things from children's stories, to mythologies, to encyclopedias. It commenced my reading odyssey.

Studying in Manila for college earned me my initial badge of grit and resilience. Exposure to mundane vices compelled me to hold on to my values; getting sick taught me self-reliance. As I was forced to eat anything on my plate, I unknowingly developed ageusia, a loss of taste, (I realized I have it when I got married). Nevertheless, my four years being a Biology student at UST prepared me well for more arduous academic pursuits.

Med school overwhelmed me with myriad of learning materials to read and study and learn. UST has honed me to acquire competence and quiet confidence, humility and integrity, compassion and dedication.

After passing the board exams, I seemed to have lost control of the wheel of life. My specialty, Family Medicine was offered to me, which I later came to love and appreciate because of its life-work balance. Life came whirling past – I got married, had three kids and went back home.

I started private practice in year 2000. I was dragged into presidency of the PAFP Antique chapter barely a year after I transferred. A decade later, I became president of the Antique Medical Society.

Through the years, I've become not only a doctor but also a mentor, a "plantito" an aspiring farmer, an entrepreneur, a nurse, among other things.

By serendipity, I was catapulted into the position of governor of Western Visayas for PMA. Looking back, I have come a long way and God has paved the way. All the struggles and hardships were all worth it.

Looking forward to more learnings and more fruitful endeavors. ☺☺☺☺☺

Dr. Vietres Abella, from page 16

ensure improved health service delivery, and assure the benefits provided for in the Magna Carta for Public Health Workers.

The Covid-19 pandemic tested our hospital's capacity, the resilience of the island's health care delivery, and the medical society's solidarity. Steeped in public service, I thought I had moved on from PMA, until my friend and colleague, former PMA Governor for Bicol, Dr. Joselito Urgel, reminded me sometime last 2022 that it was the turn of Catanduanes Medical Society to field a

governor (it had been resolved by the PMA Bicol Regional Council during his time that the six component societies take yearly turns to nominate a Governor from their membership). CMS had given up its turn for the past two or three times.

I mentally scanned my commitments: my family, my work, my community involvements. My plate had been brimming since 2005, and yet, I thought of the missed opportunities for CMS all these years. After a deep breath and a prayer, I assented, and my second journey of service to my profession started. ☺☺☺☺☺

Dr. Marie Lucille A. Aniciete, from page 15

practice, compassionate care, and the betterment of our communities.

My journey in medicine has been a testament to the power of dedication and the impact of inspiring role models. I am forever grateful for the love and guidance of my mother, my late husband, and my children, who have been my pillars of support. With their inspiration and the camaraderie of my esteemed colleagues, I am determined to make a difference and leave a lasting legacy in the Philippine Medical Association esp the Central Tagalog Region. ☺☺☺☺☺

Getting to Know Your PMA Governor



Most people would describe Joyce as intimidating, strict, rigid and whatever synonym akin to a fearsome villain seen in fairy tales and stories. She carries herself with a powerful presence like no other and people might quiver in fear as they lay their eyes on her. However, that impression is far from the truth.

As a mother, her daughters would agree that she has an authoritative presence at home especially when it came to academics. One might say that the “salutatorian” within her was showing as she taught her daughters how to memorize every page, word by word and make sure to repeat it again without fail the very next day. Despite their difficulties, her daughters would agree that

The Personification of Tenacity

Dr. Jocelyn Joyce G. Maningo

Governor, Central Visayas Region

their mother taught them how to study efficiently and what it meant to be a good student. Moreover, her husband can affirm how great she is as his wife. From cooking the best sinigang to laughing at all his antics, she has given her utmost support for him through tough times and creating a loving, sweet home together.

With that, her gentle nature transcends her home and it shows when you talk to her patients and colleagues. People may describe her as blunt and upfront but she goes into work with one goal in mind: helping people in the best way she can. Being a doctor was never only about her own dreams; it was also knowing that she was capable of making a change. Her advocacy to provide better healthcare and improve its systems shows as she plays her part as the PMA Governor of Central Visayas. In addition, being a member

Philippine Academy of Medical Specialists and the International Academy of Medical Specialists proves that she is trusted and recognized as an individual who is capable of leading and asserting what's best for medical societies and the healthcare system as a whole.

Joyce may seem scary at first, but once someone takes their time to get to know and have a real conversation with her, they can agree that her strong aura is not of malice but rather, it is her tenacious nature to get things done quickly and properly for the better good. To put it simply, Joyce is one of the most courageous people a person will ever meet. She is never afraid to speak her mind especially when she knows things are aloof, yet she is also capable of listening and understanding as long as things are done with good intentions. **By Megan Maningo**



Dennis Y. Capuyan, M.D., a prominent figure in the medical and civic community of Eastern Visayas, has left an indelible mark through his dedication and contributions. Born on October 8, 1951, in Ormoc City, Leyte, he embarked on a journey of service and excellence. His union with Maria Luz Erejer, a pharmacist from Tabango, Leyte, blessed him with a family of six children. Dr. Capuyan's medical journey took shape in 1976 when he graduated from Matias H. Aznar Memorial College of Medicine (MAHAM), paving the way for a distinguished career. He

Dr. Dennis Y. Capuyan

Governor, Eastern Visayas Region

became a medical specialist at Ormoc District Hospital, specializing in anesthesia, a field in which he continues to practice diligently.

Dr. Capuyan was elected as a City Councilor of Ormoc City in 1998, securing his position as the number one councilor by votes in 2004. His dedication was further exemplified during his eight-year tenure as City Administrator of Ormoc City. Within professional and civic organizations, his influence was profound. He held positions of prestige, including past president of the Ormoc City Medical Society and Ormoc City Host Lions Club, where he was honored as a Melvin Jones fellow awardee. His involvement extended to being a past Grand Knight of Knights of Columbus council 3595, and he served as

president and B.O.D of Leyte Electric Co-operative V. Additionally, he undertook the role of President of the Y.M.C.A of Ormoc City.

Eastern Visayas, composed of seven medical Societies namely Leyte, Samar, Eastern Samar, Northern Samar, Biliran, Southern Leyte, and the Ormoc City Medical Society. Dr. Capuyan's leadership during his second term as PMA governor underscored his dedication to elevating the medical landscape of the region. Beyond his professional pursuits, Dr. Capuyan found solace in cultivating hobbies such as vegetable farming, tree planting, and nurturing fruit-bearing trees.

continued on page 19

Getting to Know Your PMA Governor



Dr. Noel C. Herrera Jr., M.D., MPH, FPCP, is a dedicated medical professional who has devoted his life to serving the community with wisdom, love, and diligence. His unwavering commitment to positively impact society has been the driving force behind his impressive academic achievements and extensive experience in the medical field. He pursued his dream by enrolling at the prestigious West Visayas State University, where he obtained his Doctor of Medicine degree (1993-1997), laying the foundation for his future as a compassionate healthcare professional. Afterward, he embraced the opportunity to serve as a Doctor to the Barrios- Rural Health Physician in Payao,



Dr. Andresul A. Labis is the current Board of Governor for Northern Mindanao. This is his 3rd term as Board of Governor. He is a Graduate from Xavier University-Jose P Rizal School of Medicine, Cagayan de Oro City. He finished his residency training in Family medicine at Northern Mindanao Medical Center. He is currently the Chairman of the Department of Family and Community Medicine of Northern Mindanao Medical Center.

This chubby bachelor is a born Leader. He was the President of Misamis Oriental Medical Society in 2012 and the Class President of their batch.

Dr. Noel C. Herrera Jr.

Governor, Western Mindanao Region

Zamboanga Sibugay (1999-2001) and later on as the Chief of Hospital of Payao Municipal Hospital (2002-2004). In this capacity, he devoted his time and expertise to bringing medical services to underserved communities. Driven by his desire to address public health challenges and enhance his medical expertise, he pursued further studies and obtained a Master's in Public Health from the esteemed Prince Leopold Institute of Tropical Medicine (2003-2004). After returning from his studies, he served as the Chief Executive Officer of Alicia Health District (2004-2008). He, later on, underwent rigorous Residency Training in Internal Medicine at San Pedro Hospital in Davao City, honing his skills in providing high-quality patient care and medical management (2008-2011). Currently, he is the Chief of Hospital in Liloy Integrated Health District Hospital, Liloy, Zamboanga del Norte.

Aside from dedicating his life to public and private practice of medicine, Dr. Noel lives with God as the center of his life and channels his God-given blessings through different works. He is the Chairman of Amici Ways Inc., a non-government organization that provides financial support and promotes the well-being of deserving underprivileged senior high school and college students. Despite his busy work schedule and devotional activities, he is an active member of the Rotary Club- Ipil Sibugay, and of the Philippine Medical Association-Zamboanga Sibugay Medical Society Inc. where he served as President from June 2018 until May 2021. Dr. Noel is also a seasoned marathoner and organized with his friends, AMICI, a running team that promotes friendship, healthy lifestyle and community involvement by bringing aids to far flung communities reachable only by foot. He usually starts his day with a devotional and a short run around town. ☸•☸☸☸☸☸☸

Dr. Andresul A. Labis

Governor, Northern Mindanao Region

Leading different Organization is not new to him. He was once a President of PAFP Misamis Oriental Chapter, The President of MOPNFI, an organization in Cagayan de Oro who's members are the Nurses and Doctors of Misamis Oriental.

He is currently the Vice President of the XU-Medicine Alumni Association, The Founding President of Yanong Alubijidnon Youth Organization, the team Leader of the NMMC Vaccination Team, an assistant Professor of XU-JPRSM and the founding member of the Yanong Alubijidnon Youth Organization.

During his term as the President of MOMS, the chapter won the Best Environmental Project Award for the Chapter. The first National Award won by the Chapter.

He loves to spend his free time in the beach around his vicinity. He is self proclaimed Traveller. He is an animal lover too. He had different pets at home from tropical fishes, African love birds and different Breeds of dogs. Northern Mindanao is composed of four medical Societies namely Misamis Oriental Medical Society, Bukidnon Medical Society, Gingoog-Medina Medical Society and the Camiguin Medical Society. ☸•☸☸☸☸☸☸

Dr. Dennis Y. Capuyan, from page 18

In summary, Dr. Capuyan's life journey is one characterized by unwavering dedication to the medical field, community leadership, and a commitment to fostering growth. His remarkable contributions have left an enduring legacy in Eastern Visayas and beyond. ☸•☸☸☸☸☸☸

Getting to Know Your PMA Governor



Dr. Ruth Sampiano-Reginaldo is a remarkable woman who has achieved great success both in her education and professional life. She is a product of the public school system, having completed her elementary to high school education there. Along her academic path, she demonstrated remarkable leadership skills and consistently achieved academic excellence.

Dr. Sampiano-Reginaldo holds several degrees and certifications in the medical field. She is a Registered Medical Technologist from the University of San Agustin Iloilo. She pursued her medical education at Iloilo Doctors College of Medicine and underwent Obstetrics and Gynecology training at Mary Johnston Hospital Tondo, Manila. She became an Ob Gyn Fellow in 2010 and received further training in OB GYN Ultrasound at St. Luke's Medical Center, where she became a fellow in 2008.



Elbert Azcona Ybañez, MD, FPOA, has made significant contributions to the field of orthopedics and healthcare leadership. Born on May 21, 1975, in Ozamiz City, he has consistently demonstrated a commitment to excellence throughout his career. His marital union with Shiela Gelbolingo Ybañez, PTRP, further highlights his dedication to personal and professional pursuits.

Dr. Ruth K. Sampiano-Reginaldo

Governor, Southeastern Mindanao Region

Her professional involvement extends to various leadership roles and positions of responsibility. She served as the President and Area Coordinator for Ob Gyn in South Cotabato/Sultan Kudarat 2009 to 2012. Additionally, she was the President of the South Cotabato Medical Society in 2018. Dr. Sampiano-Reginaldo's dedication and excellence in her field were recognized when she received the "Most Outstanding Physician" award in 2020.

Beyond her local contributions, she has also been active at the regional and national levels. Dr. Sampiano-Reginaldo served as the Regional Director for Region 12 of the Philippine Society of Ob Gyn Ultrasound from 2020 to 2022. Moreover, she holds a position as a POGS Southern Mindanao Officer this year 2023.

Southeastern Mindanao is composed of 11 provinces of the Davao and Cotabato region. It represents diverse geography which is rich in agricultural tourism and enriched culture. Here, you can see doctors enhancing themselves with new technology and bringing healthcare to another level. Doctors becoming entrepreneurs,

farmers and nurturing our environment in order to protect our land. Southeastern Mindanao thrives to grow in the arms of resiliency, love of people and unites with motivation to be one the best physician there is. Indeed with time, we envision to bring our younger ones to be the forefront of best practice medicine.

In addition to her thriving professional career, Dr. Sampiano-Reginaldo finds immense joy and fulfillment in her personal life, where she takes delight in her loving relationship with her supportive husband and cherishes her role as a doting aunt to her nieces and nephews. Moreover, whenever her schedule allows, she aspires to hone her culinary skills, aspiring to become a skilled cook and baker, turning the kitchen into a creative space where she can experiment with flavors and recipes.

Her multifaceted personality reflects a woman of both professional excellence and a warm-hearted individual dedicated to her family and personal pursuits to practice medicine and to serve her fellow doctors as Governor of Southeastern Mindanao. 🌟🌟🌟

Dr. Elbert A. Ybañez

Governor, Northcentral Mindanao Region

Dr. Ybañez is well-versed in multiple languages, facilitating effective communication with a diverse range of patients. His educational journey is marked by numerous achievements, including completing a Travelling Fellowship with the ASEAN Orthopedic Association in November 2019. This involved training at esteemed institutions such as the Universiti of Putra Malaysia, Raja Isteri Pengiran Anak Saleha Hospital, and Philippine Orthopedic Center. In 2008, he attained the prestigious title of Fellow from the Philippine Orthopaedic Association, and in 2007, he successfully

passed the Diplomate Examination conducted by the Philippine Board of Orthopaedics. His residency training at Vicente Sotto Memorial Medical Center from July 2002 to August 2006 laid a strong foundation for his orthopedic expertise.

Dr. Ybañez's academic achievements extend to his formative years, where he graduated as the Class Valedictorian of Batch 2000 from the University of the Visayas-Gullas College of Medicine. His dedication and prowess were recognized

continued on page 21

Getting to Know Your PMA Governor



Dr. Edna C. del Rosario

Governor, Caraga Region

Dr. Del Rosario's dedication and contributions to the field of medicine are nothing short of extraordinary. Aside from being the PMA Caraga Governor, she currently serves as the Vice Chairman of the Board for the Philippine National Red Cross Agusan del Norte, where she plays a vital role in providing essential assistance and support to those in need.

At the age of 72, she continues to serve as a medical doctor at the Butuan Medical Center, bringing her wealth of experience and knowledge to benefit her patients. Her remarkable tenure of over 40 years in government service is a testament to her unwavering commitment to the well-being of the community.

Her passion for excellence and service has earned her the distinguished title of the Integrated Bar of the Philippines and PMA's Hero of the Year in 2021 and the recognition as PMA's Most Outstanding Physician in 2018.

Dr. Del Rosario's journey in medicine began at the renowned Southwestern University Matias H. Aznar Memorial Medical School, where she earned her Medical Degree. Her academic foundation laid the groundwork for a remarkable career, which has taken her around the world. Notably, she has served as an anesthesiologist at the prestigious Anthon Van Leeuwenhoek Hospital in Amsterdam, Netherlands, and also contributed her administrative acumen in the healthcare field while working in California, USA.

Her compassionate and dedicated service extends to diverse settings, including her invaluable role as a doctor at the National Bilibid Prisons and Correctional Institute for Women, proving that she willingly provides medical service to everyone, regardless of their circumstances.

Aside from her career in the government, she has been at the forefront of numerous local and internationally funded medical missions, channeling her expertise and compassion to make a tangible

difference in the lives of those in underserved communities. Notably, her family has been organizing an annual operation tuli and medical mission in her hometown in Lianga, Surigao del Sur, for the past 15 years, providing crucial medical interventions that have transformed the lives of countless individuals.

Dr. Del Rosario's contributions extend beyond her clinical practice. She has held various leadership positions within the Agusan del Norte Medical Society, the Philippine Medical Association, and the Philippine National Red Cross, demonstrating her commitment to advancing medical practices and championing humanitarian causes.

In addition to her professional accomplishments, Dr. Del Rosario is a proud parent to five accomplished children. Among them are two lawyers, a doctor who follows in her esteemed footsteps, an international nurse, and a chef. Their success is a testament to the values of dedication and excellence instilled by their remarkable mother.

Dr. Elbert Ybanez, from page 20

through a Gold Medal Award in Anatomy, Histology, and Neuroanatomy, as well as being named the Most Outstanding Intern in 2000. His scholastic journey began at La Salle University, Ozamiz City, where he earned his Bachelor of Science in General Science.

Since August 1, 2006, he has been a Visiting Consultant in the Department of Orthopaedics and Traumatology at various esteemed medical institutions in Ozamiz City, including Medina General Hospital, Tobias-Feliciano Faith General Hospital, and Misamis University Medical Center. His commitment to healthcare is further evident through his role as a Visiting Consultant in the Orthopaedics Department at Mayor Hilarion A. Ramiro

Sr. Medical Center since March 2015. Prior to this, from October 4, 2006, to February 28, 2015, he served as a Medical Specialist in the Orthopaedics Department at Mayor Hilarion A. Ramiro Sr. Regional Training and Teaching Hospital.

Dr. Ybanez's extensive affiliations underscore his dedication to professional development and collaboration. Notable affiliations include memberships in the Philippine Medical Association, Philippine Orthopaedic Association, ASEAN Orthopaedic Association, Asia-Pacific Orthopaedic Association, and more. His contributions have been recognized through awards such as the Most Outstanding Physician Award from the Philippine Medical Association and his appointment as Governor of Northcentral Mindanao for 2023-2024.

Dr. Ybanez has contributed to advancing orthopaedic knowledge. His research paper on the Functional Outcome of Displaced Supracondylar Fractures of the Humerus in Children Treated Operatively Using a Medial Approach, presented during the Philippine Orthopaedic Association 57th Annual Congress, showcases his dedication to enhancing patient care.

In summary, Dr. Elbert Azcona Ybanez's illustrious career reflects a profound commitment to orthopedics, medical excellence, and healthcare leadership. His contributions and achievements have not only elevated the field but have also positively impacted the lives of countless individuals in his community and beyond.

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July 15-16, 2023 - Waterfront Cebu City Hotel and Casino, Cebu City

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