



ECTOPIC MURMURS

Volume 29

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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

LEFT YOUR HEARTS IN SAN FRANCISCO?

CESAR D CANDARI MD⁶¹ FCAP Emeritus

The Far Eastern University DNRSM Alumni Foundation celebrated its 37th annual reunion and scientific convention in San Francisco, the City by the Bay and the Pacific Ocean, held at the Hilton Hotel Union Square on July 6-9, 2016. This is a traditional yearly event. The venue is always chosen in different cities of North

America and Canada. The host of the convention this time was the Northern California Chapter under the direction of Herman Valle MD⁸⁴ the overall chairperson and co-chairpersons Recto De Leon MD⁶⁴, and Hermengildo Angeles Jr MD⁸⁴. It was indeed a huge success. Dr Valle and his co-chairs highly deserve our genuine thank you. To the officers of the Alumni Foundations and different committees, they are worthy of recognition and thank you.

I am sure there will be more post-convention coverage in our on-line newsletter. As a contributor to **ECTOPIC**
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From your CHAIRMAN

I would like to thank our board of trustees for giving me the opportunity to serve the Alumni Foundation as chairman of the board for the next couple of years.

I have been involved with the Alumni Foundation since the late 1980s but in more active capacity in 1994. At this time, Danny Fabito MD was the incoming president and right after his election had

approached me to be the host for the alumni homecoming in New Orleans. I decided to accept the request for my concern to the Alumni Foundation; and Ding and I had made all efforts to host the homecoming. I have been active since that time, from Louisiana Chapter president, to secretary, to vice president, executive vice president and executive director.

Amante Legaspi MD during his term had recommended that all incoming president be given the opportunity to be
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NOLIC
GUINIGUNDO MD

PRESIDENT'S Message

Create, invent the future, build those dreams and invest in initiatives to address the futuristic challenges. Humility, integrity, transparency, honesty, accountability, respect and dedication.



LICERIO V
CASTRO JR MD

These empowering virtues always serve as a guide and inspiration in my daily perspicuity. As I assume this new position, please allow me to express my gratitude to everyone in our organization. It is a clear testament of your outright trust to help in formulating our collective aspirations, and to fulfill our dreams of giving back to the less fortunate, the infirm, the least and the last for all the blessings that we all received in our lifetime.

The FEUDNRSMAF Northern California Chapter, was well attended. Actually, the registered and limit of expected attendance was exceeded by at least 20 more alumni and guests.

The scientific meetings were graced by some 84 registered alumni and guests. So were the Filipiniana Night on Friday 144, general member luncheon 74, and grand Saturday reunion dinner dance 179.

The week of our reunion was unusually cold in the City by the Bay. Mark Twain once said that his coldest winter was a summer in San Francisco! My doubly lined sport coat felt insufficient to counter the blowing cold air outside Hilton. -cvr
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37th Annual Reunion

Elections, etc

Noli C Guinigundo MD⁶² was unopposed at the election of FEUDNRSMAF Alumni Foundation board chairman; while Licerio V Castro Jr MD⁷³ was elected president, for the term 2016-2018.

Also elected were Edgar Borda MD⁷² as executive vice president and executive director; Rick De Leon MD⁶⁴ and Edgar Altares MD⁷⁹, vice president.

The new board trustees include Amythyst Cureg MD⁷⁰, E Borda MD, Roger Cave MD⁶⁵, Daisy Ramos MD⁶², Hernani Tansuche MD⁶⁸, Daisy Castro MD⁷³, Pete Florescio MD, Herman Valle MD⁸⁵, Manuel Malicay MD⁷², Gene Siruno MD⁶³ and Renato Estrella MD⁶⁸.

The Wednesday, July 6, 2016 welcome reception, hosted by the local FEUDNRSMAF Northern California Chapter, was well attended. Actually, the registered and limit of expected attendance was exceeded by at least 20 more alumni and guests.

The scientific meetings were graced by some 84 registered alumni and guests. So were the Filipiniana Night on Friday 144, general member luncheon 74, and grand Saturday reunion dinner dance 179.

The week of our reunion was unusually cold in the City by the Bay. Mark Twain once said that his coldest winter was a summer in San Francisco! My doubly lined sport coat felt insufficient to counter the blowing cold air outside Hilton. -cvr

AN OPEN LETTER

I am truly humbled by all of the support

I have received from you all during my past two years as chairman of the board. It has been an incredible experience, filled with memories that I will always cherish.

To the 2014-2016 officers: thank you so much for all of your hard work and dedication to the Alumni Foundation.

Thank you for volunteering so many tireless hours to making our Alumni Foundation's goals a reality.

Specifically, I would like to extend my thanks to Grace Rabadam MD and Luzviminda Santangelo MD for dedicating over a decade of service to our Alumni Foundation.

I am extremely pleased to formally introduce your newly elected officers for 2017-2018:

Chairman: Noli Guinguindo MD

President: Licerio Jun Castro MD

Executive Vice President: Edgar Borda MD

First Vice President: Edgar Altares MD

Second Vice President: Recto De Leon MD

Secretary: Nida Blankas-Hernaez MD

Treasurer: Amethyst Cureg MD

Auditor: Cesar Jimenez MD

At the last meeting of the term, we selected the locations for the next two reunions:

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AN OPEN LETTER

P C RIVERA MD⁶⁷

MINERVA C RIVERA MD⁷³

We would like to extend our thanks and gratitude to the FEUDNRSMAF



Northern California Chapter. Once again, the planners have outdone themselves. The 37th annual reunion and scientific convention was filled with informative speakers, great food, and entertainment and the ambiance of the area, lent itself well to friends and colleagues renewing acquaintances.

The amount of planning and preparation that goes into the final product must never be overlooked and those who worked so valiantly to produce such and lovely venue must be commended.

We especially want to thank overall chairperson Herminigildo Valle MD, co-chairpersons Rick De Leon MD and Hermenegildo Angeles Jr MD as well as outgoing board chairman Oscar Tuazon MD, executive vice president and executive director Pete Floresceo MD and all the members of the Northern California

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FAITH CORNER

REV MELVIN ANTONIO MD⁶⁵

The New Testament has 21 verses that talk about the compassion of Jesus Christ. A word study on COMPASSION reveals some facts that elicited a pleasant surprise



REV MELVIN ANTONIO MD

for me. The word group frequently translated as *compassion*, *to have compassion* and *compassionate*, has a theological focus used to describe Jesus' tender acts of caring: pity, sympathy, and mercy. Messianic

compassion is extended to the helpless crowds, the sick, the hungry, the blind, devil possessed, the widow.

Now here comes the pleasant surprise that I am alluding to. The Hebrew term *rachum* and the New Testament Greek *splanchnizomai*, both translated as *compassion*, originally referred to the visceral organs of the body. In the ancient world, feelings and emotions were thought to reside in the viscera. In ancient Hebrew, the inner organs are the seats of emotion. For instance, the kidneys are the seat of conscience while the bowels are the seat of strong emotions, eg, compassion. The heart is the seat of inner life as in *hardening of Pharoah's heart*. Such terminology carried over to the New Testament which was written in Greek. In its noun form, the Greek term *splanchnon* originally referred to the visceral organs of

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REUNIONS, SAYING GOODBYES

An Open Letter to Class⁶³

GERRY GUZMAN MD⁶³

RE: For our Mini-reunion, August 25-28, 2016, in Hutchinson MN

This is our 53rd year of great times and reconnecting. Let us enjoy the little things, our times together, for one day you may look back and realize that they were real treasures of our hearts. Reunion memories are some of the best times of our lives. Memories are the only things you can take with you. The essence of nostalgia is an awareness that what has been will never be again. It is hard to believe it. 60 years ago we were teens, so young and full of dreams. Remember this reunion is NOW and THEN.....Let's just be happy and make memories last a lifetime.

Above is a quote from a leader and a good friend.

I was touched by these truthful words. Nostalgia.....yes. What has been will never be again. An essence....an awareness...an opportunity to live the moment...to treasure the nurturing bonding relations and memories. The main reason I would share my time, talent and treasures with my classmates in our annual get

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GERRY C GUZMAN MD



OSCAR C TUAZON MD

FEUDNRSMAF *Scholars*

HERNANI TANSUCHE MD⁶⁸

ROBERT ARIES MD²⁰⁰⁴

There are nine Alumni Foundation scholars for the incoming school year, 2016-17. One scholar (Jamila Borlagdan) is subsidized by Michigan chapter and another student (Vien Christian Lansangan) sponsored by Drs Vicky Bal and Mildred Rey.



HERNANI
TANSUCHE MD

Freshman year - Cian Rayco

graduated *magna cum laude*, ranked 14th out of 334 UST medical technology students and, placed 9th in the board examination, with NMAT score 96.

Second year - Mae Ahnee Ahyong, Gabrielle Paul Pascual, and VC Lansangan (who is privately funded). Two scholars from earlier semester were dropped because their grades and/or class ranking excluded them from the program.

Third year - Abigail Aldecoa, J Borlagdan, and Daphne Ruiz.

Fourth year - Camille A Ablaza and Rafael Paolo Salimo

A prior scholar was not included due to her grade and/ or class rankings

List does not include the non-academic scholars on financial aid. This scholarship is usually offered by alumni members on individual basis.

There are other academic scholars funded/ supported by the FEU-NRMF medical school.

21st Annual Dr Nicanor Reyes Memorial Lecture IMAGE



Dr Renato Ramos, center, awards the plaque of appreciation to Dr Nunilo G Rubio, right, who delivered the 21st annual Dr Nicanor Reyes memorial lecture on *metal-related diabetes mellitus*, during the recent 37th reunion of the FEUDNRSMAF Alumni Foundation, held at the Hilton San Francisco Union Square on July 9, 2016.
FEUDNRSMAF president Manuel Malicay MD is ON left.

SECOND Annual Dean Ricardo Alfonso MD Memorial Lecture IMAGE



FEUDNRSMAF President M Malicay MD confers a plaque of appreciation to the second Dean Ricardo Alfonso MD memorial lecturer, Philip S Chua MD, who updated the audience on *transcatheter aortic valve replacement*, flanked by convention chairman Herman Valle MD and CME chairman Cesar V Reyes MD (left to right).

10th Annual J B Nolasco MD Memorial Lecture IMAGE



Daniel Fabito MD, co-chairman of the Jesus B Nolasco MD memorial lecture, congratulates Herman Hedriana MD, right, clinical professor of maternal fetal medicine at the University of California Davis, for serving as the 10th annual lecturer on *antenatal corticosteroid treatment insuring full benefits to the preterm infant*. Dr M Malicay is shown in the middle.

EMERALD JUBILARIANS 2016



The members of the United Class⁶¹, the Emerald Jubilarians, took off their masks after their Mardi Gras *Farewell and Marching on to our Diamond* performance, at the 37th annual FEUDNRSM Alumni Foundation reunion at the Hilton-Union Square, San Francisco, which broke the house and given a *standing ovulation*.



Enjoying a seafood lunch at Pier 39 with awesome Embarcadero scenes and San Francisco Bay view

GOLDEN JUBILARIANS 2016



Some of the Class⁶⁶ Gold Jubilarians during their Saturday, July 9, 2016, Golden Jubilee celebration at the Hilton San Francisco Union Square, from left, Ed Casalmir MD, Wilbur Bala MD, Nap Valdez MD, Efren Platon MD, Connie Santa Ana Limosnero MD, Brenda Narcelles Banez MD, Elsa Penaranda Ang MD, Becky Robancho Reyes MD, Daisy Pascua Sator MD, Zeny Racasa Aliyas MD, Elma Tirol de Leon MD, Eustaqio Vallejo MD, Jose Montes MD, Henry Mendoza MD and Napoleon Belo MD.



Golden Jubilarian Class⁶⁶ during the Saturday Night grand reunion dinner...



at the Filipiniana Night



The Golden Jubilarian Class⁶⁶ men only during the Saturday grand reunion night...



the beautiful ladies

SILVER JUBILARIANS 2016



The Silver Jubilarians 2016 in their formal best



Rendering praises and gratefulness after receiving their Silver Medallions



Class⁹¹ first meeting ever, held in Yuba City CA, preparing for their Silver Jubilee celebration



A second pre-reunion meeting held in Los Angeles



Third meeting in Quezon City to prepare for the January *Balik-FEU*



The Silver Jubilarians' dance presentation at Hilton San Francisco Union Square grand ballroom

CLASS⁶⁸ PRE-REUNION MINI-REUNION IMAGES



A group picture in their trips through the Golden Gate Bridge, Sausalito, and wine tasting in Napa Valley



Playing Pokeman at the lobby of Hilton Hotel Union Square lobby?

One of the tastes of San Francisco



Class⁸⁵ attendees with their classmate, Dean Linda Tamesis MD



Roy Cabrera MD⁶⁵ donation check for financially-handicap medical student is handed to Dean L Tamesis by Dr CV Reyes.



Class⁸⁴ alumni a crowded group picture during a SANOFI-sponsored lecture dinner at Fogo de Chao San Francisco, organized by Hermingildo Angeles Jr MD



Questions-and-answers session features, from left, Drs Herman Hedriana, Maria Abrantes and Natalie Dela Croix-Ang during the pediatric neonatology program



Irineo Pantangco MD, adopted UE-RM-otolaryngologist alumnus and philanthropist, raises a question and comment.



Michigan Chapter alumni led by Edgar Altares MD (left)



Jeweller Amelia Garcia hands a bejewelled bag, won by Dr Noli Guinigundo, to Chairman Oscar Tuazon MD



Sisters Amethyst Cureg MD⁷³ and Ruby Cureg MD⁶¹



Another questions-and-answers session, moderated by Nilo Morga MD⁹¹ with NidaBlankas Hernaez MD⁸⁴ and Napoleon Valdez MD⁶⁶ in the panel.



Pilipino lunch at Tessie Kusina, located at the back of Hilton San Francisco



A panoramic view of the Friday morning CME meeting that was attended by registered 84 alumni



Photo 1



Photo 2



Photo 3

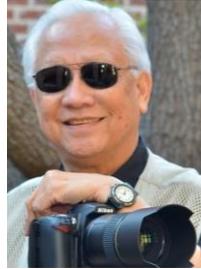
Clockwise, from left:

Photo 1 - During the Philippines Independence Day Republic Day Celebration Westin Hotel Dallas, last June, through the auspices of the North Texas Association of Philippine Physicians, headed by Dr Mirla Manito Hugo, bestowed an award to Dr Zenaida Racasa-Aliyas MD⁶⁶ in recognition for her humanitarian services to the community, tireless and long standing dedication to the medical missions of several organizations. From left are Dr Sonnie Asuncion, Dr Jing Ordinario, and Dr Racasa-Aliyas.

Photo 2 – Drs Ellen and Ray Abejuela family portrait for a happy occasion and great accomplishment of their daughter Harmony Raylen Abejuela MD (second to right) who is a product of the University of California Berkeley pre-medicine, UCLA medical school, and residency and fellowship in child/ adolescent psychiatry at Harvard Medical School. CONGRATULATIONS!

Photo 3 – A Class⁶⁷ alumni gathering in Makati recently, planning for their January 2017 Golden Jubilee celebration during *Balik-FEU* homecoming, from left, Drs Erlinda Cruz-Rave, Anna Santos, Celerina Papa-Malingit, Nunilo Rubio, : Elenita Rubio Evelyn Palaypayon, and Tessie Bayani.

JULY IMAGES



ROLANDO M SOLIS MD⁶³



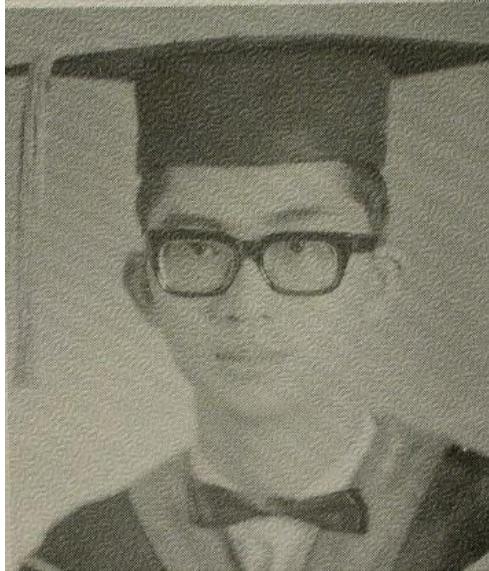
Underground view of Brooklyn Bridge



Robins with birdlings

OBITUARY

JOSE JULIO MD⁶⁸



Jose Julio MD was top of his Class⁶⁸.

He had rotating internship at Clark United States Air Force Hospital, followed by an internal medicine residency at St Elizabeth Hospital in Elizabeth NJ, and cardiology fellowship St Michael Medical Center in Newark NJ.

Jose was diplomate of the American Board of Internal Medicine and had practiced in Princeton NJ for 45 years.

He retired from practice about five year earlier and built a second home in Las Vegas, which he visited frequently and where he died suddenly, after unexpectedly collapsing and had cardiac arrest July 4, 2016.

He left a wife, Shirley, and two grown son. Jose will be missed very much.

OBITUARY

JOSE MARCO T ANTONIO MD⁶³



Jose Marco *Mark* Tansinsin Antonio passed away June 27, 2016, at 9:35 pm in Arlington VA.

The 12th of 13 children, Mark was born March 10, 1936, at home in Barrio San Jose, Bulacan. He belonged Class⁶³.

In 1965, he immigrated to the United States to complete an internship at Norton Memorial Hospital in Louisville KY. He then moved to Washington DC where he finished his internal medicine residency at Doctor's Hospital and a gastroenterology fellowship at the Veterans Affairs Medical Center.

For nearly 45 years, he practiced internal medicine and gastroenterology in the Washington DC area. Dr Antonio performed *pro bono* service for many

communities in DC and abroad throughout his life.

He was recognized by many professional colleagues and organizations as an expert clinician who truly mastered the art of medicine. Beloved by both his patients and fellow physicians, Dr Antonio was a cheerful presence, an esteemed diagnostician, and a lover of jokes, who also had a deeply philosophical bent.

Dr Antonio was the father of nine children, seven with wife Yolanda Stohner and two with second wife Kathryn Heagerty.

He demonstrated unconditional love for his family, always emphasizing the ability to forgive, and embodied the attributes of resilience, self-discipline, and perseverance.

Dr Antonio was a proud American who loved the United States and all the opportunities it had afforded him and his family. In his final days of battling cancer, when asked by a physician if he was Filipino, Dr. Antonio looked at the doctor and replied proudly, *I am an American*.

Dr Antonio was predeceased by his parents Teofilo Antonio and Ma Salud Tansinsin; siblings Wilfreda, Celso, Cirilo, Birilo, Josephina, Louis and a sibling at childbirth.

His surviving siblings include Lydia, Francisca, Sixto, Prody and Remedios. He was also predeceased by long-time Antonio family caregiver, Consuelo *Suling* Coronado.

Dr Antonio leaves behind a large number of extended family and friends. A

gracious and grateful man, Dr Antonio's legacy will live on in his children, their spouses and his grandchildren: son Marcel, wife Elena, Ivan and Alexei; son Noel, wife Jane, Thomas; son Jose, wife Karla, Brooke and Brandi; son Joseph, wife Amy, Zachary and Alyssa; daughter Joyce Marie, Madison, Jacob and Josie; daughter Michelle, husband Danny, Justin and Jenna; son Michael, wife Kelly, Walker, Benjamin and Samuel; son Mark and Natalie; and son Alexander.

Dr. Antonio was deeply loved, and he will be sorely missed.

A memorial service commemorating his life will be held later this year.

In lieu of flowers, the Antonio family requests that donations be made in his honor to the *Missionary Cooperation Program* and sent to

9 Southgate Course
Saint Charles, IL 60174.

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 August 2016 issue

August 17, 2016

Please address submission to

acvrear@gmail.com

CLINICAL IMAGES

EXTRANODAL TESTICULAR MALIGNANT LYMPHOMA



Figure 1 - Ultrasound shows a heterogeneously enlarged right testicle with multiple intratesticular masses, the largest measuring 3.8 cm, suspicious for neoplasm.



Figure 2 – The radical right orchiectomy, on serial sections reveals a nodular, variegated, fish-flesh and necrotic tumor delimited by the tunica albuginea.

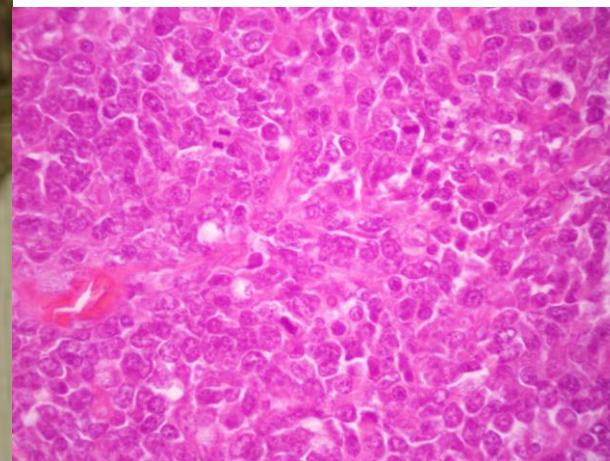


Figure 3 – A large cell anaplastic malignant lymphoma is demonstrated microscopically, HE stain x 400.

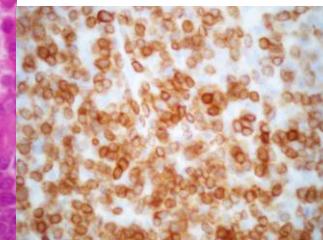


Figure 4 - Immunostains prove a B-cell large lymphoid cell origin, x400.

These **IMAGES** are from a 68-year old gentleman who presented with a hard right testicle. For almost a year, it has been abnormal and enlarging. Ultrasound (**Figure 1**) suggested a mass, and favored a testicular malignancy. The right testicle was also heterogeneously enlarged and measured 6.1 x 5.1 x 3.8 cm. There were multiple hypoechoic masses within the lesion, the largest 2.0 x 3.8 x 2.6 cm. No calcifications were seen. Mild color Doppler flow was present within these

masses. The right and left epididymal heads and the left testicle were unremarkable.

A radical orchiectomy (**Figure 2**) was promptly performed after appropriate laboratory evaluation of alpha-fetoprotein and beta-human chorionic gonadotrophin which were within normal. The resected right testis weighed 74 grams, and measured 13 x 5 x 4.5 cm. The surface of the tunica is grayish-red, smooth, fibrous, and fairly vascular. The testis by itself was 6 x 4.5 x 4 cm and weighed 52 grams.

On serial sections, the testicular parenchyma was replaced by a variegated, nodular, necrotic, hemorrhagic, pale yellow to grey tan tumor, altogether measuring 4.5 x 3.0 x 3.0 cm. The largest two nodules measured 3.8 and 2.6 cm, respectively. No calcifications were seen. The tumor appeared to be limited in the testicular parenchyma with pseudo-encapsulation by the overlying tunica layers and no invasion of the tunica and of the proximal spermatic cord.

Microscopically, the tumor was composed of diffuse sheets of moderately pleomorphic lymphoid malignant cells, extensively effacing the testicular parenchyma, without discerned fibrous stromal septation (**Figure 3**). Necrosis was extensive and striking. No granuloma or Langerhans' giant cell were noted. The neoplastic cells were large, lymphoid cells with thin-rimmed ill-defined cytoplasm, hyperchromatic round-polyhedral and occasionally cleaved nuclei, and irregular nucleoli. The nuclear membrane was

uniformly thickened and irregular. Mitotic figures are zero to three per high-power field.

The residual seminiferous tubules were either atrophic or with spermatogenic maturation arrest to Sertoli cell only. The interstitial stroma was also edematous in places and fibrotic in other areas. The tunica albuginea, visceral layer of the tunica vaginalis, epididymis, rete testis, spermatic cord and contents, and the proximal orchiectomy margins were microscopically unremarkable and negative for malignancy. Moreover, there was no evidence of an adjacent lymph nodal tumor.

The immunostaining (**Figure 4**) confirmed a B-lymphoid cell origin of the tumor, as follows: positive CD20, CD3 and CD79a. The T-lymphoid cell markers were altogether negative.

The final diagnosis was extranodal, diffuse, large, B-cell, malignant lymphoma of the right testis with extensive necrosis.

The patient was referred to the care of an oncology specialist, but declined further treatment due in part to their health status and poor prognosis. No follow-up data, therefore, are available at this writing.

COMMENTS and LITERATURE REVIEW. Primary testicular lymphoma is an uncommon and aggressive form of extranodal non-Hodgkin lymphoma, accounting for <5% of testicular malignancies and 1% to 2% of non-Hodgkin lymphoma cases. With a median age at diagnosis of 66 to 68 years,

Primary testicular lymphoma is both the most common testicular malignancy in men age >60 years and the most common bilateral testicular neoplasm. Population-based studies have estimated the annual incidence at 0.09 to 0.26 per 100 000 population

The most common form of testicular lymphoma is diffuse large B-cell lymphoma. Secondary involvement of the testis by lymphoma is more common than primary extranodal disease.

Due to the small number of cases of primary testicular lymphoma, there are few prospective treatment trials. Retrospective studies report treatment with orchiectomy, various forms of chemotherapy and/or radiation with some cases including prophylactic radiation and/or intrathecal chemotherapy.

Testicular lymphoma shows a propensity towards systemic dissemination and relapse even years after complete response to treatment.

Extranodal and central nervous system relapse is common

Gray scale and color Doppler ultrasound findings include diffuse testicular infiltration / enlargement with hypervascularity or multifocal areas of hypoechoic, solid, and hypervascular nodules within testes

Better prognosis is observed if the testicular involvement is primary site (60% 5 year survival versus 17% for disseminated disease/other stages) and unilateral

Treatment is orchiectomy and multi-agent systemic chemotherapy, such as CHOP, VACOP-B, and Coleman protocol.

The differential diagnosis includes chronic orchitis, granulocytic sarcoma, classic seminoma, and spermatocytic seminoma.

Testicular lymphoma carries a poor prognosis compared to other non-Hodgkin lymphoma and extranodal lymphomas and may require a more prolonged course of chemotherapy compared to other extranodal lymphomas.

Stage and pathologic grading are the most important predictive factors for outcome. Younger age and early stage have been shown to be independent prognostic factors influencing the overall and disease-free survival.

In **CONCLUSION**, the most common type of primary testicular lymphoma is diffuse large B-cell type. It usually presents as a painless unilateral testicular mass in older men. Constitutional symptoms such as fever, weight loss, anorexia, and night sweats are often present.

Treatment is complex and dependent on the initial characteristics of the patient. An orchiectomy, especially in early-stage disease, is imperative because it provides diagnosis and removes a sanctuary site, as the blood-testis barrier makes testicular tumors inaccessible to systemic chemotherapy.

There is a high risk of extranodal relapse even in cases with localized disease at diagnosis; therefore, an

adjunctive chemotherapy or radiotherapy regimen is necessary.

A list of **REFERENCES** is available upon request. **CESAR V REYES MD⁶⁸**

REUNIONS, SAYING GOODBYES

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together & bonding reunion.

One of the toughest time after a reunion is saying goodbyes since we know it could be the last time we will see each other again.

When I hear a family member, relative or close friend or a classmate is critically ill or had passed away, I tried to take that opportunity to go and be with that special person in my life.

A recent example happened when I took the opportunity to travel and be with this great friend of mine.

My wife came along and we're sad to see our friend in a critical stage. We learned he passed away immediately after arriving back home. The comment we heard when they learned of this encounter is, *he waited until your visit.*

Is there really a phenomenon like this? Is it not only coincidental? Is there an explanation why things happen for a reason?



GERRY C
GUZMAN MD

I experienced this sensation of unexplained *goose bumps* when I was talking about this incident with a friend. Saying goodbyes is so difficult and emotionally draining.

However, I learned to say goodbye throughout my life. I thought about my first day at school, the end of my love affair, the day at the airport when I immigrated to the land of opportunity, when I find work and relocated to an island and when it is time to relocate back to the mainland, when I find myself in a high crime risk city or in a strange rural community.

I think about how we feel the day all our children left home. The day we retired and closed our private office and business.

I recently read an article about learning when and how to say goodbye, in private, business or social relationships. Saying farewell and goodbye is a necessary ingredient for healthy intellectual and emotional development.

Psychologist Gloria and Mortimer Feinberg called this syndrome *leave-taking*. They concluded that everyone goes through it, but not all emerge as the healthy, happy individuals of yesterday.

We expect an awful lot out of the world, says Feinberg. *When you expect a lot, you are going to have a great deal of leave-taking.*

To me, high expectation are always disappointing. From my consciousness and awareness, I learned seven levels of fulfillment. Once I learned and understand

this, I have peace and tranquility in my life...a serenity.

And so, goodbye for now until we see each other again. We will keep in touch.

God bless and cheers.

FAITH CORNER

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sacrificial animals. Thus, the King James translation of the plural form of the noun as *bowels* is close to the literal meaning of the Greek so that the English word *guts* captures the sense of the word both in its literal and figurative meanings.



REV MELVIN
ANTONIO MD

What am I trying to say? Compassion is a *gut feeling*. That gut feeling leads to a *gut reaction*. When we see something that arouses our sympathy or offends our sense of justice, our gut feeling is one of compassion.

Yet more often than not, our gut reaction is tempered by a hesitancy to get involved. In coming upon a cause for undue suffering by another person, or witnessing an injustice being committed, we often say: *I don't want to get involved,* or *It is none of my business.*

I offer scriptural guidance to handle our hesitancy to act. We turn to the expression *What Would Jesus Do?* WWJD. **Luke**

7:11-17 captures the essence of the compassion of Jesus Christ. In these verses, Jesus is in a town called Nain. He encounters a funeral procession. A widow's only son has died. When the Lord sees her, He has compassion for her...then He comes forward and touches the funeral bier and says, *Young man, I say to you, rise.* And the dead man sits up and begins to speak. Jesus' gut feeling (compassion) was directed towards the widow who was without a husband and now without a son – destitute, helpless, no safety net to fall back on. Jesus' gut reaction breaks with Jewish tradition when he touches a dead body and deals directly with a woman.

To have compassion therefore, is not just a matter of feeling sympathy or pity or even being merciful.

In the Gospels, the verb *splanchnizomai* (to have compassion) is used exclusively to refer to the Messiah's response to human suffering. This is the way people who represent God in Christ should respond to human need. This is the heart of the Gospel: God's response to human suffering.

To imitate Christ is to be vulnerable to the suffering of another.

To imitate Christ is not to judge but be merciful, not to be powerful but be vulnerable, not to be stoic but be compassionate, to act on that *gut feeling* without hesitation, to heal, to restore, to renew and in all ways to help.

AN OPEN LETTER

continued from page 3

Chapter.

There are many others who worked tirelessly to make this convention great and we must not forget to thank all the spouses of those on the committees. Their support was invaluable in helping the committees to function and the committee members to remain focused and involved.



PC RIVERA MD
MINERVA C RIVERA MD

We are sure in some cases; spouses were hands on support as well part in the planning and execution of this event and congratulations on a job well done.

We enjoyed seeing everyone and participating in the convention.

We encourage everyone to plan on coming next year

AN OPEN LETTER

continued from page 3

2017: 38th annual reunion and scientific convention in Southern California

2018: 39th annual reunion and scientific convention in Las Vegas, Nevada

As a member of the Southern California Chapter, I would like to take this



OSCAR C
TUAZON MD

opportunity to personally extend an invitation to the 2017 reunion.

I am very eager to work with the Chapter members in planning this event and look forward to seeing you all in my home town next year. I hope you will join us Southern California to reunite with old classmates and to celebrate the new batch of Jubilarians.

Once again, from the depths of my heart, thank you for your kindness and support. It was truly an honor to serve this organization. Now that my tenure has concluded, I look forward to continue supporting this organization and its new leaders in pursuing newer and greater successes.

Thank you,

OSCAR C TUAZON MD⁷³
Board Chairman, 2014-2016

PRESIDENT'S *Message*

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about where our ensuing objectives would

lead us to and will appropriately display what we really are. This organization possess great talents, meaningful intents, audacious drive but most of all we should not cease to search the *Missing Ingredient* to complete the *Total Package*, (Motivation, Utmost

Understanding, Unselfishness and Total Commitment)

Changes, changes are too abrupt considerations instead, modifications and motivations are just right to propel this organization in meeting the new challenges outright. Gone are the days when we are just spectators for the next event. Gone are the days when we just wait for any new advances.

My brothers and sisters together we must lead and pave the way for new ideas.

Being assertive and resilient are significant beyond reproach.

Our organization will once again soar like an eagle beaming with pride, overshadowing those who have ceased to be a class of the chosen.

This organization taught me to be proud and unyielding in honest failures but gentle and humble in success; to embellish actions not words; to disregard comfort and luxuries but face challenges and stress; to be firm and steadfast in the midst of a storm and to possess compassion to those who fall; never to forget how to weep and yet enjoy laughter. For all eyes and for all time, it is an expression of the ethics of being a communicator. That I may be integrated in this way with so noble and ideal that arouses a sense of pride and yet of humility which will be with me always.

To our friends alike, we will keep our guard but we must continue to work together to dispel any disconnect and mistrust. I want the closeness to endure and make it clear that we will continue to act in a helpful manner.

Once again, my deepest gratitude to everyone. May God bless us all,
LICERIO V CASTRO JR MD⁷³

From your **CHAIRMAN**

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the executive director to have a first hand involvement of the workings of the Alumni Foundation.



**NOLI C
GUINIGUNDO MD**

I have done what I am supposed to do, and finally became president. In between, my different positions I have been chairman and co-chairman of the constitution and by-laws committee, the membership committee, chairman of the executive committee. We have amended the by-laws several times and was instrumental in doing so. I have deep involvement of the workings of the Alumni Foundation.

As board chairman, I plan to continue the excellent projects of my illustrious predecessors. Our primary mission in the Alumni Foundation is to assist the medical school in building, maintaining, and equipping our school of medicine and the hospital. I would like to help promote the general health care and resources of the citizens of the Philippines, continue to establish grants, chairs, and scholarship awards to members of faculty and students of the medical school, encourage qualified

students to apply for admission to attend the medical school and raise the standard of the medical curriculum. This is being implemented now and I wish to continue and support the same.

With your help and prayers, and I wish to continue to serve our Alumni Foundation, and in so doing plan also to establish good rapport with our counterpart, the local FEU-NRMF Medical Alumni Society in the Philippines. This has been established by approval of the memorandum of agreement between the group from America and the one in the Philippines. Again, thank you for your help and prayers, with best wishes to you and your family.

God bless you all.

NOLI C GUINIGUNDO MD⁶²

LEFT YOUR HEARTS IN SAN FRANCISCO?

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MURMURS, I am sharing on behalf of the Emerald Jubilarians, United Class⁶¹.

Allow me to re-phrase of what I wrote in **ECTOPIC MURMURS**, June 2016 issue: When you start to know FEU Class⁶¹ it is one that will inspire, motivate, and worthy of emulation by younger ones! It epitomized our belief to a



**CESAR D
CANDARI MD**

popular quote from great philosopher William Jennings Bryan: *Destiny is not a matter of chance, it is a matter of choice; It is not a thing to be waited for. It is a thing to be achieved.* We are the achievers!

This reunion and scientific convention was a time for bringing recognition and honor to the different Jubilarians highlighting the number of years that they have graduated from medical school; Class⁶¹ Emerald (55 years), Class⁶⁶ Golden (50 years), and Class⁹¹ Silver (25 Years) were the prime honorees.

The other Jubilarians were as follows: Class⁷¹ Sapphire (45 years), Class⁷⁶ Ruby (40 years), Class⁸¹ Coral (35 years), Class⁸⁶ Pearl (30 years), Class⁹⁶ (20th anniversary), Class²⁰⁰¹ (15th anniversary), and Class²⁰⁰⁶ (10th anniversary).

This celebration underscores once again not only to reflect on our accomplishments in the Alumni Foundation but also to reaffirm our vision, shared values, commitment loyalty and sense of duty towards achieving our aims and objectives for our Alma Mater.

We take great pride and profoundly inspired as we sustain, improve and enhance our programs for the benefit of our Medical School in the Philippines.

The Continuing Medical Education Committee had prepared a superb scientific seminar, for continuing medical education of the members. My compliments and our unfeigned thank you to the chairman of the CME, Cesar V Reyes MD. He has demonstrated par

excellence in our continuing medical education activities.

As a scientific organization, we continue to advance our knowledge in the art of medicine for the ultimate benefit of the patients in our adopted country of America --- the land of the brave and the free --- and in the Philippines, our native land.

It is also a reunion of friends and classmates, memories full of nostalgia from the Morayta/ Espana/ Ascarraga campus in Manila and now in West Fairview, Quezon City.

The spirit and the renewal of camaraderie is an understatement; it is the great feeling of love and cohesiveness or zest for life and our love to enjoy being together with bonding getting stronger.

At the start of the convention, the welcome party was amazingly amazing. The three nights of social activities with music to entertain and to execute to the ballroom dancing, jazz, tango, rumba and cha-cha were enamoring.

Recognition of officers and awards never ends.

Special presentations from the three Class Jubilarians, the Emerald, Golden and Silver were an entertainment to remember.

The Mardi Gras of United Class⁶¹, 55 years after graduation was a hit presentation --- *hindi pa laos sabi ni* Philip Chua MD, our class president for over half a century.

Yours truly was appointed as the King of Krewes.

If the Emerald bade farewell and goodbye, we still look forward to the Diamond Jubilee five years from today. I wrote the following in my previous essay about Life. *We all need time to restore our bodies and minds, and having time to relax can be one of the most valuable gifts in this busy world. As long as we have life, we can learn to be grateful for it and uncover our unique human blessings despite hardships...it is only when we truly know and understand we have a limited time on earth - and that we have no way of knowing when our time is up - that we will begin to live each day to the fullest...*

Established 35 years ago, the FAR EASTERN UNIVERSITY DR. NICANOR REYES SCHOOL OF MEDICINE ALUMNI FOUNDATION is a not-for-profit organization. There 2700+ FEU alumni physicians throughout the United States.

The missions of the Alumni Foundation are concentrated on educational, charitable, humanitarian, community and civic services here in this country, in the Philippines, and at the FEU-Nicanor Reyes Medical Foundation Institute of Medicine (West Fairview, Quezon City).

We are extremely honored by the attendance of Dean Linda Tamesis MD and her husband Dr Tamesis. Her messages are inspiring.

The following list of Class⁶¹ attended the Emerald anniversary: Drs Philip S Chua and Farida Chua, Dr Ruby Cureg, Dr Cesar D Candari and Cely Candari, Dr Vicente Asanza and Nora Asanza, Dr

Lionel Foz and Lucy Foz, Drs Lily Sim and Abraham Sim, Dr Remedios Diasen-Sonson and Samuel Sonson, Drs Arturo de Leon and Rosemary Espino-de Leon, Drs Minerva Bruno-Racela and Sunny Racela, Drs Dick Chiu and Isabel Uy-Chiu, Dr Rod de Ocera, and Dr Fe Baje .

From the Emerald, United Class⁶¹, *Adieu, adieu, to yieu and yieu and yieu.* So long, farewell, *au revoir, auf wiedersehen.*

We'd like to stay and taste your good champagne. So long, farewell, *auf wiedersehen*, goodbye. We leave and heave a sigh and say goodbye Goooodbye ...

God Bless us all.

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 August 2016 issue

August 3, 2016

Please address submission to acvrear@gmail.com