

Official Publication of the FAR EASTERN UNIVERSITY
Dr Nicanor Reyes Jr School of Medicine Alumni Foundation

ECTOPIC MURMURS



MESSAGE FROM THE CHAIRMAN - Licerio "Jun" Castro, MD, Class '73

At the forefront, changes and choices. What shall we do? Is it correct to say, "It's the right thing to do or Do the right thing"?

A belated Happy New year to everyone. May this year bring forth an era full of substance and flawless energy to rejuvenate us all. Periodically, at this time of the year we focus mostly about relevant events and activities back home at FEU-NRMF, our alumni, our Annual Homecoming and interesting occurrences.

We traveled to the Philippines with so much anticipation and excitement. We were however, met with a most unexpected spectacular though regrettable big bang greeting - the eruption of Taal Volcano in Tagaytay City, on the afternoon of January 12, 2020 after being dormant for the last 43 years. With the grace of Our Lord, destruction was manageable despite the speculation and fears. In Tagalog mythology, the volcano is said to be the home of Nuno, an ancient being who owns the volcano. He is believed to have approved mankind's agricultural pursuits in designated portions surrounding the volcano but warned the people not to plant anything beyond the designated areas. On one occasion, Nuno went away, and the people began planting in areas where they shouldn't plant on, causing all agricultural plants to wither and die. It is said that agricultural plants will only flourish again once Nuno returns.

The 45th Annual Alumni Homecoming and Scientific Convention was well organized by the FEU-NRMF Medical Alumni Society. Prominent speakers and lecturers were presented from the U.S. and the Philippines and we were deeply honored and proud to witness our graduates share their expertise. Dr. Malicay Class 1972 delivered the Mrs Josephine Reyes Memorial Lecture on the first day of the convention. The Dr Lauro Panganiban Lecture was presented by Golden Jubilarian Dr Florencio Q Lucero Class 70.

On the last day of the convention, the FEUDNRSMAF represented by Drs. Licerio Castro Jr., Recto de Leon and Hernani Tansuche attended the Students Achievement Award and the Scholars Recognition Ceremonies. Students who excelled in specific subjects from first to third year were recognized and were given FEUDNRSMAF monetary awards. There were plenty of awardees and scholars especially at the second-year level. Many of them are potential Medical Board top-notchers barring any glitches along the way. To the awardees, I reminded them that true greatness is not reaching the pedestal alone but to bring with them their classmates and friends and not to leave anybody behind, and humility and respect is what defines a great person. All awardees, students, faculties and the FEU-NRMF administration expressed their profound gratitude to the FEUDNRSMAF for the generosity and assistance that we have been giving to them throughout the years.

There were fulfilling stories that made us proud of our graduates, their accomplishments and achievements. But the one story to top it all is a unique story of a very special student who exhibited tenacity, survival, courage, priorities, strong conviction and perseverance in order to achieve his dream of graduating as a Physician. It is a "must read" story featured in this February/March Ectopic Murmurs 2020 issue. I was really amazed while listening to his journey which serves as an inspiration to every student and the alumni as well.

The Gala night commenced with an opening address by the FEU-NRMF Chairman of the Board of Trustees, Mr. Nicanor Reyes III followed by President Atty. Antonio Abad. Drs. Licerio Castro Jr and Rick De Leon were requested to address the Alumni as well. The evening was filled with vim, vigor and vitality as plenty of presentations were made by all jubilee celebrants and more awards and recognitions were given. Special recognitions were given to the Emerald, Golden and Silver Jubilee celebrants as they shared their prowess in their choreographed performances. The colorful costumes, the stunning dance steps and the family atmosphere filled the room that energized everyone.

A live auction was held to benefit the victims of Taal Volcano eruption that further initiated the medical and humanitarian missions in the affected areas aside from the pre-planned medical missions in other parts of the country. It was so heartening and fulfilling to witness our alumni respond when calamities strike our homeland.

I invite and encourage the alumni to attend the FEUDNRSMAF Annual Reunion and Scientific Convention on July 29-August 2, 2020 at the Anaheim Hilton in Anaheim, California. FEUDNRSMAF discounted room rate is \$ 134.00 per night excluding taxes and fees. To reserve go to: <https://book.passkey.com/go/fareastern2020>.

This is my last year as your FEUDNRSMAF Chairman. As I bid farewell, I am engulfed with pride by the admiration that was displayed and reiterated by the FEU-NRMF administration, the FEUNRMF Medical Alumni Society and the FEUDNRSMAF for the several years of great understanding, utmost cooperation and preserving that close family relationship. I also reflect upon the many accomplishments we ALL achieved together during my tenure, to name a few, the – transfer of the FEUDNRSMAF Charter to the State of Nevada, establishment of the Endowed Scholarship funds, allocation of a dedicated general scholarship fund, global electives fund and CME fund. I am grateful to each and everyone who have contributed to our achievements. THANK YOU!

When all the dust have cleared, may we find our family spread the flame from our fiery hearts for it is in us that enables it to burn forever.

The FEUDNRSMAF will live on.

Daisy and I love you very much.

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Visit the website : <http://feu-alumni.com/>



Far Eastern University Dr Nicanor School of Medicine Alumni Foundation



PRESIDENT'S MESSAGE - Rick Deleon MD, Class '64

Trips bound for the Philippines were unpredictably curtailed on the second week of January 2020, due to the havoc caused by the untimely and dangerous eruption of the Taal Volcano in Tagaytay City. We were uncertain if we could make the trip because all flights were cancelled the day before our scheduled flight. On the day of our departure, arriving flights to Manila were being diverted to other airports in the country, because the heavy ashfall reached Metro Manila. Thank God we departed as scheduled.

Hosted by the FEU-NRMF Medical Alumni Society Inc., the Alumni Homecoming 2020 (Balik FEU) was a grandstanding showcase. The CME Program was fabulously done. Dr. Florencio Q. Lucero, Class 1970, a plastic surgeon, was chosen as speaker for the 42nd Dr. Lauro Panganiban Memorial Lecture. It was an outstanding lecture attended by many alumni and was well applauded. Other topics in the lecture series included - Finding Meaning in the Standards of Life Advocating for the Elderly in Health, Sickness and Beyond; The Business in Medicines; The Gold Standard Guidelines for COPD; Global Health and Environment and Universal Healthcare.

The most awaited and anticipated Student Achievement Awards event held on January 17, 2020 was well attended. It is our hope that the award-ees would continue to do well to give honor to our medical school, especially when they take the Philippine Licensure Examinations in the future, and that the awards would encourage other students to similarly achieve. On January 27, 2020, we had a dialogue with FEU-NRMF Medical Society and discussed issues of mutual interests, including executing a revised Memorandum of Agreement.

The Barrio Fiesta attracted good attendance. Everyone enjoyed the array of delicious dishes such as balut, lechon, pancit, dinuguan with puto, sorbetes and bibingka. It was a well-remembered night of dancing, shared laughter, and rekindled friendships. The Grand Alumni Night (Gala) was held at Shangri-La Fort, BGC Global City. The Faculty Recognition Awards gave significant value and ambience to the night. The recipients were honored for their great work and outstanding contributions to our school. Dean Rey de los Reyes received the Dr Manuel Malicay Most Outstanding Faculty Award. Other FEUDNRSMAF awardees were FEU-NRMF Assistant Dean Abigail Castro, M.D, Dr Antonio Sia, Dr Mari-Ann Bringas, Dr Nolan Pecho, Ronald C Dy Quingco, Dr Mildred T Rondilla and Dr Samantha Queenie Razon. Everyone was tremendously entertained by the Jubilarian Presentations. Indeed, the various events were something to always remember as years go by.

On January 19-23, 2020, I participated in medical missions in San Pablo, Laguna and Lucban, Quezon (Kamay Ni Jesus) that was jointly sponsored by the Phil Am Association of Nevada, LV Spring Valley Lions Club, Filipino United Network, and Medical Ministries International. The medical missions were hosted by Seven Lakes, San Pablo, International Organizations and Federated Chapters of San Pablo City Organizations from USA, Canada and Philippines. The missions were well attended. I am thankful for the opportunity to serve our kababayans.

This is my last year to serve as the FEUDNRSMAF President. My thanks to everyone for their support.

IT'S DEDUCTIBLE !! DONATION LEVELS

Professorial Chair	<ul style="list-style-type: none"> • \$15,000.00 fully funded • Donor/s designates subject award • Awarded yearly
Jubilarian Class Fund	<ul style="list-style-type: none"> • Any level • Class designates fund use to support FEUDNRSMAF mission and goals
Named Scholarship Endowment	<ul style="list-style-type: none"> • Full sponsorship at \$5,000.00 for one full academic or financial aid scholar per year or partial year • Endowment is donor-named or in honor of someone else
Student Achievement Award	<ul style="list-style-type: none"> • \$1050.00 one-time funding for a designated subject. • Yearly award of \$50.00 in a chosen subject given to a student that meets criteria.
General Scholarship Fund	<ul style="list-style-type: none"> • Any dollar amount. • Awarded to FEUDNRSMAF academic scholar (vetted by a committee) or a grantee (financial aid non-academic scholar either one time award or yearly). • Funds are used for tuition, books, stipend and global scholarship sponsorship (short term elective abroad).
FEUMASSC	<ul style="list-style-type: none"> • FEU Southern California Chapter-specific Fund • Supports scholars and medical missions
PGME (Post Graduate Medical Education Fund)	<ul style="list-style-type: none"> • Class 1964-specific fund • Supports continuing education
Arsenio Martin Scholarship Fund	<ul style="list-style-type: none"> • Class 1967-specific fund • Funds used to support scholarships
Donor-specified	<ul style="list-style-type: none"> • Any level • Donor-tailored • Donation must be used to support FEUDNRSMAF mission and goals and activities

A NIGHT TO
JANUARY 18, 2020
GALA NIGHT
ALUMNI HOMECOMING
SHANGRI-LA HOTEL GLOBAL CITY PHILIPPINES

GOLDEN JUBILARIANS CLASS 1970



Back L to R: Juanita Rivera, Angelita Abello-Rivero, Paz Anacta, Victoria Abrigo-Baladiong, Elvira Andaman, Potenciano Andaman, Hermes Ayuste, Celso Fidel, Felisa Gan, Wilhelmina Inocentes-Santos, Caridad Ringor-Rallos, Susan Soto, Janeth Jacinto-Zata, Vicente Zata Jr

Front L to R: Florencio Lucero, Romeo Vitug, Job Taganon, Cesar Pizarro, Angelito Fernandez, Mario Mejia, Vidal Reyes

A NIGHT TO
JANUARY 18, 2020
GALA NIGHT
ALUMNI HOMECOMING
SHANGRI-LA HOTEL GLOBAL CITY PHILIPPINES

EMERALD JUBILARIANS CLASS 1965



L to R: Ruth Urbiztondo de Peralta, Carmen Villaluz Dimaculangan, Norma Recio Pasia, Eufemio Verzosa, Rose Conley Nava, Connie Para, Rogelio O Cave, Melinda Ayala Fabito

A NIGHT TO
JANUARY 18, 2020
GALA NIGHT
ALUMNI HOMECOMING
SHANGRI-LA HOTEL GLOBAL CITY PHILIPPINES

SILVER JUBILARIANS CLASS 1994



A NIGHT TO
JANUARY 18, 2020
GALA NIGHT
ALUMNI HOMECOMING
SHANGRI-LA HOTEL GLOBAL CITY PHILIPPINES

Remember

SAPPHIRE JUBILARIANS CLASS 1974



A NIGHT TO
JANUARY 18, 2020
GALA NIGHT
ALUMNI HOMECOMING
SHANGRI-LA HOTEL GLOBAL CITY PHILIPPINES

RUBY JUBILARIANS CLASS 1979



A NIGHT TO
JANUARY 18, 2020
GALA NIGHT
ALUMNI HOMECOMING
SHANGRI-LA HOTEL GLOBAL CITY PHILIPPINES

Remember

CORAL JUBILARIANS CLASS 1984



A NIGHT TO
JANUARY 18, 2020
GALA NIGHT
ALUMNI HOMECOMING
SHANGRI-LA HOTEL GLOBAL CITY PHILIPPINES

Remember

PEARL JUBILARIANS CLASS 1989



YOUR FEUDNRSMAF PROFESSORIAL and FACULTY AWARD RECIPIENTS 2020

REY H. DELOS REYES, MD	Most Outstanding Alumni Faculty
ABIGAIL DG CASTRO, MD	Professorial Chair Award
ANTONIO M. SIA, MD	Professorial Chair Award
NOLAN E. PECHO, MD	DR. JESUS B. NOLASCO AWARD Most Outstanding Senior Faculty, Clinical
MARI-ANN B. BRINGAS, MD	DR. HORACIO A. ILAGAN AWARD Most Outstanding Senior Faculty, Basic
RONALD C. DY QUIANGCO, MD	SAMUEL GREEN AWARD Most Outstanding Junior Faculty, Basic
MILDRED T. RONDILLA, MD	SAMUEL GREEN AWARD Most Outstanding Junior Faculty, Clinical
SAMANTHA QUENNIE W. RAZON, MD	Most Outstanding Teaching Resident

DR MANUAL MALICAY MOST OUTSTANDING FACULTY AWARD



Dr Rey de los Reyes, Dean FEU-NRMF (3rd from L) received the Dr Manuel Malicay Most Outstanding Faculty Award

THANK YOU DR MALICAY !



Abigail Elsie DG Castro MD
2019-2020
Professorial Chair Award
OB-GYN

DONOR: Michigan Chapter



Antonio M Sia MD
2019-2020
Professorial Chair Award
Oto-HNS

DONORS:
Drs. R. Cabrera,
L. Sicat, E. Abano-Mendoza, R.
Limosnero and J. Jaravata



Mari-Ann B Bringas, MD
2019-2020

FEUDNRSMAF Dr. Horacio Ylagan
Award for Most Outstanding Senior
Faculty Basic
Biochemistry and Nutrition



Nolan Pecho, MD
2019-2020
FEUDNRSMAF Dr Jesus Nolasco
Award for Most Outstanding Senior
Faculty Clinical
Surgery



Ronald C Dy Quiango MD
2019-2020
FEUDNRSMAF Samuel Green Award
for Most Outstanding Junior Faculty
Basic
Pathology

*Dr Humphrey C Bitun received the award on
his behalf*



Mildred T Rondilla MD
201-2020
FEUDNRSMAF Samuel Green Award
for Most Outstanding Junior Faculty
Clinical
Child Health

Samantha Quennie Razon, MD
2019-2020
Drs Licerio and Daisy Castro Most Outstanding Teaching
Resident Award
OB-GYN



THE DR RENATO CLASS 68 AND DR AURORA ESTRELLA CLASS 67 ENDOWED SCHOLARSHIP FUND

Dr Renato Estrella Class 68 and Dr Aurora Estrella Class 67 were recently added to the list of donors of The Endowed Scholarship Fund, establishing The Drs Renato and Aurora Estrella Endowed Scholarship Fund by donating \$5,000.000 annually. FEUDNRSMAF is grateful for their generous donation which will be used to help financially needy medical students at FEU-NRMF.

The FEUDNRSMAF generally funds 10-12 academic/merit scholars per year. Projected cost to fund a scholar's tuition fee per year is \$5,000.00 – because the scholar's funding could be full or partial based on their GWA. The Scholarship Committee is currently led by Dr. Hernani Tansuche and Dr. Robert Arias. The Committee adheres to stringent eligibility guidelines to carefully vet applicants and assure impartiality. On occasion, the Foundation receives a direct or indirect appeal from financially needy students and may get funded privately by generous alumni member/s. These students are designated as "grantees" to distinguish them from the academic/merit scholars.

YOU or your Class can also donate to the Fund. Let us achieve OUR funding goal. Your named beneficence will undergird the FEUDNRSMAF in the many years to come. You may deduct charitable contributions of money or property made to qualified organizations, such as ours, if you itemize your deductions. For more information go to: <https://www.irs.gov/charities-non-profits/charitable-organizations/charitable-contribution-deductions>



OUR GENEROUS BENEFACTORS

Aurora Estrella MD, Class 1967 and Renato Estrella
MD Class 1968

**FEUDNRSMAF STUDENT ACHIEVEMENT
AWARDEES and DONORS**

NAME	SUBJECT	DONOR	IN HONOR OF
FIRST YEAR			
Orbigo Sean Michael P*	Behavioral Science 1 (Psychiatry)	Class 69	Dr Linda Vloria
Reyes, Diana Eliza A.	IPD (CFM)	FEUMAANI	Dr. Olivo Leopando
Reyes, Diana Eliza A	Biochem A	Class 68	Dr Rodolfo Martija
Reyes, Diana Eliza A	Biochem B	Class 68	Washington DC Chapter
Barba, Lloyd Anicer B	Intro to Research (CFM)	Class 71	
Orbigo Sean Michael P*	Physiology	Dr Tahimik Sayoc	
Reyes, Diana Eliza A.	CFM	Drs Clarita & Rick Deleon	
Reyes, Diana Eliza A.	Micro A	Dr Manuel Pasia	
Orbigo Sean Michael P*	Micro B	Dr Manuel Pasia	
Reyes, Diana Eliza A.	Gross HSB-A	Dr Edwin Nolasco	
Reyes, Diana Eliza A.	Gross HSAB-B	Dr Virgilio Pilapil	Col Jovito & Gregorio Alcova
SECOND YEAR			
Tambago, Tricia	Behavioral Science 2 (Medicine)	Dr Noli Guinigundo	
Gener, Kris Clara	Physiologic OB	Drs Roger & Thelma Mupas	
Estranero, Lara Alecsandra	Basic Child Health	Dr Ruby Cureg	Mr Alfonso & Mrs Sol Cureg
Callangan, George Michael	Pharmacology	Dr Roy Castello Cabrera	
Estranero, Lara Alecsandra	Bioethics 2 (Medicine)	Dr Alberto Soriano (UST)	Adelaide Ibay-Soriano
Herrera, Hans Kaiser*	Preventive Medicine	Class 69	Dr Antonio de la Cruz
De Guzman, Krissel	Microbiology	Dr Manuel Pasia	
Encina, Neil Gabriel	Parasitology	Class 68	Dr. Edelmiro Santos
Cruzado, Christian Joseph B	Pathology A & B	Ectopic Murmurs (Dr Cesar V Reyes)	Dr Severino Sarmenta
Estranero, Lara Alecsandra	Clinical Diagnosis	Dr Richard Paron	

Thank You!
to our donors

THIRD YEAR			
Paglicawan, Katrina A*	Medicine 3A/B	Class 69	Dr Natividad Nabuerso
Paglicawan, Katrina A*	Legal Medicine	Dr Noli Guinigundo	Atty Serafin Guinigundo
Paglicawan, Katrina A*	Medical Jurisprudence	Dr Ed Relucio	Dr Pedro Relucio
Zarate, Jayson	Psychiatry	Class 69	Dr Lucio Co
Cajucum, Ralphe Robert	Neurology (Medicine)	Class 68	Dr Salvador del Rosario
Paglicawan, Katrina A*	Pathologic Obstetrics	Drs Nestor & Celia Sagulo	
Antonio, Noreen Astrid	Gynecology	PAMC	
Gloriani, Kurt Paul	Child Health 3A/B	Dr Generosa C Lazor	
Rakii, N Fatima Sahniya	OTO-HNS	Dr Reynaldo Sarmiento	
Tuazon, John Carlo	Surgery 3	Drs Rogelio & Corazon Acosta	
Tuazon, John Carlo	Ophthalmology	Drs S del Rosario & M Rivero	Dr Nathaniel Yangco
Paglicawan, Katrina A*	CTN	Dr Antolin Dycoco	
Layese, Shane	EHSM (CFM)	Dr Raymund Razonable	
MOST OUTSTANDING STUDENT			
First Year	Orbigo, Sean Michael*		
Second Year	Cruzado, Christian Joseph		
Third Year	Paglicawan, Katrina A*		
First Year to Third Year	Paglicawan, Katrina A*		
* FEUDNRSMAF Scholar			



L to R Front: Katrina Paglicawan*, Elysha Rosales*, Christine de Leon*
 L to R Back: Raymond Rebon*, Sean Orbigo*, Hans Herrera*, Dr Hernani Tansuche,
 Chair FEUDNRSMAF Scholarship Committee, Cian Rayco*, Vincent Orpiano^{1,2}
 Footnote:
¹ Drs Roy and Cita Cabrera Endowed Scholar
² North Texas Association of Philippine Physicians grantee (one-time funding)
 * FEUDNRSMAF academic scholar



FROM THE HOME FRONT FEU NICANOR REYES MEDICAL FOUNDATION (FEUNRMF) SCHOOL OF MEDICINE - Rey H de los Reyes MD, FPOGS, MSA, Class'78

We have just concluded the 49th Foundation Week Celebration of FEU-NRMF from Jan. 13-18, 2020. It was indeed a very hectic but productive and memorable week for all of us.

Monday, Jan. 13, 2020 was designated the Faculty Day where Faculty Service Awards were given and the Faculty Academic Awards were announced. The Josephine Cojuangco Reyes (JCR) Memorial Lecture on Management of Hypertension was delivered by Dr. Manuel Malicay. We thank Dr. Malicay for the very informative and relevant lecture. Tuesday, Jan. 14, 2020 was the Resident's Day that featured the Resident's Research Paper Contest, the Residents' and Fellows' Graduation and the First Year Residents' White Coat Ceremony. On Students' Day Wednesday, Jan. 15, 2020 there was a Symposium on RA 11313, the Safe Spaces Act or Anti-Bastos Law and RA 7877, the Sexual Harassment Act. The resource speaker was Atty. Agnes Velasquez-Rivera, the Legal Officer of Adamson University. The same symposium was also conducted for the Faculty, Consultants and Residents of FEU-NRMF.

The Alumni Homecoming activities were held Thursday to Saturday, Jan. 16 -18, 2020. On Thursday, Jan 16, 2020, the 42nd Dean Lauro H. Panganiban Memorial Lecture was delivered by Dr. Florencio Lucero of Class '70, a Golden Jubilarian, on "Fat is Here to Stay". This was followed by the Scientific programs and the Barrio Fiesta in the evening. The Student Achievement Awards sponsored by the FEUDNRSMAF were given in the afternoon of Friday, Jan. 17, 2020, followed by the Scholar's Recognition Ceremony. I am happy to announce that we have more than 70 scholars from 1st to 3rd year, based on their grades in the 1st semester of this school year. There are more than 60 scholars in the 1st and 2nd year.

The Grand Alumni Night held on Jan. 18, 2020 was indeed a grand affair. The celebrating classes, especially the Silver and Golden Jubilarians were recognized. The Faculty Academic Awards, again through the generosity of the FEUDNRSMAF were given. As we prepare for the 50th or Golden Anniversary Celebration on Jan. 18 - 23, 2021, we hope that we will be joined by our alumni based abroad, especially by the members and officers of FEUDNRSMAF. As announced by our President, Atty. Antonio H. Abad, Jr., we are planning to have a grand celebration. May I again remind everyone for their nominations for the different categories of the Alumni Awards next year. Nominations maybe sent through the FEUDNRSMAF, the Office of the Dean of the School of Medicine or directly to the Awards Committee of FEU-NRMF. The Alumni Awards Committee is now accepting nominees.

The application for 1st year medical students for SY 2020-2021 is now ongoing. We will have the personality test and interview of the first batch of applicants on Feb. 2, 2020. We have 420 applicants for this batch. We expect less applicants this year because of the implementation of the K-12 program starting in SY 2016-2017. Last year, we had more than 1,500 applicants. We had 698 1st year student for the 1st semester of this school year. The preparation for the March 2020 Physician Licensure Examination is now ongoing. The examinations is scheduled on March 8, 9, 15 and 16, 2020 in NCR, Baguio, Cebu and Zamboanga. Review sessions have been scheduled on the specific subject that they have requested. We hope and pray that they will perform well.

We acknowledge the support that the FEUDNRSMAF is giving to our students and faculty all these years. Again, THANK YOU very much!



Certificate of Appreciation was awarded to the 8th JCR Memorial Lecturer Dr. Manuel Malicay (3rd from L) on Jan. 13, 2020



Golden Jubilarian Dr Florencio Q Lucero Class 70 delivered the Dean Lauro H Panganiban 42nd Memorial Lecture



ALUMNUS IN THE NEWS

THE 35-YEAR JOURNEY OF ROMEO CO LIM MD (CLASS 2019), ESQUIRE by *Dr Manolito Reyes and Dr Abigail Castro, Class '84*

Romy was with the batch Class of 1984 until the 3rd month of our medical clerkship. His financier uncle told him to stop schooling if he decides to marry the girl of his dreams, Tess, a Filipina and a 3rd year medical student. To support himself and Tess, he applied to the US Navy and was accepted. Due to his call to US Navy, he left our class. That was just 7 months till our graduation. Romy worked as a Medical technologist in the USA, and started a family.

Sometime in 1996, Romy thought of coming back to fulfill his bucket list. He was allowed to enroll as a Balik - 3rd year medical student. By May, he has enrolled, completed his books and uniform. But by June, he was recalled by Tess because nobody will take care of the kids. I was already a consultant and faculty in Obstetrics. All he could say was, "Gail, hindi yata talaga ako magiging doctor."

Back in the US, he decided to become a lawyer. So, he earned his degree, passed the California Bar in 2007 and is a practicing lawyer to this day. Through all those years of being a navy man, family man and a lawyer in San Diego, California, USA, he never forgot that he was a member of Class '84. All of us in the batch were close to him and he always offered a helping hand to whoever class member would be in need. He was instrumental in making our class cohesive by helping and keeping in touch.

He was with us during our 25th class anniversary celebrations in New York and in the Philippines and continues to celebrate with us during our class anniversaries. Romy was instrumental in doing the legal papers for our classmates in America so all donations can be legally deducted from their own taxes. He was living comfortably but yet, there is this dream that he needs to fulfill and that is to have an MD degree.

In the year of 2014, he made a decision to fulfill his dream. He took the NMAT and passed it with a grade of 84. He applied to FEU but was rejected initially because of his age (56) because the prevailing age of enrollment requirement that time was up to 35 years old. Our class will forever be grateful to Dean Linda Tamesis who elevated his case to President Atty Antonio Abad, Jr. "Education discriminates no one" was Atty Abad's decision, hence, he was qualified for freshman. He was offered by another medical school to enroll as 3rd year, but Romy declined it because of his love for FEU-NRMF.

The year of his second try Balik-Medicine year started in 2015, I was the OB-GYN department chair. This time, his years in medical school did not come as easy as his first during his youthful years, but he managed to continue. He complained to me that his grade in Pharmacology during our time was 1.75, but now, he had to repeat it! Perseverance paved the way, and he was able to don the much coveted V-neck! He attended my OB and GYN classes and was always seated in front. When asked why, he said it was because of eyesight and hearing difficulties. He passed both subjects. He had a cataract surgery during clerkship.

Along the way, he helped a lot of his classmates financially. He was the Kuya Roms or Sir Roms to his classmates. He even shared his pension with them. It was so sad to eat alone, so he invited his classmates to eat out or he would cook for them in his condominium. In cases when students were not amenable to the governing rules of the school, he was even their lawyer! He was instrumental in identifying financially challenged medical students, tapped us, his Class 84 batchmates to donate tuition money. All of them are now graduates.

So, on December 20, 2019, Romeo Co Lim, at age 60, graduated with a degree of Doctor of Medicine. The halls of PICC resounded with thunderous applause from his classmates. I, as Vice Dean, had the honor of bestowing him the colors of FEU-NRMF hood.



Vice Dean Abigail DG Castro, conferring the Hood of FEU-NRMF Doctor of Medicine on Dr Romeo Lim, with his wife, Dr Tess Lim and son .

CLINICIAN'S CORNER



HUMAN CORONAVIRUS INFECTIONS - Not Just the Common Cold, What Clinicians Need to Know: Jocelyn Y. Ang MD, Class 1990

Background: Coronaviruses (CoVs) are large enveloped single-stranded RNA virus that are named after the corona or crown-like surface spikes proteins observed on electron microscopy on the surface of the virus. Coronaviruses are species specific and are capable of infecting both humans and a variety of animals. Current human coronaviruses (HCoVs) belong to the Alpha and Beta genera of coronaviruses.

Human Coronavirus Types:

HCoVs and the common cold: There are now seven known types of human coronaviruses. Four of the HCoVs types (229E, NL63, OC43, and HKU1) are found worldwide; they predominantly cause mild to moderate upper respiratory illness and sometimes gastroenteritis symptoms. After rhinovirus infection, HCoVs are the second most common cause of common cold in children. Human coronaviruses also account for 10-30% of upper respiratory infections in adults.

Highly pathogenic CoVs: Coronaviruses are diverse with a variety of animal reservoirs such as seen in bats. Other animals may serve as intermediate hosts, facilitating mutation with the risk of transmission to humans. Infection is host specific and are generally mild in humans. However, in the 21st century, two CoVs (e.g. severe acute respiratory syndrome CoV (SARS-CoV), Middle East respiratory syndrome (MERS-CoV)) have crossed the species barrier resulting in large global outbreaks of severe respiratory illness in humans with significant mortality and mobility.

Severe acute respiratory syndrome CoV (SARS-CoV): In 2003, SARS CoV, a beta-CoV was identified as a highly pathogenic novel respiratory agent responsible for a global outbreak originating in Guangdong Province in China. Zoonotic transmission was suspected due to animal and human contacts reported in early cases. Data suggests that SARS-CoV evolved from similar virus in bats with other live animals in market serving as intermediate hosts. The outbreak lasted for 9 months resulting in 8,098 persons infected and 774 died. SARS-CoV had an incubation period between 2–10 days (median 4 days) and disproportionately affects adults. Common symptoms include fever, cough and difficulty breathing and watery diarrhea. Respiratory distress progressed to mechanical intubation in 20-30% of infected patients with 10% mortality. Since 2004, no cases of SARS-CoV have been reported worldwide.

Middle East Respiratory Syndrome (MERS-CoV): In 2012, another highly pathogenic beta-CoV novel virus, the Middle East Respiratory Syndrome coronavirus (MERS-CoV), was identified as the cause of an epidemic of respiratory illness in the Kingdom of Saudi Arabia. As of November 2019, there were 2,494 infected cases and 858 deaths. Bats are presumed to be the natural reservoir of MERS-CoV and camels are the intermediate hosts. Incubation period for MERS-CoV is from 2-14 days (median 5 days). Similar to SARS-CoV, MERS-CoV infection is also associated with severe respiratory symptoms although MERS-CoV infected patients have prominent gastrointestinal complaints and many have acute renal failure. Majority 50-89% required mechanical ventilation with a case fatality rate of 36%. Unlike SARS, sporadic cases of MERS continue to occur.

Corona Virus Disease (COVID-19) and SARS-CoV-2: In December 2019, the seventh type of HCoV, a new pathogenic CoV, (2019-nCoV) was discovered in Wuhan, China. On February 11, 2020 the World Health Organization announced an official name for this disease as Corona Virus Disease (COVID-19). The virus is similar to the bat CoV, and is related to the SARS-CoV hence the new name for this novel virus is SARS-CoV-2.

Epidemiology: The source of SARS-CoV-2 is still unknown, but there appears to have an epidemiologic link to initial exposure at the Huanan Seafood Wholesale Market during the early cluster of patients hospitalized with pneumonia. Subsequently, human-to-human transmission also occurred, with exposure to people with respiratory symptoms and among healthcare workers. As of February 15, 2020, there were 67,100 cases and 1526 deaths reported worldwide, majority are occurring in China, but many cases are also seen in other countries. In the United States, 15 cases of COVID-19 have been confirmed; most cases were travel-related to Wuhan. Compared to the two other highly pathogenic CoV (SARS-CoV and MERS-CoV), SARS-CoV-2 is estimated to have a higher infectivity as determined by the Reproductive number (RO) of 3.28 (3-4 newly infected cases from one initial case) and a lower case fatality rate of 3%.

Incubation period: The incubation period of SARS-CoV-2 is estimated to be 5 days (range 2-14 days). There are reported transmission during the asymptomatic phase but the majority of secondary infections likely came from symptomatic cases.

Clinical manifestations: The clinical syndrome of COVID-19 is nonspecific and include fever, dry cough and shortness of breath. Other symptoms such as myalgias, headache, sore throat, and diarrhea have also been reported. The median age was 49 years. Most patients were males; less than half of the patients have comorbidities such as diabetes or hypertension. Upon admission to the hospital, all patients have significant lung findings including pneumonia with infiltrates on chest x-ray and ground glass opacities on chest computed tomography. Complications developed in about a third of patients with acute respiratory distress syndrome and needing intensive care. Cases in pediatric patients have been rare.

Testing: CDC has developed laboratory test kit to detect 2019 novel coronavirus (SARS-CoV-2) by Polymerase Chain Reaction. CDC has begun shipping test kits to select qualified U.S. and international laboratories.

Management: Management of COVID-19 has been mostly supportive. Treatment and vaccines are in development. Previously, lopinavir/ritonavir and Remdesivir (an RNA polymerase inhibitor), have shown promise against MERS-CoV in animal model and are currently being investigated against SARS-CoV-2.

Guidance for Clinicians: Clinicians should obtain a detailed travel and exposure history when evaluating patients with fever and respiratory symptoms. If there is a history of travel to Hubei Province or exposure to a person known to have confirmed COVID-19 infection in the last 14 days, the patient should be considered a person under investigation (PUI). Clinicians should immediately initiate appropriate infection control measures, notify the facility's infection prevention team as well as the local or state health department and initiate testing for SARS-CoV-2.

To prevent transmission of virus, basic public health measures such as staying home when ill, washing hands regularly with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer are recommended. In addition, practicing a good respiratory etiquette, which include covering the mouth and nose during sneezing and coughing with mask or flexed elbow (not the hands) can protect against infection and further spread of the virus. As the situation for COVID-19 is rapidly evolving, families are encouraged to refer to the CDC website for more up-to-date information regarding new cases, travel warnings and other prevention advice.

Jocelyn Ang MD, FAAP, FIDSA, FPIDS is Professor of Pediatrics Division of Infectious Diseases Children's Hospital of Michigan Wayne State University School of Medicine in Detroit, Michigan

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HOSPICE AND PALLIATIVE CARE : Larry Rabang MD, Class 1989

Sure, we try to put out fires. But, if we can't put out the fire, a good physician takes the patient's hand and walks with him through the flames.

-Atul Gawande, MD

Palliative care is a specialized medical care for people with serious illness. It focuses on providing patients with relief from the symptoms, pain and stress of serious illness - whatever the diagnosis. The goal is to improve quality of life for both the patient and the family. It is appropriate at any age at any stage of a serious illness. It can be provided at the same time as disease treatment to help people live as well as possible while facing illness.

Hospice care is a specific type of palliative care provided when a patient is terminally i.e., life expectancy is less than 6 months if the disease runs its expected course). It is end of life care that delivered in patient homes or long term care facilities. Consultative palliative care is provided mainly in hospitals or outpatient clinic settings.

There are no treatment restrictions for patients who choose palliative care including curative or life-prolonging treatments. Consultative palliative care is billed through a fee-for-service model; hospice uses geographically prorated per diem payment. Once admitted to a hospice program, this diem rate must cover all disease-modifying treatments that assist in symptom control such as antibiotics, blood transfusions, radiation therapy for local pain and octreotide for bowel obstruction.

Management of common symptoms include pain control. Mild pain treatment includes acetaminophen and NSAIDs; moderate pain is treated with a combination of opioids and nonnarcotic pain relievers and severe pain is primarily treated by opioids. For dyspnea treat potentially reversible causes such as pneumonia, pleural effusions, anemia and ascites. The gold standard pharmacologic treatment is oral morphine. Benzodiazepines are useful for dyspnea worsened with anxiety. Oxygen and fans may help with breathlessness. Treatment for nausea and vomiting includes ondansetron, metoclopramide, prochlorperazine, anticholinergic antihistamine like scopolamine and meclizine and corticosteroid. Treatment for agitation includes assessing reversible causes like pain, urinary retention and fecal impaction. Delirium in terminally ill patients can be treated with haloperidol and chlorpromazine.

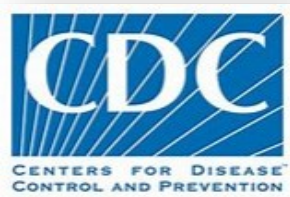
Depression in terminally ill patients can be treated with psychostimulant such as methylphenidate. Mirtazapine may help treat depression with concomitant insomnia and anorexia. For anorexia, consider megestrol, medroxyprogesterone, corticosteroid or dronabinol. Tracheal secretions (death rattle) can be treated with anticholinergic like atropine or glycopyrrolate drops.

Seriously ill patients are commonly reluctant to initiate discussions about goals of care, prognosis, and what to expect with their families and medical providers. They may fear physician abandonment, withdrawal of supportive measures and treatments, and the emotional reactions from loved ones if such concerns are addressed. Physicians should facilitate conversations among patients, families, and other providers to address the patient's wishes and concerns.

Dr. Larry Rabang is the Medical Director at St. Croix Hospice in Ankeny Iowa

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2019 NOVEL CORONAVIRUS, WUHAN, CHINA

Source: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>. Accessed 1/29/2020

INTERIM GUIDE FOR HEALTHCARE PROFESSIONALS

Limited information is available to characterize the spectrum of clinical illness associated with 2019-nCoV. No vaccine or specific treatment for 2019-nCoV infection is available; care is supportive. The CDC clinical criteria for a 2019-nCoV patient under investigation (PUI) have been developed based on what is known about MERS-CoV and SARS-CoV and are subject to change as additional information becomes available.

Health care providers should obtain a detailed travel history for patients being evaluated with fever and acute respiratory illness. CDC guidance for evaluating and reporting a [PUI for MERS-CoV](#) remains unchanged.

Cont. 2019 NOVEL CORONAVIRUS, WUHAN, CHINA

Criteria to Guide Evaluation of Patients Under Investigation (PUI) for 2019-nCoV

Patients in the United States who meet the following criteria should be evaluated as a PUI in association with the outbreak of 2019-nCoV in Wuhan City, China.

¹Fever may not be present in some patients, such as those who are very young, elderly, immunosuppressed, or taking certain fever-lowering medications. Clinical judgment should be used to guide testing of patients in such situations.

²Close contact is defined as -

a) being within approximately 6 feet (2 meters), or within the room or care area, of a novel coronavirus case for a prolonged period of time while not wearing recommended personal protective equipment or PPE (e.g., gowns, gloves, NIOSH-certified disposable N95 respirator, eye protection); close contact can include caring for, living with, visiting, or sharing a health care waiting area or room with a novel coronavirus case.

– or –

b) having direct contact with infectious secretions of a novel coronavirus case (e.g., being coughed on) while not wearing recommended personal protective equipment.

CLINICAL FEATURES	&	EPIDEMIOLOGIC RISK
Fever ¹ and symptoms of lower respiratory illness (e.g., cough, difficulty breathing)	AND	In the last 14 days before symptom onset, history of travel from Wuhan City, China. OR In the last 14 days before symptom onset, close contact ² with a person who is under investigation for 2019-nCoV while
Fever ¹ or symptoms of lower respiratory illness (e.g., cough, difficulty breathing)	AND	In the last 14 days, close contact ² with an ill laboratory-confirmed 2019-nCoV patient

The criteria are intended to serve as guidance for evaluation. Patients should be evaluated and discussed with public health departments on a case-by-case basis if their clinical presentation or exposure history is equivocal (e.g., uncertain travel or exposure).

Interim Healthcare Infection Prevention and Control Recommendations for Patients Under Investigation for 2019 Novel Coronavirus

Although the transmission dynamics have yet to be determined, CDC currently recommends a cautious approach to [patients under investigation for 2019 Novel Coronavirus](#). Such patients should be asked to wear a surgical mask as soon as they are identified and be evaluated in a private room with the door closed, ideally an airborne infection isolation room if available. Healthcare personnel entering the room should use standard precautions, contact precautions, airborne precautions, and use eye protection (e.g., goggles or a face shield). Immediately notify your healthcare facility's infection control personnel and local health department.

Data to inform the definition of close contact are limited. Considerations when assessing close contact include the duration of exposure (e.g., longer exposure time likely increases exposure risk) and the clinical symptoms of the person with novel coronavirus (e.g., coughing likely increases exposure risk as does exposure to a severely ill patient). Special consideration should be given to those exposed in health care settings.

Recommendations for Reporting, Testing, and Specimen Collection

Healthcare providers should **immediately** notify both infection control personnel at their healthcare facility and their local or state health department in the event of a PUI for 2019-nCoV. State health departments that have identified a PUI should immediately contact CDC's Emergency Operations Center (EOC) at 770-488-7100 and complete a 2019-nCoV PUI case investigation form available below.

[Download fillable PDF form.pdf](#) [PDF – 211 KB]



[Download Microsoft Word form](#) [DOC – 90 KB]



Download fillable pdf form link: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/pui-form.pdf>

Additional Resources:

- ◆ Directory of local health department link: <https://www.naccho.org/membership/lhd-directory>
- ◆ World Health Organization (WHO) Coronavirus link: <https://www.who.int/health-topics/coronavirus>
- ◆ WHO guidance of clinical management of severe respiratory infection when nCoV infection is suspected link: [https://www.who.int/internal-publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-\(ncov\)-infection-is-suspected](https://www.who.int/internal-publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected)

CDC's EOC will assist local/state health departments to collect, store, and ship specimens appropriately to CDC, including during afterhours or on weekends/holidays. At this time, diagnostic testing for 2019-nCoV can be conducted only at CDC.

Testing for other respiratory pathogens should not delay specimen shipping to CDC. If a PUI tests positive for another respiratory pathogen, after clinical evaluation and consultation with public health authorities, they may no longer be considered a PUI. This may evolve as more information becomes available on possible 2019-nCoV co-infections.

For biosafety reasons, it is not recommended to perform virus isolation in cell culture or initial characterization of viral agents recovered in cultures of specimens from a PUI for 2019-nCoV.

To increase the likelihood of detecting 2019-nCoV infection, CDC recommends collecting and testing multiple clinical specimens from different sites, including all three specimen types—lower respiratory, upper respiratory, and serum specimens. Additional specimen types (e.g., stool, urine) may be collected and stored. Specimens should be collected as soon as possible once a PUI is identified regardless of time of symptom onset. [Additional guidance for collection, handling, and testing of clinical specimens is available.](#)

Additional Resources:

- ◆ **Directory of local health department link:** <https://www.naccho.org/membership/lhd-directory>
- ◆ **World Health Organization (WHO) Coronavirus link:** <https://www.who.int/health-topics/coronavirus>
- ◆ **WHO guidance of clinical management of severe respiratory infection when nCoV infection is suspected link:** [https://www.who.int/internal-publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-\(ncov\)-infection-is-suspected](https://www.who.int/internal-publications-detail/clinical-management-of-severe-acute-respiratory-infection-when-novel-coronavirus-(ncov)-infection-is-suspected)



NATIONAL HEALTH OBSERVANCE MONTH

Celebrate American Heart Month Together: Join the #OurHearts Movement

Did you know that people who have close relationships at home, work, or in their community tend to be healthier and live longer? One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we join forces with others. NHLBI launched the #OurHearts movement to inspire us to protect and strengthen our hearts with the support of others.

Here are some facts, how-to tips, and resources to inspire you to join with others to improve your heart health.

[Heart disease](#) is the leading cause of death for both men and women in the United States. About 90 percent of middle-aged people and more than 74 percent of young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high blood cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk for heart disease.

Why Connecting is Good for Your Heart

Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Follow these [heart healthy lifestyle tips](#) with your friends, family, coworkers, and others in your community and you'll all be heart healthier for it:

- Be more physically active.
- Maintain a healthy weight.
- Eat a nutritious diet.
- Quit smoking.
- Reduce your stress.
- Get enough quality sleep.
- Track your heart health stats.

You don't have to make big changes all at once. Small steps will get you where you want to go.

Move More

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more [physically active](#):

- Ask a colleague to walk with you on a regular basis, put the date on both your calendars, and text or call to make sure you both show up.
- Join an exercise class at your local community center and bring a neighbor along. Carpool or walk there together to make it a regular date.
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance.
- Make your social time active and encourage everyone, family and friends alike to think of fun activities that get you off the couch and moving.

How much is enough? Aim for at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 10 or 15 minutes a few times a day. NHLBI's [Move More fact sheet](#) provides ideas to get and keep you moving.

Aim for a healthy weight

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you're overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Do healthy activities together, like walking or playing on a neighborhood sports team. Share low-calorie, low-sodium meals or recipes. Check out [NHLBI's Aim for a Healthy Weight](#) web page.

Eat heart healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Together, try NHLBI's free [Dietary Approaches to Stop Hypertension \(DASH\)](#) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves blood cholesterol levels. Find delicious recipes at [NHLBI's Heart Healthy Eating](#) web page.

Quit smoking

To help you quit, ask others for support or join a support group. Research shows that people are much more likely to quit if their spouse, friend, or sibling does. Social support online can also help you quit. All states have quit lines with trained counselors—call 1-800-QUIT-NOW (1-800-784-8669). You'll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at [BeTobaccoFree.hhs.gov](https://www.betobaccofree.hhs.gov) and [Smokefree.gov](https://www.smokefree.gov).

If you need extra motivation to quit, consider those around you: Breathing other people's smoke, called secondhand smoke, is dangerous. Thousands of adult *nonsmokers* die of stroke, heart disease, and lung cancer caused by secondhand smoke.

Manage stress

Reducing stress helps your heart health. Join with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in a stress management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Improve sleep

Sleeping 7–8 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of watching TV before bed, relax by listening to music, reading, or taking a bath.

Track your heart health stats, together

Keeping a log of your blood pressure, weight goals, physical activity, and if you have diabetes, your blood sugars, will help you stay on a heart healthy track. Ask your friends or family to join you in the effort. Check out NHLBI's [Healthy Blood Pressure for Healthy Hearts: Tracking Your Numbers worksheet](#).

Visit [#OurHearts](#) for inspiration on what others around the country are doing together for their heart health. Then join the #OurHearts movement and let NHLBI know what you're doing with friends, family, or others to have a healthy heart. Tag #OurHearts to share how you're being heart healthy together.

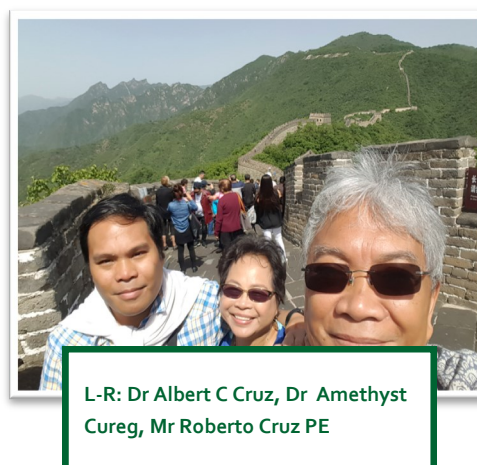
Source: U.S. Department of Health & Human Services National Heart Lung and Blood Institute <https://www.nhlbi.nih.gov/> accessed 1/20/2020

Note: Items in **RED** are **hyperlinked**, just **CLICK**.

MEET YOUR TREASURER AND CO-EDITOR ECTOPIC MURMURS

AMETHYST C CUREG MD CLASS 1973

Amethyst “Ame” is an anatomic pathologist and a board-certified pediatrician with a subspecialty in Developmental Behavioral Pediatrics. She left her 8-year academic faculty post as Assistant Professor of Pediatrics at the University of Tennessee, Memphis to embark on the most important 2nd Chapter of her life - to be a mother to their now-Associate Professor of Engineering Dr Albert Cureg Cruz and wife to her beloved husband of 35 years, Roberto V Cruz, PE. Not neglecting her career, she obtained her Master's Degree in Public Health and served as the Chief of Maternal Child and Family Health Services at the County of San Diego Health and Human Services Agency for 25+ years. In this capacity, she managed a \$32 million budget and supervised a staff of 300.



L-R: Dr Albert C Cruz, Dr Amethyst Cureg, Mr Roberto Cruz PE

To advocate for children, she became an active member and leader of the National American Academy of Pediatrics and its local San Diego Chapter; served as Past Vice President of the American Academy of Pediatrics (AAP), Chapter 3 District 9 and Advisory Board's Public Health Liaison, AAP Chapter 3 Facilitator of the Community Access to Child Health nationally and globally. She pushed and obtained millions of dollars in grants funding to implement many programs to improve the health of children locally (many still in existence today), nationally and in her native country, the Philippines. She received numerous grants to advance this mission; received many recognition awards including but not limited to the United States Vice President Al Gore's Leadership Hammer Award for Reinventing Government, Former USA National Security Advisor Colin Powell's National American Academy of Pediatrics Hall of Fame Award, National American Academy of Pediatrics California District IX Martin Gersham Award for Pediatric Advocacy, and the prestigious American Academy of Pediatrics California District 3 Pediatrician of the Year, voted by her peers. She is an author; speaker locally and nationally.

Retiring in 2013, she entered the 3rd Chapter of her life - a period of self-actualization, giving back to her community and devoting her time to FEUDNRSMAF as Treasurer and Co-editor of Ectopic Murmurs. She remains active in local professional organizations and boards. Ame also continues to volunteer her expertise as Consultant to the County of San Diego Health and Human Services Agency Public Health Services.

I shall pass this way but once; any good that I can do, or any kindness I can show to any human being; let me do it now. Let me not defer nor neglect it, for I shall not pass this way again. - Etienne de Grellet

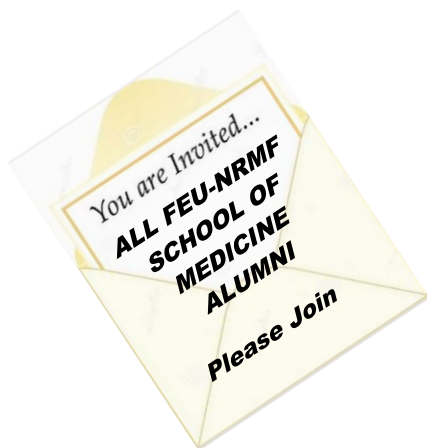


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CLICK ON EMAIL BELOW FOR QUESTIONS ABOUT THE EVENT:

Chairman Licerio "Jun" Castro: lvcastro2011@att.net
President and Overall Convention Chair Dr. Rick Deleon: rickfdeleon@yahoo.com
Convention Chair Dr. Oscar Tuazon: otuazonmd@gmail.com
Convention Co-Chair and Executive Director Dr. P Florescio: pfloresciojr@gmail.com

CLICK ON EMAIL BELOW FOR QUESTIONS ABOUT THE CME:

CME Committee Chairwoman Dr Nida Blankas- Hernaez: edni-da888@gmail.com
CME Co-Chair Dr Grace Averilla Obena: nobena@aol.com

DR. NICANOR REYES SCHOOL of MEDICINE ALUMNI FOUNDATION is a non-for-profit organization of 2700+ alumni physicians throughout the United States. Established 39 years ago, FEUDNRSM Alumni Foundation mission is focused on educational, charitable, humanitarian, community and civic services in the United States, Philippines, and at the FEU-Nicanor Reyes Medical Foundation Institute of Medicine West Fairview, Quezon City.

ANNUAL REUNION: The first Alumni Foundation reunion was held at Marriott Lincolnshire (IL) during the 1978 APPA Convention alumni night. The event was so successful that our alumni decided to meet every summer time to renew friendships, reminisce about the past and honor outstanding classmates. The New Jersey Chapter hosted the 1979 reunion at the Playboy Great Gorge Hotel. In 1980, the first annual reunion with a scientific seminar was held in Orlando, FL. In the succeeding years, events were held in Anaheim, CA 1981; Boston, MA 1982; Grand Island in Niagara Falls, NY 1983; Indian Lake Resort in Chicago, IL 1984; Orlando FL 1985; Virginia Beach VA 1986; Toronto Canada 1987; Long Beach, CA 1988; St. Louis, MO 1989; Washington DC 1990; Atlantic City, NJ 1991; San Francisco, CA 1992; Chicago, IL 1993; New Orleans, LA 1994; Las Vegas, NV 1995; Minneapolis, MN 1996; Dallas, TX 1997; Anaheim, CA 1998; Atlantic City, NJ 1999; Chicago, IL 2000; Las Vegas, NV 2001; San Francisco, CA 2002; Norfolk, VA 2003; Troy MI 2004; Las Vegas, NV 2005; Houston, TX 2006; Chicago, IL 2007; Orange County, CA 2008; New York City, NY 2009; Troy, MI 2010; Las Vegas, NV 2011; Los Angeles, CA 2012; Chicago, IL 2013; Las Vegas, NV 2014, 2015; San Francisco, CA 2016; Long Beach, CA 2017; Las Vegas, NV 2018, 2019.

SCIENTIFIC CONVENTION: Two comprehensive, accredited half-day programs that cover a broad spectrum of updates and current trends in medicine, designed not only for the primary practitioners but also for the specialists. The objectives of the scientific convention are to offer a review and update on common medical and gynecological problems, focusing on Endocrinology, Neurology, Immunotherapy, Oncology, Pediatrics to Adult Medicine and miscellaneous topics of current interest. This continuing medical education (CME) activity has been planned and implemented in accordance with the ACCME Accreditation Criteria, Policies and Standards for Commercial Support. The Philippine Medical Association in Chicago is ACCME accredited and has joint providership with FEUDNRSMF to provide CME for physicians and PMAC takes responsibility for the content, quality, and scientific integrity of this activity. ***This is 10 AMA PRA Category I Credit TM but please claim only the credit hours that commensurate with the extent of your participation.*** Since, the CME meetings are held only in the morning, there is plenty of time for fellowship, camaraderie, and reminiscing for the rest of the day.

EXHIBITS: We have allowed pharmaceutical companies and specialty boutiques to have a display in the provided area separate from the CME venue. To encourage artistic talents of our alumni, friends and families, there will be a museum/art exposition of their works . (eg, photography, water colors, oil paintings, etc), along with submitted abstracts for poster exhibit presentation.

GENERAL SCHEDULE of EVENTS

Oscar Tuazon MD⁷³	Convention Chairperson
Pedro Florescio MD⁷⁵	Convention Co-Chairperson
Rick Deleon MD⁶⁴	Overall Convention Chairman, FEUDNRSMF President
Licerio V. Castro Jr MD⁷³	FEUDNRSMF Chairman of the Board
Nida Blankas-Hernaez MD⁸⁴	Continuing Medical Education Chairwoman
Grace Obena Class⁸⁵	Continuing Medical Education Co-Chairwoman

Wednesday, July 29, 2020

1:00 pm - 5:00 pm Registration, Self- scheduled Jubilarian class presentation rehearsals

Thursday, July 30, 2020

7:00 am - 7:30 am Registration, continental breakfast (for paid CME registrants only)
 7:30 am - 1:00 pm CME Scientific Sessions
 8:00 am - 4:00 pm Arts, posters, exhibits and product displays
 8:40 am - 9:40 am **14th Annual Jesus B Nolasco MD Memorial Lecture**
 11:45 am - 12:45 pm **6th Annual Ricardo L Alfonso MD Memorial Lecture**
 1:05 pm - 5:00 pm Free time, self-scheduled Jubilarian class presentation rehearsals
 6:00 pm - 1:00 am **Welcome Reception (WR)/ Filipiniana Night**
Alumni Filipiniana Night Honoring Class75 Sapphire, Class80 Ruby, Class85 Coral, Class90, Pearl, Class2020 20th Anniversary, Class2005 15th, and Class2010 10th Anniversary

Friday, July 31, 2020

7:00 am - 7:30 am Registration, continental breakfast (for paid CME registrants only)
 7:30 am - 12:45 pm CME Scientific Sessions
 8:00 am - 4:00 pm Arts, posters, exhibits and product displays
 11:10 am- 12:10 pm **24th Annual Dr Nicanor Reyes Memorial Lecture**
 1:00 pm - 2:00 pm **Annual General Membership Luncheon Meeting**
 2:30 pm - 6:00 pm **Annual Summer Board of Trustees meeting**
 2:00 pm - 3:00 pm Class Business meetings scheduled on own

Saturday, August 1, 2020

8:00 am - 5:00 PM Free time; Class Meetings
 5:00 pm - 6:00 pm Photo sessions: Silver Jubilarians and other Classes
 6:00 pm - 1:00 am **41st Annual Grand Reunion Dinner Dance Honoring Class60 Diamond, Class65 Emerald, Class70 Golden and Class95 Silver**

Sunday, August 2, 2020

7:30 am - 9:00 am FEUDNRSMF Executive Committee meeting
 9:30 am - 10:30 am Mass TBD

CLINICAL PRACTICE ADVANCES 2020
Scientific Convention Schedule (CONTINUING MEDICAL EDUCATION SCHEDULE)
Wednesday July 29, 2020 - Friday July 31 2020 (Two Days)

Thursday, July 30, 2020

7:00 am - 7:30 am Registration, continental breakfast, exhibits
(Breakfast for paid CME attendees only)

7:30 am - 7:40 am Welcome Addresses

Nida Blankas-Hernaez MD84 CME Chairwoman
Oscar Tuazon MD73 Convention Chairman
Rick de Leon MD64 Overall Convention Chairman, FEUD-
 NRSMAF President
Licerio V Castro Jr MD73 FEUDNRSMAF Chairman of the Board

Moderator: Divina Gracia Obena CME Co-Chairwoman

7:45 am - 8:25 am **A Glimpse of Late Life Depression**
 Rosario "Sonny" Bagasan MD85
 Adult Geriatric Psychiatry

8:45 am - 9:05 am **DVT**
 Richard Mon MD70

9:05 am - 9:10 am **Introduction of the 12th Annual Jesus B Nolasco MD Memorial Lecture**
 Edmundo Relucio MD64 FICS, Danilo Fabito MD64 FACS

9:10 am -10:05 am **TBA 12th Annual Jesus B Nolasco MD Memorial Lecture**

10:05 am - 10:35 am Panel Questions and Answers

10:35 am -10:50 am Break, product exhibits

Moderator: Noemi Fogata69

10:50 am -11:30 am **Renal Failure**
 Franklin G Cabebe MD70
 Internist, Nephrologist
 Foothill Presbyterian Hospital
 Glendora, CA

11:30 am -11:35 am **Introduction of the 6th Annual Ricardo L Alfonso MD Memorial Lecture**
 Philip S Chua MD61, FACS, FPCS, Chairman
 Emeritus, Cardiac Surgery
 Chairman, Ricardo L Alfonso MD Memorial
 Lecture Committee

11:35am -12:30 pm **6th Annual Ricardo L Alfonso MD Memorial Lecture**

12:30pm - 1:00 pm Panel Questions and Answers

Friday, July 31, 2020

7:00 am -7:30 am Registration, continental breakfast exhibits
(Breakfast for paid CME attendees only)

Moderator: Rogelio Cave MD65

7:30 am - 8:05 am **Cost Reduction Strategies in Medical Practice**
 Lee Balaklaw MD80, MBA
 Anesthesiologist, Luisa, KY
 President, Schooley Mitchell of Luisa

8:05 am - 8:40 am **Anti-aging**
 Florencio Q Lucero MD70
 Plastic & Aesthetic Surgeon
 St Lukes Hospital, Philippines

8:40 am - 9:15 am **Sleep Disorders**
 Rafael Ryan Zantua MD95
 Medical Director – Pulmonary
 ICON
 Boston, MA

9:15 am -9:45 am Panel Questions and Answers

9:45am -10:00 am *Break, product, poster and alumni arts exhibits*

Moderator: Virgilio Jonson MD65

10:00am -10:35 am **Emerging Infectious Diseases of the World**
 Bienvenido G Yanco MD70, MPH
 Infectious Disease Specialist
 Seattle, WA

10:35am -11:10 am **Topic TBA**
 Celso Fidel MD70
 Professor & Consultant Surgery
 Fatima Hospital & University, Philippines

11:10 am -11:15 am **Introduction of the 24th Annual Dr Nicanor Reyes Jr Memorial Lecture**

11:15 am -12:10 am **TBA 24th Annual Dr Nicanor Reyes Jr Memorial Lecture**

12: 10 am -12:45 pm Panel Questions and Answers

12:45 pm - 1:00 pm Break, product, product exhibits

1:00 pm - 2:00 pm **Annual General Membership Luncheon Business Meeting**

2:30 pm - 6:00 pm **Annual Board of Trustees Meeting**



REGISTRATION FORM

Please complete and mail (do not send by certified mail with return card, it will not be picked up from the post office), along with payment to:

Pedro Florescio, Jr., M.D., 337 Elmhurst Place, Fullerton, CA 92835

Please make checks payable to **FEUDNRSMAF**. If paying by credit card, submit completed credit card authorization form.

Please send your registration for events on or before April 30, 2020 in order to obtain discounted fees.

For HOTEL RESERVATION: Discounted block rate cutoff date is 07/02/20. To reserve room with no processing fee use this dedicated FEUD-NRSMAF web link: <https://book.passkey.com/go/fareastern2020>. Please choose discounted standard king/2 queens @ \$134.00/night plus taxes and fees.

Registration form must be received by mail on or before July 20, 2020

Onsite registration is ONLY for CME, General Membership, and Grand Ball Night on the following dates: Wednesday July 29, 2020 2PM-4PM and Thursday July 31, 2020 9AM to noon.

PRINT WHOLE PAGE AND COMPLETE FORM. PLEASE WRITE LEGIBLY.

Name _____ Spouse/Guests: _____

Class Year _____

Address: _____

City _____ State _____ Zip Code _____

Telephone _____ Email _____

COMMENTS: _____

Event	Type	Fee is per person	# of Persons	Subtotal
				(# of Persons x Fee)
Annual Membership. Fee is required to attend ALL events.	Regular Alumnus Member	\$70		
	Lifetime Member (on official list)	Exempt		
CME July 29-30, 2020	Active	\$150		
	Speaker	Exempt		
	Resident	Exempt		
	Retired	\$120		
Thursday July 30, 2020 Welcome Reception/Filipiniana Night	Jan – April 30, 2020	\$200.00		
	May 1 – May 31, 2020	\$230.00		
	June 1 – July 15, 2020	\$250.00		
	July 16 - July 20, 2020	\$300.00		
	No registration and reservation accepted after July 20, 2020 for Filipiniana night . No onsite registration.			
July 31, 2020 General Membership Luncheon	Active	\$50		
	Current Board of Trustee Member	Exempt		
August 1, 2020 Grand Ball Reunion Night	Jan – April 30, 2020	\$200.00		
	May 1 - May 31, 2020	\$230.00		
	June 1 – June 30, 2020	\$250.00		
	July 1- July 15, 2020	\$300.00		
	Onsite July 29 - July 31, 2020	\$350.00		
GRAND TOTAL:				\$

Official receipt is your cancelled check. Refunds are available upon request thirty (30) days before the event, minus \$100 for processing fee. For further inquiries, please email (CLICK link): pfloresciojr@gmail.com

Note: Late registrants may be served a different meal due to strict hotel policy on banquet events.

CREDIT CARD AUTHORIZATION FORM

USE THIS FORM IF PAYING BY CREDIT CARD ONLY

PRINT LEGIBLY AND ANSWER ALL QUESTIONS. ATTACH A COPY OF YOUR REGISTRATION FORM.
DO NOT EMAIL. DO NOT SEND BY REGISTERED MAIL.

SEND BY REGULAR MAIL TO: Pedro Florescio, MD, FEUDNRSMAF Executive Director
337 Elmhurst Place
Fullerton, CA 93835

LIST ATTENDEES:

COMMENTS IF ANY:

METHOD OF PAYMENT: ☐ Master Card ☐ VISA ☐ American Express ☐ Discover

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CREDIT CARD NUMBER:

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 Month Year

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I hereby authorize FEUDNRSMAF to charge the amount of \$

 to my credit card
PLUS the additional Square Company credit card manual processing transaction fee **of 3.5% + 15 cents.**

Printed Name

Signature

Date

If transaction is approved, a receipt will be emailed to you by SQUARE. Keep a copy as proof of payment. FEUDNRSMAF will not issue another receipt. FEUDNRSMAF is an 501c(3) non-profit organization. Your registration may be tax-deductible. Consult your accountant.

OFFICERS AND BOARD OF TRUSTEES: SERVANT LEADERS BEHIND FEUDNRSMAF

2018 - 2020 Officers

Chairman of the Board: Licerio V Castro Jr MD
President: Recto Deleon MD
Executive Vice President: Pedro Florescio Jr MD
Regional Vice Presidents:
Cesar Jimenez MD
Nida Blankas-Hernaez MD
Grace Averilla Obena MD
Executive Director: Pedro Florescio MD
Assistant Executive Director: Grace Obena MD
Associate Administrative Officers:
Dionisia Sy, MD
Rod Penaflor MD
Patrick Ticman MD
Secretary: Rosemary Aquiler - Angeles MD
Treasurer: Amethyst C Cureg MD
Co-Treasurer: Pedro Florescio Jr MD
Auditor: Oscar Tuazon MD

Immediate Past Chairman: Noli Guinigundo MD
Immediate Past President: Licerio Castro MD

EXECUTIVE COMMITTEE

Presiding Officer: Recto Deleon MD
Members:
Chairman of the Board: Licerio Castro Jr MD
Executive Vice President: Pedro Florescio Jr MD
Treasurer: Amethyst C Cureg MD
Secretary: Rosemary Aquiler - Angeles MD

Board Chairman Emeritus:

Renato Ramos MD
Daniel Fabito MD
Edmundo Relucio MD
Philip Chua MD
Rolando Casis MD
Amante Legaspi MD
Pepito Rivera MD

Board of Trustees 2017 - 2020

Edgar Altares MD
Felipe Ambas MD
Nida Blankas-Hernaez MD
Delfin Dano MD
Recto De Leon MD
Cesar Jimenez MD
Cesar Lastimosa MD
Grace Obena MD
Grace Rabadam MD
Minerva Rivera MD
Oscar Tuazon MD

Board of Trustees 2018 - 2021

Milagros Ambas MD
Licerio Castro Jr MD
Macario Corpus MD
Pedro Florescio MD
Noli Guinigundo MD
Wilson Morales MD
Rod Penaflor MD
Victoria Sanches MD
Dionisia Sy MD
Guat Sy Jr MD
Patrick Ticman MD

Board of Trustees 2019 - 2022

Daisy Castro MD
Rogelio Cave MD
Farida Chua MD
Amethyst C Cureg MD
Mildred Rey MD
Guadalupe Florescio MD
Manuel Malicay MD
Daisy Ramos MD
Gene Siruno MD
Hernani Tansuche MD
Lazaro Rabang MD

CHAPTER PRESIDENTS

Ruth De Peralta MD (No CA)
Oscar Tuazon MD (So CA)
Belle Almojera MD (FL)
Gerardo de Guzman (No IL)
Vic Zata MD (Ce IL)
Julian Mendoza MD (HI)
Reggie Tobias MD (KY)
Noli Guinigundo MD (LA)
Honorato Nicodemus MD (DC)
Alex Enrique MD (MD)
Macario Corpus MD (MA)
Dionisia Sy MD (MI)
Gene Siruno MD (MN)
Fred Jimenez MD (MO)
Melinda Fabito MD (NV)
Elma Castillo MD (NJ)
Vicente Salvador MD (NY)
Yolanda Ganchorre MD (OH)
Leonidas Andres MD (TX)
Sonia Aznar MD (VA)
Jose Toledo MD (WI)
Andres Rago MD (WV)

Ectopic Murmurs:

Editors: Hernani Tansuche MD,
Amethyst C Cureg MD
Ex Officio Members: Licerio Castro Jr MD, Recto Deleon MD

Website Manager: Philip Chua MD

Facebook Admin: Amethyst C Cureg MD Hernani Tansuche MD

Executive Committee:

Presiding Officer: Recto de Leon MD
Members: Licerio Castro MD, Amethyst C Cureg MD, Rosemary Aquiler-Angeles MD

Investment Coordinator & Endowment: Renato Ramos MD

Continuing Medical Education Committee:

Chairwoman: Nida Blankas-Hernaez MD
Co-Chair: Grace Averilla Obena MD
Members: Philip Chua, MD, Renato Ramos MD, Macario Corpus MD, Mildred Rey, MD, Edmundo Relucio MD, Manuel Malicay MD, Wilson Morales MD, Rory and Rene Estrella MDs, Gerardo de Guzman MD, Gene Siruno MD

Annual Memorial Lectures Committee Chairs: Committee Chairs:

Ricardo Alfonso: Philip Chua MD
JB Nolasco: Daniel Fabito MD, Edmundo Relucio MD
Dr. Nicanor Reyes Jr: Renato Ramos, MD

Fundraising Committee:

Co-Chairs: Daisy Ramos MD, Grace Rabadam MD

Postgraduate Medical Education Committee:

Chairman: Daniel Fabito, MD
Co-Chair: Edmundo Relucio MD

Constitution and By-laws Committee:

Chair: Daniel Fabito, MD
Members: Noli Guinigundo MD, Cesar Candari MD, Delfin Dano MD

Scholarship and Student Achievement Award Committee:

Chairman: Hernani Tansuche MD
Member: Robert Arias MD

Nomination and Election Committee:

Chairman: Delfin Dano MD

Awards Committee:

Co-Chairs: Daisy Ramos MD, Manny Malicay MD
Members: Grace Rabadam, MD, Nida Blankas-Hernaez MD

Membership Committee:

Co-Chairs: Macario Corpus MD, Renato Estrella MD

Liaison Officer: Danilo Fabito MD



ABOUT ECTOPIC MURMURS: STAFF, GUIDELINES FOR ARTICLE SUBMISSION

Ectopic Murmurs (*EM*) is the official publication of the FEUDNRSMAF-USA. It was founded by the late Dr. Jesus Nolasco to build our identity as a Foundation and to disseminate relevant information pertaining to our Foundation activities. Subsequently, Ectopic Murmurs (*EM*) was managed by the late Dr. Cesar V Reyes until his death in December 2017. Drs Hernani Tansuche and Amethyst C Cureg acted as Interim Editors to fill the void. In August 2018, the current leadership reappointed Drs. Hernani Tansuche and Amethyst Cureg as editors of the Ectopic Murmurs for a 2-year term. Drs. Licerio "Jun" Castro and Rick Deleon are ex officio members of *EM*.

Ectopic Murmurs (*EM*) will be published in a web-format triannually (February/March, April/June and September/October). Supplemental issues will be released during the months preceding the July Annual Reunion and Scientific Convention to assure that alumni receive updated information for the event. Additionally, exceptions will be made for special announcements or breaking news that warrant an abridged special edition. *EM* encourages the submission of original articles for inclusion in *EM* that bear direct relevance to the FEUDNRSMAF-USA mission, goals and activities, including related material concerning FEU-NRMF Institute of Medicine and Medical Center. Articles must be submitted in Word format. *EM* seeks author/contributor diversity; alumni that have not previously published in *EM* are strongly encouraged to submit articles and will be given priority. We ask authors to delay any submissions of an article, if their article was published in the past 12 months. The Editors reserve the right to accept or reject any submitted articles and to edit for brevity, clarity and conformance. Although the *EM* staff reserves the right to edit, the author/s will be held responsible for the content. Medical articles will be peer reviewed; statements must be validated for copy-editing purposes.

The ***Clinicians Corner*** section is intended for our alumni members in practice. We invite FEUDNRSMAF alumni members from academia and experts in their field of practice to submit medical articles that are contemporary/current, relevant to our membership, adhere to community standards of practice/care, accurately or thoroughly referenced/attributed, and permission/s granted when applicable prior to submission of article. The **National Health Observances (NHOs) Month** is to raise our alumni

members' awareness about important medical/health topics. For example, "Obesity Awareness Month", etc. Toolkits and additional information are available at (click):<https://healthfinder.gov/NHO/default.aspx>. Likewise, articles must be accurately or thoroughly referenced/attributed; applicable permissions are granted prior to submission of articles.

If any, **Alumni in the News** will feature fellow alumni that have distinguished themselves. Please let us know if you or someone you know has/have been acknowledged by a professional organization, community organization, professional peers, etc. The **Meet Your** section profiles an alumnus including officers and Board of Trustees . Comments and or suggestions welcomed. Please contact us!



Hernani S. Tansuche, MD⁶⁸
Click:hernani.tansuche@gmail.com



Amethyst Cureg, MD⁷³
Click:amethystcureg@gmail.com

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FAR EASTERN UNIVERSITY

DR NICANOR REYES SCHOOL OF MEDICINE ALUMNI FOUNDATION

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DR. NICANOR REYES SCHOOL OF MEDICINE
ALUMNI FOUNDATION
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UNITY + FELLOWSHIP + ADVOCACY + PHILANTHROPY

OUR MISSION AND GOALS

Through unity, fellowship, advocacy and philanthropy, we will promote the Far Eastern University Nicanor Reyes Medical Foundation Institute Medicine's vision as a world-class academic and training institution that provide excellent and compassionate health care services.

GOALS:

1. Foster alumni fellowship.
2. Engage alumni to actively participate in all aspects of FEU-DNRSM Alumni Foundation activities.
3. Deliver responsible stewardship of our human and financial capital.

Please update your information. Thank you!

Name

Address

Office Phone

Mobile

Email

Class Year

COMMENTS: _____

Mail to: *Hernani Tansuche MD*
117 W Medrum Cir
St. Clair, WI 48079
Phone: 1-586-801-8412
Or, e-mail form to: hernani.tansuche@gmail.com



We NEED YOU!

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TIME,
TALENT,
TREASURE