



ECTOPIC MURMURS

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Opinions and articles published herein are those of the authors and do not necessarily reflect that of the FEUDNSM Alumni Foundation

HONORIO T BENZON MD

9th PMAC Professorial Lecturer

Honorio T Benzon MD, professor of anesthesiology and department associate chair for academic affairs and promotions at Northwestern University Feinberg School of Medicine in



HONORIO T BENZON MD

Chicago, will serve as the ninth PMAC professorial lecturer on **chronic pain management**, Saturday, May 14, 2016, at 11:00 am, Hyatt Regency O'Hare Hotel, in Rosemont IL.

Dr Benzon belongs to Class⁷¹ and had residency at the University of Cincinnati Medical Center and at Northwestern University Feinberg School of Medicine.

His research training is in neurophysiology at the Brigham and Women's Hospital in Boston. He has written original articles, review articles, editorials, and book chapters in the field of pain medicine and regional anesthesia. He has given lectures in the United States, Europe, Asia, Middle East and Africa.

He is the chief editor of the books *Essentials of pain medicine and regional anesthesia* and *Practical management of pain*, and co-editor of Spinal injections.

He is also the deputy editor-in-chief of *Pain Practice*, an *continue to page 16*

CHAIRMAN'S

Message

Our board of trustees have been hard at work discussing and planning events for the remainder of this year.



OSCAR C TUAZON MD

Last month, the members of the board convened in Miami for our annual winter meeting.

Unfortunately, for reasons beyond their control, eg, flooding, sickness, travel delays, etc, and other scheduling conflicts with medical missions and

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FROM THE HOME FRONT

LINDA D TAMESIS MD⁸⁵
Dean, FEU-NRMF



LINDA D TAMESIS MD

Our FEU-NRMF tops the March 2016 physician licensure examination with passing average of 81%, compared to the national

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PRESIDENT'S

Message

The 41st annual *Balik-FEU* alumni homecoming last January 20-23 was also the 45th anniversary of FEU-NRMF.



MANUEL A MALICAY MD

This is the 45th year the FEU Institute of

Medicine became a medical foundation.

The FEU-NRMF celebrated its 45th anniversary at Crowne Plaza Ortigas on January 20th, by honoring the 45 most outstanding alumni in leadership, career achievements, education, research and community service. This is

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AN OPEN LETTER

To Oscar and Manny,
Greetings from Las Vegas!

I hope both of you are doing fine. This letter is to address the present problem related to our forthcoming 37th FEUDNRSM Alumni Foundation annual reunion and scientific convention in San Francisco, July 6-10, 2016. *continue to page 13*



DANIEL C FABITO MD

YOUNG ALUMNI

MATCHED 2016

JAYJAY ZABALA

BLANCO MD²⁰¹⁴ originally is from Batonlapoc, Botolan, Zambales. He spent the first 10 years of my early life in Daly City CA before my parents decided to move back to the Philippines. He received his Bachelor of Science

in nursing from Far Eastern University in 2008. He had worked in Grand Rapids MI as a dialysis nurse and psychiatric nurse for a year and a half. He eventually decided to go back to medical school in 2010 and graduated in 2014.

Dr Blanco successfully matched at Rush University Medical Center in pathology residency which starts in July 2016.

He also recently got married to Roxanne Kirstie Agno Restar-Blanco MD, his class mate from nursing and medical school. She will join the 2017 match.

NICOLAR ANDREY VILLAMOR-TORRES

MD²⁰¹¹ feels very privileged to have obtained her medical degree at the FEU-NRMF Institute of Medicine. She says she was fortunate to have met my fellow alumna along my journey to a residency matching. There are few

people that she wishes to thank, especially Dean Linda Tamesis MD for being so supportive in her needs for the Match program and Nida Blankas-Hernaez MD for extending her help and for all the learnings during my externship with her.

With so much love and prayers behind, she is very excited to start her PG1 year as a family medicine resident at the Conemaugh Memorial Medical Center, Pennsylvania.

Ad astra per aspera!

JAMES TAMESIS MD has matched in internal medicine at St Vincent Charity Hospital of Cleveland OH.

GOLF LOVER ANYONE?

Tentatively, Presidio Golf Club and Lincoln Park Golf Club in San Francisco suburb will be the venue. Green fee is \$125 and \$56, respectively, with cart per person.

The golf outing plan is for Thursday, July 7, 2016 at the Presidio Golf Club, and Friday, July 8th at the Lincoln Golf Club.

We have to move fast in making the reservation for the tee time because, these venues may fill up fast, especially during summer days.

Contact Person:
MELVYN ESCARA MD⁶⁸
1217 Rivergate Drive
Lodi, CA 95240
Cell Phone 209-483-7259
Email escara@sbcglobal.net

FAITH CORNER

REV MELVIN ANTONIO MD⁶⁵

Resurrection Sunday (Easter) sometimes brings to my mind Dr Jose P. Rizal's novel, *Noli Me Tangere*. It was considered by the Roman Catholic Church and the Spanish government in the Philippines as highly subversive and inflammatory and contributed to Dr Rizal's eventual arrest and execution. Translated from Latin, *Noli Me Tangere* means *Touch me not*.

In the 20th chapter of the Gospel of St John, Mary Magdalene stood weeping outside the tomb where the crucified Jesus was interred and now was empty as Jesus had risen. The resurrected Jesus appears to her and calls out her name: *Mary!* She turns and says in Hebrew, *Rabboni* (which means Teacher). She makes a move to touch Jesus but He says: *Touch me not, for I have not yet ascended to my Father*. I can only speculate why Dr. Rizal chose the title, but I can at least tell you that it is based on Scripture.

During the Sundays after Easter, the gospel readings assigned at worship services recount stories of Jesus' appearances to His disciples. In each appearance, they are afraid and do not or cannot yet believe that the Lord lives. Then He convinces them that He is risen indeed, their teacher, leader and friend has been raised from the dead. The stories follow the

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JAYJAY Z
BLANCO MD



MELVIN
ESCARA MD



REV MELVIN
ANTONIO MD



NICOLAR A V
TORRES MD

FEUMAANI *Corner*

RICHARD L MON MD⁷⁰

President

The Far Eastern University Medical Alumni Association in Northern Illinois (FEUMAANI) sponsored a medical, surgical, dental and optical mission in Bangued, Abra, from January 26 to 28, 2016 with



**RICHARD L
MON MD**

full cooperation of the Provincial Governor Eustaquio Bersamin and First Lady, Mrs Ruby Bersamin, and accomplished the following:

Medical outpatient clinics served approximately 3,200 patients. Diseases encountered varied from common upper respiratory infections, to goiter, skin diseases, headaches, abdominal pain, arthritidis, urinary tract infections, diabetes, thyroid disorders, hypertension, cough and colds, malnutrition, acute coronary syndrome, disseminated Herpes zoster.

Cataract extractions involved 33 patients, which was the expensive aspect of the mission)

Dental extractions were done on 1,078 teeth.

Reading glasses of 1,500 pairs of donated eyeglasses were distributed.

Outpatient surgery was done on 43 cases.

General anesthesia and major surgeries were performed on 40 patients.

Generous donors for the mission came from individuals, FEUDNRSM Alumni

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TENDERLY YOURS

NOLI C GUINIGUNDO MD⁶²

Still waiting for the water flood to recede at our street on Deborah Drive.



**NOLI C
GUINIGUNDO MD**

For a while we were worried the water from the bayou and from the street would get into our house. A rehash

of 1991 when Monroe got flooded and with its accompanying damage and destruction. We got so much rain that fell within hours what amounted to about 21 inches, or almost 2 feet. The poor drainage could not handle the water and the bayou at the back of our house could not contain the sudden burst of water.

There is more than one bayou in Monroe connected by locks that people automatically open and close depending on the level of water. But such surge of water could not be handled no other way except accumulation and eventually flooding. Luckily the water did not go to the house, unlike in 1991. And we had time to put in place several sacks of sandbags which were kindly brought in by concerned neighbors and friends from our church. God bless all of them for their generosity and kindness. We felt blessed and realized people are still God-fearing and with lasting kindness and goodness in their hearts.

Two cars unluckily got stacked in the garage and it's a blessing that water did not enter the garage where more damage could have happened. The

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TRAFFIC IN METRO MANILA

CESAR D CANDARI MD⁶¹

What is the situation now in 2016?

Congested streets and traffic jams. And as people and vehicles in this mega-metropolis increase that pace slows down even further.

Getting stuck on Manila's roads is one very unpleasant experience. I was in Manila for three weeks recently. During rush hour, traffic in the main thoroughfares in Manila slow to a crawl, and an accident can cause gridlock for hours.

What is the main cause? There simply are too many vehicles using Metro Manila's streets. It is easy for more Pilipinos to buy cars now. Roads are inadequate.

One study says *the greater Manila area today has some 5,000 kilometers of streets, when it should have 8,000. Along EDSA, some 6,800 vehicles use it going one way per hour, when there should be only 6,000.* And the Chamber of Automotive Manufacturers of the Philippines said, *320,000 vehicles were sold in 2015 and 350,000 are expected to be sold in 2016.*

The fact is when there are 3,000 vehicles, it would take more than three hours to negotiate a lane of road that can only handle 1,000 cars per hour. You cannot squeeze water from stone. Neither can the Metropolitan Manila

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**CESAR D
CANDARI MD**

VOTE WISELY 103

NAPOLEON P ABANDO MD⁶⁸

The five presidential candidates bare their programs for the ten challenging issues confronting the country. In the earlier article, the focus was on their personalities and four issues on graft and corruption, peace and order, health care and poverty reduction.



NAPOLEON
ABANDO MD

Now the following topics are foreign affairs, traffic congestion (land, air and sea), global warming, economy and jobs, food security and internet connectivity. These issues were presented to the candidates by the Philippine Inquirer newspaper on the THINQ.vote series for the electorate. These serve as guiding templates for the presidential candidates on which the people will base their decision come election time. Which one is credible with know-how and experience or one just blowing hot political air as usual?

ISSUE on foreign relations specifically about South China Sea dispute. All five candidates want to protect Philippine sovereignty by bilateral or international dialogs and join regional trade pacts with the ASEAN countries and pursue our claims in the international court.

Santiago wants to renegotiate the Visiting Forces Agreement with the United States.

ISSUE on traffic congestion. All five candidates agreed to decongest MetroManila by relocating national governmental offices and

stimulating economic growth in other cities.

All agreed to revamp compensation of drivers and boundary restrictions in a new mass transit system, limit bus franchises and develop 'point to point' system.

Add more train coaches and built new railway systems throughout the country. Build rapid railway system connecting Metro Manila, Clark Field and Subic Bay Port making a triangle loop.

Reduction of vehicular volume by taxation (Santiago) on extra family cars and all wants to revisit color and number coding.

Develop airport in Clark Field and make Batangas or Subic Bay seaports for cargo and passenger ships.

ISSUE on food security. All candidates emphasize to educate farmers on modern innovative methods of farming, make irrigation system free, to make banks more friendly to small farmers, build more infrastructures like farm to market roads, food terminals and map out the country as to suitability of soil and product compatibility as suggested by Duterte,

ISSUE on global warming and environmental and wildlife protection. Poe wants to ratify Paris Agreement; Roxas and Poe want to develop renewable source of energy; and all five candidates want to use innovative technology for water conservation and usage, Santiago wants independent disaster agency to take charge for mitigation, preparation and rehabilitation for disasters.

All candidates require the Department of Agriculture and PAGASA to remedy the effect of El Niño.

ISSUE on economy and jobs. All candidates want to invest in quality education and create economic zones for agricultural products.

Duterte wants food terminals throughout the country, eliminate taxes on person earning less than P20,000 a month and claims that Federalism is the right form of government to effect these changes.

Santiago and Binay want to amend the economic provision of the constitution.

Duterte wants to stop contractualization for the employees, lower electricity cost and streamline business application process in three months or less.

ISSUE on informational communication and technology. Binay wants internet access as one of the human rights.

Poe and Binay want to establish an Information and Communication Agency.

Duterte and Roxas wants the telcos to achieve fast internet speed (Philippine has the slowest speed), or their franchise will be revoke.

The election will be on May 9, 2016. Overseas voting has already started last April 9th. The presidential debates held in Cagayan de Oro and Cebu city, the last one in Manila on April 20th.

Again the five presidential candidates are Binay, the long time mayor of Makati city. A poor boy who became a millionaire as a human rights lawyer mostly on *pro bono* and

mayor of Makati city. He claims that Makati is a wealthy city because of him! He wants to do the same to the country. He gives largess to his constituency like birthday cake, free movie and medical care. His wife who was once the mayor and son dismissed as a mayor are besmirched by graft and corruption. The Ombudsman has pending cases against him as soon as he leaves his office. The president and vice president cannot be sued while in office.

Mayor Duterte is a reluctant candidate who for the first time in the Philippines history that people rallied to make him run for the office. He is a curser, womanizer and killer of criminals. Investigations done separately by the Department of Justice and CHR exonerated him. The president who cursed more was the late President Ramon Magsaysay. Duterte-like Magsaysay goes out by himself at night to find out the unfiltered sentiments of ordinary people. Duterte drives a taxi at night on occasions. He exhibits Davao city where peace and order abound, no smoking, no firecrackers, strict speed limit are enforced and a world class centralized 911, the first in Asia and one of three in the whole world, Canada and United States are other two. The 911 call is transmitted to rescue, fire and police simultaneously. The city is blanketed by CCTVs that monitor unfolding events so assistance or arrest is promptly given or made. He has a timetable to resolve graft, corruption and criminality.

Senator Poe is a neophyte senator who in three years passed one bill and never held

executive position other than the movie industry review. She wants to continue the unfulfilled works of her father, actor Fernando Poe, who lost in the 2004 presidential election. She survived disqualification petitions by the Senate electoral tribunal, COMELEC decision and the Supreme Court finally allowed her to run as a qualified natural-born Pilipino citizen who satisfied residency requirement of the constitution. She has no experience in fooling people nor stealing public money. She has not made a decision during crisis but has *galing at puso* for the people.

Secretary Roxas was appointed by three presidents to three different cabinet posts with minimal or meager accomplishments. He claimed to have brought the business processing operation or call centers to the country. His tenure as a Representatives and Senator was remarkably silent. He is accused of *paralysis by analysis, teka-teka muna* and a pretentious *leader*. He is a scion of sugar wealth of Araneta and political power of Roxas. He decides by committee and rattles in crisis situations as seen by some and wi-fi continue the *daang matuwid*.

Then there is the feisty and brilliant Senator Santiago always combative, former regional court judge elected to the international court, once a presidential candidate, forever senator and author of multiple law books as well as two known joke books. She is hampered by lung cancer and is undergoing treatment.

This year's presidential election is critical for our

country because of global competition, trade and regional integration are unfolding rapidly. There is no time to waste nor misstep to make. This election is momentous and existential to the country. The electorate must choose the right person who can get the country out of the quagmire of graft and corruption, unrestraint criminality, rampant illicit drugs and unyielding poverty to make a better tomorrow for the good of our countrymen.

COMMENTS

Editorials, news releases, letters to the editor, column proposal and manuscripts are invited. Email submission, including figures or pictures, is preferred.

ECTOPIC

MURMURS

Deadline for May 2016 issue

May 18, 2016

Please address submission to

acvrear@gmail.com

COMMENTS

Editorials, news releases, letters to the editor, column proposal and manuscripts are invited. Email submission, including figures or pictures, is preferred.

PMAC News

Deadline for May 2016 issue

May 4, 2016

Please address submission to

acvrear@gmail.com



AMAZON RIVER MISSION

We just returned from a very rewarding and satisfying mission trip to Coari, Amazon River, Brazil. We worked together with the IsleGo Missions, the Presbyterian Church of Manaus and Medical Ministry of Canada. Coari is a very small town, 2500 miles from its mouth into the Atlantic Ocean, and 30 hours by boat from Manaus, the capital of Amazonia. There are no roads to this town so everything had to go by boat or plane.

We were the first medical team to work in a small hospital in Coari and also the surrounding villages. The houseboat pictured below was our lodging during our mission works. There were 21 volunteers plus a same number of Brazilians. We performed 68 major operations, mostly gallbladder and hernias, some orthopedic surgery, gynecologic cases and eight minor procedures. All our patients were doing well when we left. We also shared the Good News with our patients and their relatives. They invited us to return next year. God is good all the time and thank you so much for your prayers and support. **PETE OBREGON MD** and **JUDY OBREGON**



CLASS⁶⁷ meeting on Sunday, April 17, 2016, second preparation meeting for its 2017 Golden Jubilee celebration, held at the South Superhighway General Hospital which is owned by a Class member, Erlinda Cruz- Rabe MD. More meeting updates will be posted for everyone, especially for the United States-based classmates to guide for their scheduled Balik-FEU homecoming in January.

APRIL IMAGES



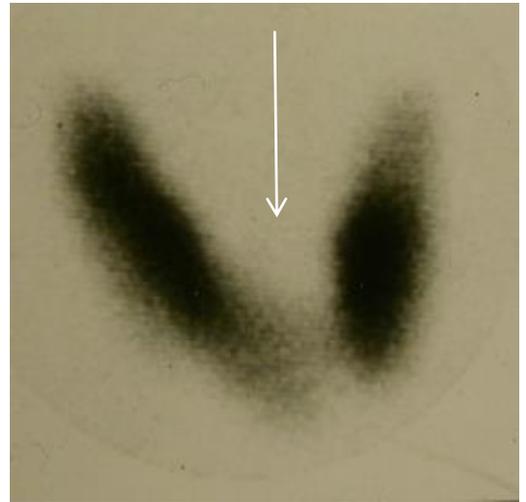
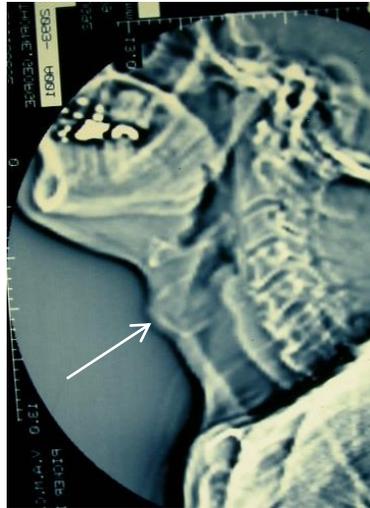
Nesting Egret by ROLANDO M SOLIS MD⁶³



From the horses' mouths by CVR⁶⁸

CLINICAL IMAGES

PARATHYROID CYST



Figures 1 and 2 – CT scan reveals a lucent cystic lesion (arrow) that is partly effacing the left thyroid lobe.

Figure 3 – Technicium scan shows a thyroid midline lesion (arrow).

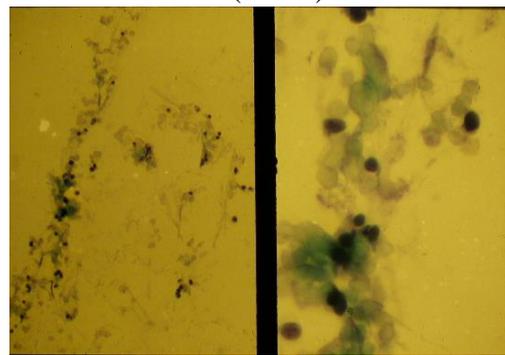


Figure 4 – A syringe contains 5 ml of watery and slightly hazy fluid.

Figure 5 – Cytologic analysis of the fluid exhibits a few cells, consistent with chief cells of parathyroid, with light proteinaceous material in the background (Diff Quik and Papanicolaou stains, x 100).

These **IMAGES** are from a 28-year old black male who presented with right lower neck mass of recent onset of three weeks duration.

The mass was situated in the left anterior cervical region. It was painful, and produced dysphagia, dyspnea and dysphonia. There was neither a personal history of neck irradiation, nor a family history of thyroid or parathyroid disease. The physical examination disclosed an oval-shaped mass located at the upper pole of the left thyroid lobe.

On the basis of symptoms and physical examination, the provisional diagnosis was that of thyroid blood cyst. All thyroid function tests were normal. Ultrasound and isotopic evaluation revealed normal right lobe. The left lobe appeared smaller than normal and showed a lesion which was oval-shaped, with well-defined margins, anechoic, with acoustic enhancement and avascular, significant for a cyst, measuring 18 mm.

An ultrasound-guided fine-needle aspiration cytology

yielded five ml of clear, colorless and watery fluid.

Cytologically, a blood-stained watery fluid background and a few endocrinoid cells, consistent with chief cells of parathyroid gland origin were noted. These findings favored a parathyroid cyst rather than a thyroid cyst.

Likewise, the analysis of the aspirated fluid for parathyroid hormone showed a high value: 399 pg/ml, in both native and diluted fluid, while serum parathormone was in the normal range: 42.6 pg/ml (normal range 1565 pg/ml). Protein, chloride,

glucose, amylase, LDH, specific gravity, calcium, phosphorus, CPK, T3, and, T4 were within normal limits.

The percutaneous aspiration improvement of signs and symptoms, including painful and compressive cervical effect resolved. There was no relapse of the parathyroid cyst after a five-year follow-up.

COMMENTS and LITERATURE REVIEW.

Parathyroid cyst is rare clinical entity and about 300 cases have been reported in the literature up to this time.

Several theories have been suggested for the development of parathyroid cyst, including persistent embryologic remnant of pharyngeal pouches, an accumulation of secretions, enlargement of pre-existing microcysts and cystic degeneration of parathyroid adenoma.

Traditionally, parathyroid cysts are classified as functional or nonfunctional, the former being associated with clinical hyperparathyroidism. Nonfunctional cysts are more common and the majority of patients, nearly 91%, have nonfunctioning cysts.

Functional cysts on the other hand are said to be derived from parathyroid adenomas that undergo central necrosis and degeneration and account for 1% of all cases of hyperparathyroidism.

Symptoms of nonfunctional cysts depend on the compression of neighboring structures; therefore they are usually asymptomatic and found incidentally. Neck swelling may be associated with dysphagia, odynophagia and

paralysis of the recurrent laryngeal nerve.

Rarely, cysts occur in the mediastinum and patients are admitted with respiratory symptoms.

Although imaging is a useful part of the preoperative assessment of such lesions, there are no specific radiological methods for differentiating parathyroid cysts from other cystic neck lesions. Ultrasonography may reveal a nonspecific cystic structure.

Fine-needle aspiration cytology is the main diagnostic tool for cystic lesions. When intracystic fluid is water-clear and colorless, it is very suggestive of a parathyroid origin. Evaluation of the intracystic level of parathormone is more important than the appearance of the fluid. The hormone levels are increased in all parathyroid cysts independently of whether they are functioning or nonfunctioning.

Treatment options for PC include aspiration, sclerosing therapy and surgical excision.

In **CONCLUSION**, parathyroid cysts are rare lesion and often considered as thyroid cysts.

Diagnosis is best made by monitoring serum calcium levels and sending cyst fluid for parathormone analysis.

Therefore, parathyroid cyst must be included and be remembered within the differential diagnosis of all neck swelling.

A list of **REFERENCES** is available upon request.

CESAR V REYES MD⁶⁸

TRAFFIC IN METRO MANILA

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Development Authority perform miracles and raise road capacities beyond their physical limits.

Metro Manila's Population Growth. There are too many people. There are 16 cities that comprise Metro Manila with an overall population estimated at 12 million in 2014. Manila, the primary city, has a population estimated at 1.71 million. By 2020, it is predicted that most of the world's megacities will be in Asia, and Metro Manila will have a population of 20 million by this point.

In the last five years, about 450,000 vehicles were added—60% of which are motorbikes and 17%, cars. In the same period, as in the previous decade, very few infrastructures got built. *There are now 2.35 million vehicles competing for limited road space. That is a vehicle density of 3,677 per square kilometer—higher than Singapore's (1,360), Tokyo's (967) or New York City's (2,504).* Average speed on EDSA now is about 10 km per hour.

There are too many jeepneys, private cars, trailers, and passenger buses; roughly there are 5,300 city buses that ply Metro Manila's routes every day. All of them are diesel. These buses, all have different franchises. All have different owners. Compensation of drivers for buses, jeepneys and



**CESAR D
CANDARI MD**

taxis are by *boundary system*. That contributes to a large part of the traffic.

Drivers will take up lanes and cause traffic as he goes and tries to earn a living for himself. Add to that junky trucks and delivery vans and motorcycles are plying their way in every thoroughfare in the city. The streets are narrow, with many in bad condition.

Tricycles are everywhere in side streets. There is little order, and the proper use of primary and secondary routes are unregulated.

What are the negative impacts? Jeepney passengers are jammed and suffocated in clouds of dust and pollution. The awful smog cause by black carbon emission (soot) every year exacerbated by traffic jams and hot weather conditions pose unhealthy breathing and accelerate global warming.

Buses were the most popular means of transportation by the poor and daily commuters. The passengers were packed like sardines in these buses suffering to a point of near suffocation by the constant assault of dust, gasoline fumes and other forms of pollution in their system.

Recent estimates of carbon and particulate showed that in 2008 totaled 30 million tons of carbon and 56 thousand tons of particulate matter. If not corrected, it will double in 2020.

A joint study by the National Economic Development Authority and Japan International Cooperation Agency which warned that if Metro Manila's traffic problems are left uncorrected, economic losses would likely increase

150% – from today's P2.4 billion per day to P6 billion per day by 2030, unless we come up with a *dream plan* for Metro Manila and its surrounding areas.

The National Economic Development Authority and Japan International Cooperation Agency study direly predicts, *If nothing is done, the situation in 2030 will become a nightmare. All roads will be saturated. Negative impact on economic, social and environmental aspects will be so large deterring the function and livability of Metro Manila.*

Metro Manila is one of the most polluted metropolitan cities in the whole world.

Thus, the traffic problem remains and very probably will worsen. Some immediate and medium-term solutions have helped to some extent but a comprehensive long-range solution is nowhere in sight.

Any panacea? While recognizing that there are some solutions in the pipeline for the mid- to long-term, some decisive and effective action to mitigate the impacts of worsening traffic must be taken urgently.

The dream plan maybe just in the realm of dreams. If we are serious in decongesting Metro Manila, we must provide people working in the Metro and living in nearby provinces an efficient, fast and cost-effective means of getting in and out of the metropolis.

The same should also be applied in getting people around the metropolis.

TENDERLY YOURS

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sandbags were put in place at the front and back doors and also at the corners of the garage doors. We are praying hard as of this writing to spare us from further flooding.

The streets are impassable until it receded, then my sequoia can wade through it very slowly. I said very slowly because if you drive quicker it would drive the waves in the doors of our neighbors and of course you do not want to do this.

The main highways were likewise flooded with overflowing water and this as you have seen on the television washed-out bridges and roads and highways. This makes travelling quite dangerous as you may not know where you are driving and what direction. That is why if you are not going to specifically somewhere, the State police always recommend just staying at home and let all the emergency vehicles pass through. Driving at night is especially forbidden.

One thing to consider is to make sure you have enough groceries and water especially and fill up your working car. You do not know if those big trucks can deliver gasoline to your favorite filling stations. I mentioned groceries. When you are in the grocery store you have a tendency to buy more than you need. I think the reason here is you are scared you might run out of food and starve to death. Therefore, you



NOLI C
GUINIGUNDO MD

tend to grab groceries left and right as if there is no tomorrow.

Places that are under water are more extensive this time as compared to many years ago. Some people are lucky, some are not. Our specific area was no longer in flood zone, and most people dropped their flood insurance only to regret doing this. I never dropped ours despite of the prohibitive price from Federal Emergency Management Agency which now handles flood insurance. Flood insurance was used to be handled by your respective homeowner's insurance company.

Right now I was thinking of getting one of those Jon boats. To get a boat, you need to tow it with the carrier. We keep thinking of things that we thought of back in 1991 but did not pursue the same because we never had flooding and this heavy rain until this time. This procrastination can get you into big trouble but who knows what will happen next.

Prayer is a big help for your well-being and peace of mind. God bless all those that got flooded. Be thankful we are all still here.

FEUMAANI Corner

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Foundation, Philippine Medical Association in Chicago

Foundation and FEUMAANI Fund raising activities

Some medicines and operating room supplies were donated by MAPinternational,

Americares and Kingsway Charities.

There were 89 mission volunteers.

Total expenses amounted to about \$20,856.

No medical mission planned for 2017.

FAITH CORNER

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same pattern: the encounter and failure to recognize, followed by an explanation of the resurrection as seen through the lens of scripture - by the breaking of the bread followed by an



REV MELVIN ANTONIO MD

enlightenment whereby the disciples' eyes finally open, their hearts burn as they finally recognize the risen Christ. The key to each appearance and recognition center around a greeting: Peace be with you.

In John's Gospel, Jesus appears to the disciples in a house where they are hiding for fear of the Roman and Jewish authorities. The door is locked but Jesus appears from nowhere and greets them: Peace be with you. He appears again the very next week in the same manner to assure doubting Thomas who was not with them in the first appearance. The greeting is the same: Peace be with you.

In the gospel of Luke Jesus appears to the disciples as they are talking and greets them with the same words, Peace be with you. As spoken by the risen Christ, peace is offered in a deeper way than just a mere

polite greeting. It is peace that surpasses all understanding. It is peace that fulfills a promise made by Jesus that He would be raised from the dead and ascend into heaven and be seated at the right hand of God, to come again to judge the living and the dead. For the disciples, peace is a blessed assurance that the fears and disappointments of Good Friday must now be set aside because Jesus lives! It is the peace of enlightenment – that their eyes are finally opened. It is a peace that also opens the door to a role that the disciples have now acquired. With the bodily appearances of the risen Jesus, the disciples are now charged with a commission: *This it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sin is to be proclaimed to all nations, beginning from Jerusalem.*

Luke 24: 46-49

Peace be with you. How good it is to hear those words. Words that speak to us at many levels. On the top level, we imagine ourselves looking at all the things that are going on with our lives that we must attend to. Each week, we come to worship with all our doubts, anxieties, fears and frustrations. Through worship, we encounter the risen Christ. Hearing the Scriptures read and preached, we are given an explanation, proclaiming what God has done and continues to do for us. The resurrected Jesus fulfills the promised faithfulness of God, the visible act of an invisible God. In the breaking of the bread, we share in the body of Christ. How good it is then to



RICHARD L MON MD

hear those words, Peace be with you as if it were coming from the risen Lord himself. As we prepare to face the tasks of the coming week, we are assured that God is equipping us to meet all challenges and truly feel His peace.

On another level, we are distracted daily by disturbing news around the world. North Korea launches a rocket that could potentially reach the United States. It was unsuccessful, but we know that they will try again. Iran continues to build up its nuclear program and heaven only knows how that will end. China continues to gain disputed territory in the South China Sea. Peaceful nations live in terror – Brussels airport bombed, Paris still in a war footing against Jihadists. In the local news, there is a resurgence of violence in schools and public places. Peace be with you sounds like a crude joke. However, if we do not find that peace then these events will overwhelm us like the disciples who were demoralized into seclusion and paralyzed into inaction by the events of Good Friday two thousand years ago. God’s peace is a gift, a weapon, a tool. It helps us to make sense of the senseless. It empowers the powerless. God’s peace provides an urgent call to prayer, a call to service, a heart to worship, a desire to care.

On the bottom level, it is good to know that we have not been abandoned. As we encounter the risen Christ, whether it be in worship, in prayer, or in each person that we meet, Peace be with you

makes us feel secure in the knowledge that Jesus is watching over us, walking with us in our times of sorrow as well as our times of joy. The resurrection of Jesus from the dead means that we have not been cast off. Because of the resurrection, we are redeemed, we are made new. To each and every one of you, I say with all sincerity and love: Peace be with you.

FROM THE HOME FRONT

continued from page 1 passing 46%.



LINDA D TAMESIS MD

Individually among the ten topnotchers, Nichole Andrea N Bisquera, MD places fifth with a score of 86% with Roscoe B Cruz MD eighth with a grade of 85.50%.



NICHOLE AN BISQUERA MD



ROSCOE B CRUZ MD

At the April 2016 graduation, the following were recognized:



RICA NAVAL MD



RENN JC BAUTISTA MD

Dr Naval, an alumni scholar, is best in surgery while Dr Bautista gets the leadership award.



STEPHEN A DE CASTRO MD **EDMUND R M GAGAM**

Dr De Castro is best in cardiology while Mr Gagam is the most outstanding junior intern.

Additionally, since 1985, the FEUDNRSM Alumni Foundation has been giving awards, presented during the graduation ceremonies, to outstanding faculty.

The awards are as follows: **HORACIO A YLAGAN MD AWARD** for the most outstanding senior faculty in a basic science department; **JESUS B. NOLASCO MD AWARD** for the most outstanding senior faculty in a clinical department; and

SAMUEL GREEN AWARD for two junior (instructor and assistant professor) faculty, one basic and one clinical.

The department chairmen and students nominate faculty members. The nominees are in active status in the school year of nomination and during the preceding four semesters with a teaching load of not less than six lecture hours per week in each semester. And the candidate has unequivocally demonstrated professional competence in his field, ability to impart knowledge to the students, punctuality and devotion to duty, and tact and

fairness in handling student concerns.

Students, peers and supervisors evaluate each nominee and the chairman of the committee on scholarships and awards, Nolan Pecho MD, tabulates the results and recommends the recipients.

This year, with the guidance of the Hernani Tansuche MD who chairs the awards committee of the Alumni Foundation, Virgilio Pilapil MD Award for outstanding teaching resident, earlier given during the Balik-FEU alumni homecoming's student recognition ceremonies. The award likewise shares the selection and evaluation criteria mentioned above except for the length of employment.

I am proud to announce the April 2016 awardees.



CERELYN E
DACULA MD

EVA I
BAUTISTA MD

Dr Dacula is recipient of the Samuel Green Award in microbiology/ parasitology, while Dr Bautista gets the Samuel Green in child health.



MAGDALENA F
NATIVIDAD PhD

RAYMOND AG
ONG MD



CHESTER
C TAN MD

Dr Natividad is Jesus B Nolasco MD awardee in microbiology/ parasitology while Dr Ong is Horacio A Ylagan MD awardee surgery.

Dr Tan is the Virgilio Pilapil MD awardee as a teaching resident in surgery

AN OPEN LETTER

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Effective leadership usually requires good communications



DANIEL C
FABITO MD

and harmonious relationships especially between the chairman of the board, president and executive director since these triumvirate officers are the lead persons

who could insure or destroy our Alumni Foundation. It is also mandatory to be knowledgeable of the functions, duties and responsibilities of each leader as provided in our Constitution and Bylaws. Further, implementation of existing rules and regulations, Policy guidelines and Standard of Procedures as approved by our board of trustees in the past and carried on to the present time are needed to insure smooth operations of the Alumni Foundation. Conflicts and disagreements three months before our reunion and before the end of your terms are not in the best interest of the Alumni Foundation. I may also add that respect for one another should always be maintained since the

members of the board of trustees who elected you believed in your leadership and capabilities which propelled you to these prestigious positions that you are now holding.

Let me cite to you pertinent provisions of our Constitution and Bylaws to clarify some of the issues brought forward by the two of you.

Article VII, Section 1. The chairman of the board of trustees shall be the chief executive of the Alumni Foundation and shall preside at all meetings of the board of trustees and perform such other duties as the board of trustees may determine.

Section 2 . The president shall be the chief operating officer and shall have the general powers of supervision and management usually vested in the office of the president of a *corporation not for profit under the laws of New Jersey* subject, however, at all times, to the direction and control of the board of trustees.

Section 7. The executive director shall be the administrative officer of the Alumni Foundation. (His duties are detailed in the Bylaws)

Article X, Section 1. The chairman of the board, executive vice president, treasurer and secretary constitute the executive committee of the board of trustees. The president is the chairperson of the executive committee. This committee shall exercise all the powers of the board of trustees when the board of trustees is not in session, subject to the

ratification of the board of trustees at its next meeting.

What are the policies and Standard of Procedures that the Alumni Foundation has approved, adopted and implemented through the years?

These are:

The chairman of the board appoints chairpersons and members of the different committees and to create ad hoc committees as the need arise. This is subject to the approval of the board of trustees. He also prepares agenda for the board of trustees winter and summer meetings where he also preside and receives reports of the officers and committees for approval or disapproval of the board of trustees. He also makes his report and his recommendations on issues that he feels are for the good of the Alumni Foundation.

The president is the workhorse of the Alumni Foundation with the idea to gain as much experience before becoming chairman of the board in the future. He is the chief operating officer being the chairperson of the executive committee and as chief executive officer when the board of trustees is not in session. He is also the chairman of the finance committee since the executive committee serves as the finance committee. He should however maintain open communications with the chairman of the board and update him as a matter of courtesy. He is the presiding officer during the annual membership meeting and calls for the chairman of the board, secretary, treasurer, dean of the medical school and the FEU-

NRMF chair, or his representative for their respective reports.

Since the inception of our Alumni Foundation, from Mr Samuel Green's presidency (1971- 1978) up to the present time, the president of the Alumni Foundation is assigned the responsibility of taking care of the FEUDNRSM Alumni Foundation annual reunion here in United States and in the Philippines. He usually appoints the convention chairs (local alumni where the reunion will be held), who will help and assist him in all aspects of the convention.

This standard of procedures was initiated by former dean and Alumni Foundation president Emelie Ongcapin MD (1979-1987) and duly approved by the board of trustees. This was also subsequently reaffirmed during Ed Relucio MD's board chairmanship (2000-2002). During my tenure as president (1993-1996) I did above assignments and worked harmoniously with Renato Ramos MD who was the chairman of the board then. Dr Relucio did the same task when he served as president from 1990-1993 with Dr Ramos also serving as board chairman, without any conflicts.

President Philip Chua MD tenure (1996-1999) and Rolando Casis MD (1999-2002) were given full responsibility in arranging for the *Balik- FEU* homecoming convention in the Philippines and here in America, when I served as chairman of the board of trustees from 1996-2000.

This responsibility was continued except during the

term of president Noli Guinigundo MD (2012-2014) who requested Hernani Tansuche MD, chairman of the board (2012-2014) to take responsibility for the Chicago reunion convention in 2013 and Las Vegas Convention in 2014, since Noli was busy in his practice and had other important personal reasons. Dr Guinigundo however continued to be actively involved with the convention preparations and he signed the hotel contracts in Chicago and in Las Vegas, being the Alumni Foundation president.

I served as convention chairman in 2013 and 2014 here in Las Vegas and worked harmoniously with Dr Hernani Tansuche, Dr Guinigundo and Pete Florescio MD and with Dr Tuazon, and Dr Malicay.

As of this writing, I am not aware of any changes made by the board of trustees to amend, replace or cancel above policies and standard of procedures. So to prevent any confusion, for the 37th FEUDNRSM Alumni Foundation reunion and scientific meeting in San Francisco, July 6-9, 2016 at the Hilton Union Square, San Francisco, I recommend that the three convention chairpersons, Herme Valle MD, Recto De Leon MD and Hermegeldo Angeles Jr MD, and the Alumni Foundation president Dr Malicay should be the only four persons to be dealing with Ms Rocca Cruz, Hilton executive and convention coordinator. They should also update our chairman of the board, Dr Tuazon and our executive director, Dr Florescio on the progress of the

convention preparations and report on Friday, July 8th during the board of trustees summer meeting.

DANIEL C FABITO MD⁶⁴
Chairman *Emeritus*

PRESIDENT'S

Message

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historic and the first that FEU-NRMF has honored its

graduates who have distinguished themselves in their profession.

The event by invitation only saw each awardee allowed one quest. Mr Nicanor C

Reyes III, chairman of the FEU-NRMF board trustees, in his message eloquently underscored the founding of FEU by Nicanor Reyes Sr, his grandfather, nurtured by his father, Nicanor C Reyes Jr and his mother, Josephine Cojuanco Reyes for which FEU-NRMF experienced much success and impressive growth. He was proud in honoring the 45th most outstanding alumni who exemplify the greatness of FEU-NRMF.

To the honorees, this was a tremendous honor. This is the highest, the ultimate of all the awards that one is awarded. Dr Lilia Pagtakhan Luna, one of the awardees, responded articulately and eloquently that embodied the awardees compassion, dedication and commitment to what our Alma Mater taught and prepared us to excel and be successful.

We are deeply grateful to Mr Reyes III, Atty Antonio Abad Jr and members of the board trustees for this honor.

On another subject, the 41st scientific convention was punctuated by a lecture of Antonio E Alfonso MD FACS on *breast cancer treatment evolving paradigm in 2016*. This was a detailed and excellent lecture for the 38th annual Dean Lauro H Panganiban MD Memorial Lecture.

The theme of the two days scientific convention was *Imprimis of the Nineties: Healing, Praying, And Loving* in which the topics were interesting, informative and well received. The lecturers were expert in their subject.

The student achievement awards followed after the conclusion of lectures held at the Ricardo Alfonso MD Hall. Nolan Pecho MD, chair of the awards and scholarship committee, called each student awardee to receive the certificate and cash award with the name of the corresponding donor.

Dean Linda Tamesis MD, Atty Abad, Polly Chua-Chan, MD, and Noli Guinigundo, MD assisted me in presenting the certificate to the awardees. Some of the awardees are scholars of the FEUDNRMS Alumni Foundation.

I anticipated to have a meeting with the officers of the FEU-NRMF Medical Alumni Society and the FEU-NRMF administrators, officers and hospital departmental chairs --- but this was cancelled because the local society failed to

schedule these meetings due to oversight of their election.

These are important meetings especially with the administration because problems and future plans for the medical school and hospital are discussed and solutions are offered.

The theme of the grand alumni gala night was *imprimis of the 90's the musicale* held at the largest ballroom of the Crowne Plaza Galleria. Alumni Foundation chairma, Oscar Tuazon MD, and delivered the messages, respectively, followed by the valedictory address of the outgoing FEU-NRMF Medical Alumni Society president, Jose Ravelo T Bartolome MD, and the new president, Rommel Duenas, MD inaugural speeches.

The 2016 most outstanding faculty was Celia Ravelo MD. Assisted by Dean Tamesis, Atty Abad and Dr Chua-Chan, and yours truly, presented her the award. Next year the monetary award will match the Horacio Ilagan MD award.

The past presidents of the FEU-NRMF Medical Alumni Society were honored with presidential medallions by Dr Bartolome.

The celebrating Class⁶⁶ Golden Jubilarians, Class⁷⁵ Ruby Jubilarians, Class⁸⁵ Pearl Jubilarians and Class⁹⁹ Silver Jubilarians presented line dances and group singing that were entertaining and humorous.

In sum, the event was a fun and magical night with nineties lovely music of the In-Heat Band.

MANUEL A MALICAY MD⁷²
FACP FASH



MANUEL A
MALICAY MD

CHAIRMAN'S

Message

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obligations, we did not have enough members present to form a quorum.

However, with 19 members available and present, our board trustees nevertheless discussed all of the

important items on our agenda with regard to the annual scientific convention and reunion.

First, after extensive debate, the board unanimously decided that the welcome reception, which is typically held on Wednesday during the week of the reunion, will no longer be funded by the Alumni Foundation.

Instead, the local Chapter hosting chapter will have the discretion to determine whether or not it will host and fund the welcome reception.

This decision was made in an effort to alleviate the financial burden on the Alumni Foundation and to help preserve the Alumni Foundation's budget.

Second, in light of the above change, the board decided to move the *Filipiniana* Night from Friday to Thursday.

The general membership luncheon meeting will be held on Friday.

In making these changes, we encourage all members to attend the luncheon, after which we will hold our summer board meeting.

No changes have been made to the grand reunion Saturday Night, which will remain on Saturday and will proudly celebrate our Silver and Golden Jubilarians.

Thirdly, the board trustees are happy to announce a new *bundled* ticketing system that will go into effect for next year's 2017 scientific convention and reunion.

In lieu of purchasing individual tickets for each event, we have created a single, bundled ticket that will act as an all-access pass to the reunion events.

The board will provide further details about this new ticketing system at the general membership luncheon. We hope that all members will attend the general membership luncheon for additional information.

The convention chairmen from the Northern California Chapter, Hernan Valle MD and Recto De Leon MD, are hard at work planning the reunion for all of us to enjoy.

As always, their efforts are being overseen by the Alumni Foundation president.

I am very excited for the upcoming reunion and hope to see all of you there! I encourage you to reserve your rooms at the Hilton San Francisco Union Square Hotel as soon as possible.

To ensure that you receive the discounted rate, please use the following code when booking your room:
FEUNRMF.

OSCAR C TUAZON MD⁷⁴

HONORIO T BENZON MD

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editor of *Anesthesia and Analgesia and Pain Practice* (Clinical reports), a section editor (pain medicine) of *Current Opinion in Anesthesiology*, and an associate editor of *Regional Anesthesia and Pain Medicine*.

He is on the board of directors of the American Society of Regional Anesthesia. He is included in the *Best Doctors in America*, *America's Top Doctors*, and *Who's Who in America*.

He was a recipient of the *Golden Apple Award*, and *Deans Award for Teaching Excellence 2003* from the Northwestern University Feinberg School of Medicine, and the *2010 Distinguished Service Award* of the American Society of Regional Anesthesia.

At the PMAC's 55th anniversary scientific seminar, Dr Benzon will be supported by the following lecturers:

Scott S Yen MD, clinical assistant professor of medicine at Loyola University Stritch School of Medicine, on *lipid management in 2016*;

Irene S A Aluen Metzner MD, clinical assistant professor of medicine Rush University Medical College, on *update in ambulatory medicine*;

Alfredo Mena Lora MD, clinical assistant professor of medicine at the University of Illinois College of Medicine, on *epidemics, then and now*; and

Juan P Sanchez MD, plastic reconstructive surgery in Metro Manila, on *Local anaesthesia in surgery*.



OSCAR C
TUAZON MD

HONORIO T
BENZON MD



FAR EASTERN UNIVERSITY DR NICANOR REYES SCHOOL OF MEDICINE ALUMNI FOUNDATION

37th ANNUAL REUNION & SCIENTIFIC CONVENTION

HONOREES

- Class⁶¹ (Emerald Jubilee)
- Class⁶⁶ (Golden Jubilee)
- Class⁹¹ (Silver Jubilee)
- Class⁷¹ (Sapphire Jubilee)
- Class⁷⁶ (Ruby Jubilee)
- Class⁸¹ (Coral Jubilee)
- Class⁸⁶ (Pearl Jubilee)
- Class⁹⁶ (20th Anniversary)
- Class²⁰⁰¹ (15th Anniversary)
- Class²⁰⁰⁶ (10th Anniversary)



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Room rates: single rate \$199 before taxes, double rate \$199, triple rate \$229, quad rate \$249

Cut-off date **Wednesday, June 15, 2016**

REGISTRATION

Name _____ Spouse _____

Address _____

Telephone _____ Email _____ Class _____

CME	\$230
CME (Retired)	115
Annual membership fee [required to attend any event]	70
Welcome Night Reception (Wednesday, July 6, 2016)	free
<i>Filipiniana</i> Night (Thursday, July 7, 2016)	
On or before June 3rd June 4-24 June 25- July 1 After July 1st / pay on-site	
\$195 \$210 \$220 \$240	_____
Grand Reunion Night (Saturday July 9, 2016)	
\$205 \$220 \$230 \$250	_____
General Membership Luncheon meeting (Friday 12:00 noon)	40
TOTAL	\$ _____

Please send your registration early on or before June 3 to get the discounted fee. On-site registration is only on Wednesday, July 5, 2016, from 2:00 pm to 6:00 pm and Thursday, July 6, 2016, 9:00 am-1:00 pm. Make cheque payable to **FEUDNRSMAF** and mail to Pedro Florescio Jr MD, Executive Director/Executive Vice President, 337 Elmhurst Place, Fullerton, CA 92835. Your cancelled cheque is your receipt. I will acknowledge that I received your registration and cheque if you send your legible email address. Self- addressed and stamped envelope is also okay for those without email address. Please send your questions to my email at pflorescioofla@sbcglobal.net. Refund is available upon request 30 days before the event minus \$50 for processing fee. Annual membership fee is not required for those who are Lifetime member.