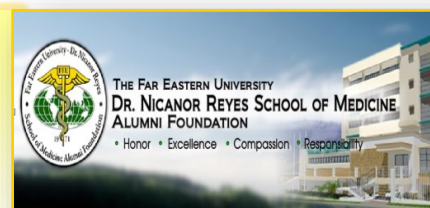


Official Publication of the FAR EASTERN UNIVERSITY
Dr Nicanor Reyes Jr School of Medicine Alumni Foundation

ECTOPIC MURMURS



A LIFE WELL LIVED A LIFE WELL REMEMBERED

AMANTE G LEGASPI MD, Class 1968
FEUDNRSMF CHAIRMAN EMERITUS
October 23, 1940 - September 20, 2020

With great sadness, we bid goodbye to a dear friend, colleague, ardent leader and pioneer of the FEUDNRSMF.

Dr. Amante G. Legaspi Sr. a member of the graduating Class 1968, passed away on September 20, 2020 in Kalibo Aklan, Philippines. He is survived by his wife Dr Jane Peralta, Class 69, his children Gail L. Gaul and Amante (Bong) Legaspi Jr, grandchildren and family.

A special issue of the Ectopic Murmurs will follow to honor the life of Dr Amante Legaspi.



CHAIRMAN'S MESSAGE - Licerio "Jun" Castro, MD, Class 1973

Will it get any better? Are we there yet? Patience, prudence and perseverance are very meaningful traits. Moral obligations dictate how we can utilize the present situation to benefit us in spite of regulated and controlled travels and movements.

On the bright side savor the precious moments we spend with our loved ones, our friends, colleagues and cherished individuals. Marred landscape straight ahead with all the vexatious occurrences around us should not be a faltering point but rather be an inspiration for a better future. With the wisdom of solution seekers, comfort and deliverance are not far ahead. Stumbling on the crisis of the pandemic, we are driven to do the right thing. Humbling challenges with seamless incorporation of timeless drive are within reach. Innovations and revolutionary alternatives are essential building blocks for the next great idea and shared creations essential for our well-being.

My brothers and sisters, be strong, stand with us and we will overcome the present predicament. Being engulfed in the "New Normal" may not be normal to many. But such experience may be necessary to make changes in us, in our lives. Blueprints for future events are at a standstill for there are still uncertainties in the days ahead. But with all your profound ideas and gifts of talent, our organization will emerge a better institution full of vim, vigor and vitality. In the meantime, your representatives are at work ensuring the stability, survival and progression of our organization.

Sit back and count the many times you have missed dinner with your friends and families; the moments you have missed walking hand in hand with your loved ones; the many movie theaters, Broadway shows and dancing events you have missed; the planned trips that you have cancelled. Bundle them together, tie a knot and tightly hold on to them. They are the precious jewels in your life that you could cash in one day for there are heavenly miracles in the horizon waiting to happen.

Most of all let us remember all the unsung heroes on the frontlines, all the people who manned the marketplace, the law enforcement personnel who provided us safety on the streets and every soul that have ensured our survival. Let us pray for all our departed brothers and sisters and also for one another.

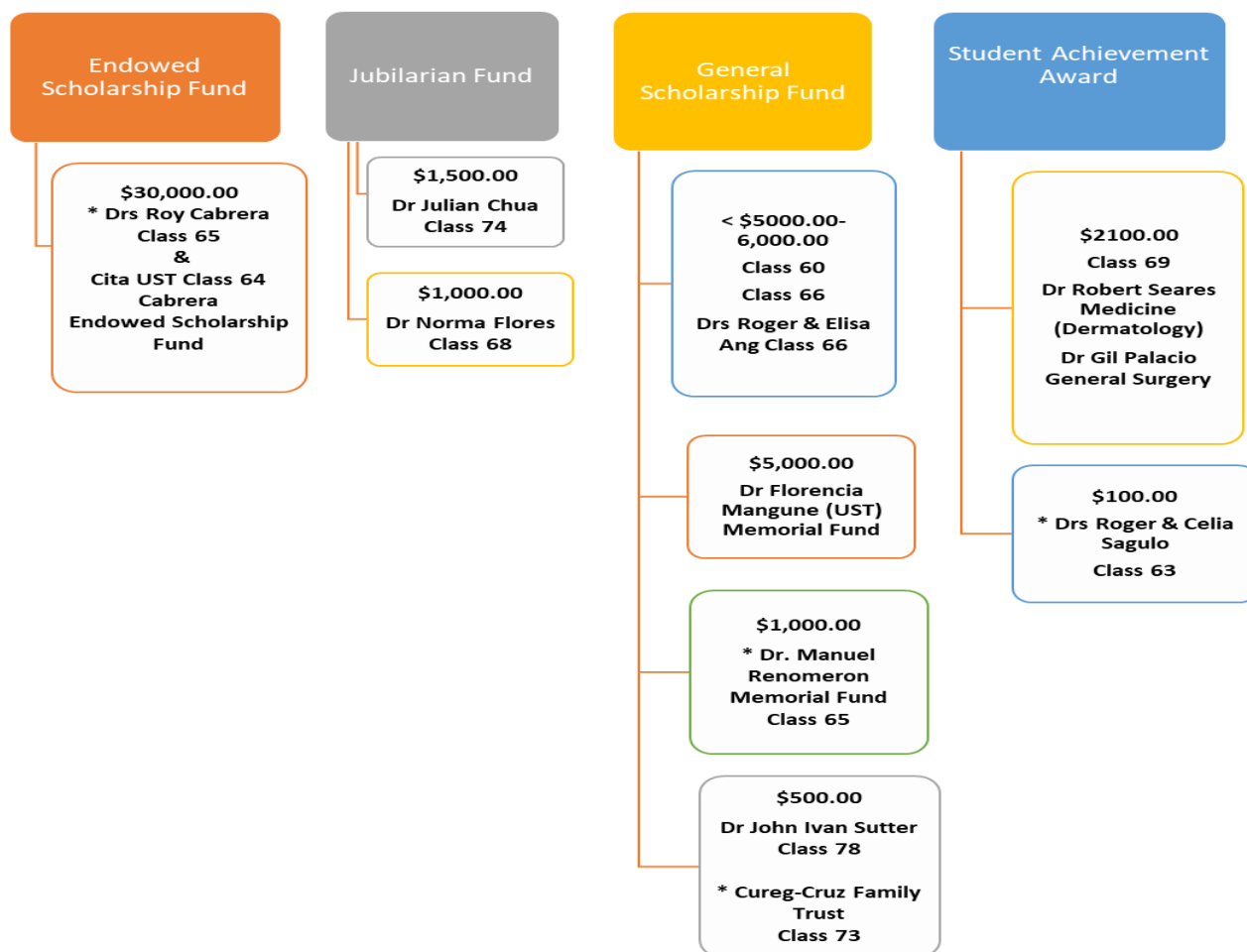
Thanks to all. Stay safe and be well.

Inside this issue: Click topic below to jump to story.

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Thank you for your generosity!



ANNUAL SCIENTIFIC CONVENTION AND REUNION, JULY 14-18, 2021 HILTON ANAHEIM HOTEL CALIFORNIA UPDATE - Oscar Tuazon MD Class 1973, Convention Chairman Southern California Chapter

Greetings alumni and friends.

COVID19 continues to spread in the United States, with new infections and re-infections reported as states throughout the United States lift stay-at-home orders, reopen businesses, and relax social distancing measures. Despite this, the Southern California Host Chapter and the FEUDNRSMAF Executive Committee remain hopeful that we will hold the **July 14-18, 2021 Annual Scientific Convention & Reunion** as planned. However, we are on a "hold" mode until the end of the year. Rest assured, we will keep you informed of our progress and solicit feedback from the celebrating Jubilarians and other alumni to structure a highly successful July 14-18, 2021 Annual Scientific Convention and Reunion at the Hilton Anaheim Hotel in California.

Stay safe, stay healthy.



YOUR 2020-2021 SCHOLARS

First Year Scholars

- None

Second Year Scholars

- **Clark Hatton** - Foundation Academic Full Scholar
- **Christine Joy de Leon** - Foundation Academic Full Scholar
- **Corine Anne Ramos** - Class 60 Academic Full Scholar

Third Year Scholars

- **Bryan John Moscaya** - Drs Roy⁶⁵ & Cita Cabrera^{UST 65} Endowment Fund Full Economic Hardship Grantee
- **Sean Michael Orbigo** - Foundation Academic Full Scholar
- **Vincent Orpiano** - Class 66 Academic Partial Scholar*
- **Michelle B Tan** - Foundation Academic Full Scholar

Fourth Year Scholars

- **Kris Ciara Gener** - Drs Roger⁶⁶ & Elisa Ang⁶⁶ Full Academic Scholar
- **Hans Kaiser Herrera** - Drs Renato⁶⁸ & Aurora⁶⁷ Class Partial Academic Scholar
- **Elysha Jane Rosales** - Foundation Academic Partial Scholar

* Tuition only. Miscellaneous fees paid by Foundation

TWO FEUDNRSMF SCHOLARS GRADUATE WITH LATIN HONORS



CLASS 1960 ACADEMIC SCHOLAR DR. KATRINA A. PAGLICAWAN

Dr Ricardo Castro L Alfonso
Most Outstanding Intern
Dr Teodoro P Nuguid Award
Most Outstanding Student in Surgery
Most Outstanding Graduate
FEU-NRMF Medical Alumni Society

FEUDNRSMF ACADEMIC SCHOLAR Cum Laude



DR. CIAN MICHAEL
T. RAYCO

The first Virtual 116th Commencement and Investiture Ceremonies of the FEU-NRMF was held last July 14, 2020. It was a first for the school and the first medical school in the Philippines to go virtual.

Of the eighteen 2020 graduates that received Latin Honors, two were Foundation scholars - Katrina Paglicawan, Magna Cum Laude and Cian Rayco, Cum Laude. Katrina Paglicawan also received three special awards namely - Most Outstanding Intern Award, Most Outstanding in Surgery Award (formerly the Dr. Teodoro Nuguid award), Most Outstanding Graduate Award that was given by the FEU-NRMF Medical Alumni Society. Dr Katrina Paglicawan was an academic scholar of Class 60.

THANK YOU!

CLASS 1962
for your generosity!

CLASS 1962 DONATES \$10,000.00 FOR FEU-NRMF SIMULATION ROOM

The graduating class of 1962 gifted our alma-mater FEU-NRMF the sum of \$10,000.00 to improve the Simulation Room at the school. Due to COVID19 pandemic and the ensuing modified enhanced community quarantine imposed by the Philippine government to contain the spread of the virus, FEU-NRMF's teaching is now online using the Moodle-based Learning Management System. Blended learning will be implemented when face-to-face encounter is allowed per DOH/IATF recommended health standards to prevent COVID-19 transmission. Without an increase in tuition fees, FEU-NRMF still needs to improve LMS so that the faculty and students alike will achieve optimum educational outcomes.

FEU-NRMF Dean de los Reyes stated " *Because of the online learning, our school has to invest a lot to update and enhance our LMS. However, the school did not increase the tuition fee. Since March 2020, our faculty were busy with faculty development activities as we transition to the new normal in teaching, that is online or remote teaching and learning (RTL). I even have to enroll in a course in UP Open University on RTL last May. This is really a very challenging time. I am very happy that the renovation of our Simulation Lab will now push thru with the assistance of Class '62 through Dr. Daisy Ramos. This will be a valuable addition to our online learning armamentarium. We will start the renovation as soon as we receive the donation of Class '62.*"

This generous gift is a product of the collective effort of Class 62, and was supported by Class Dr President Fidel Exconde and Past Chairman of the FEUDNRSMAF Board Dr Noli Guinigundo. Driven by the focused determination of FEUDNRSMAF Past Secretary and current Co-Chair of the FEUDNRSMAF Fundraising Committee Dr Daisy Ramos, the journey to raise the \$10,000.00 donation to the school was finally made a reality. In addition, Dr Daisy Ramos, as Co-Chair of the FEUDNRSMAF Fundraising Committee, has over the years devotedly donated her time, treasure and talent to fund the Scholarship Program through the annual sales of raffle tickets.

Class 62 has and always will be a steadfast supporter of our alma mater. Congratulations Class 62 for reaching your goal!

AUGUST IMAGE

by FIDEL EXCONDE MD, San Antonio TX



The Golden Jubilarian (Class of '62) of the Far Eastern University Dr. Nicanor Reyes School of Medicine
JW Marriott Hotel Downtown Los Angeles July 25-28 2012

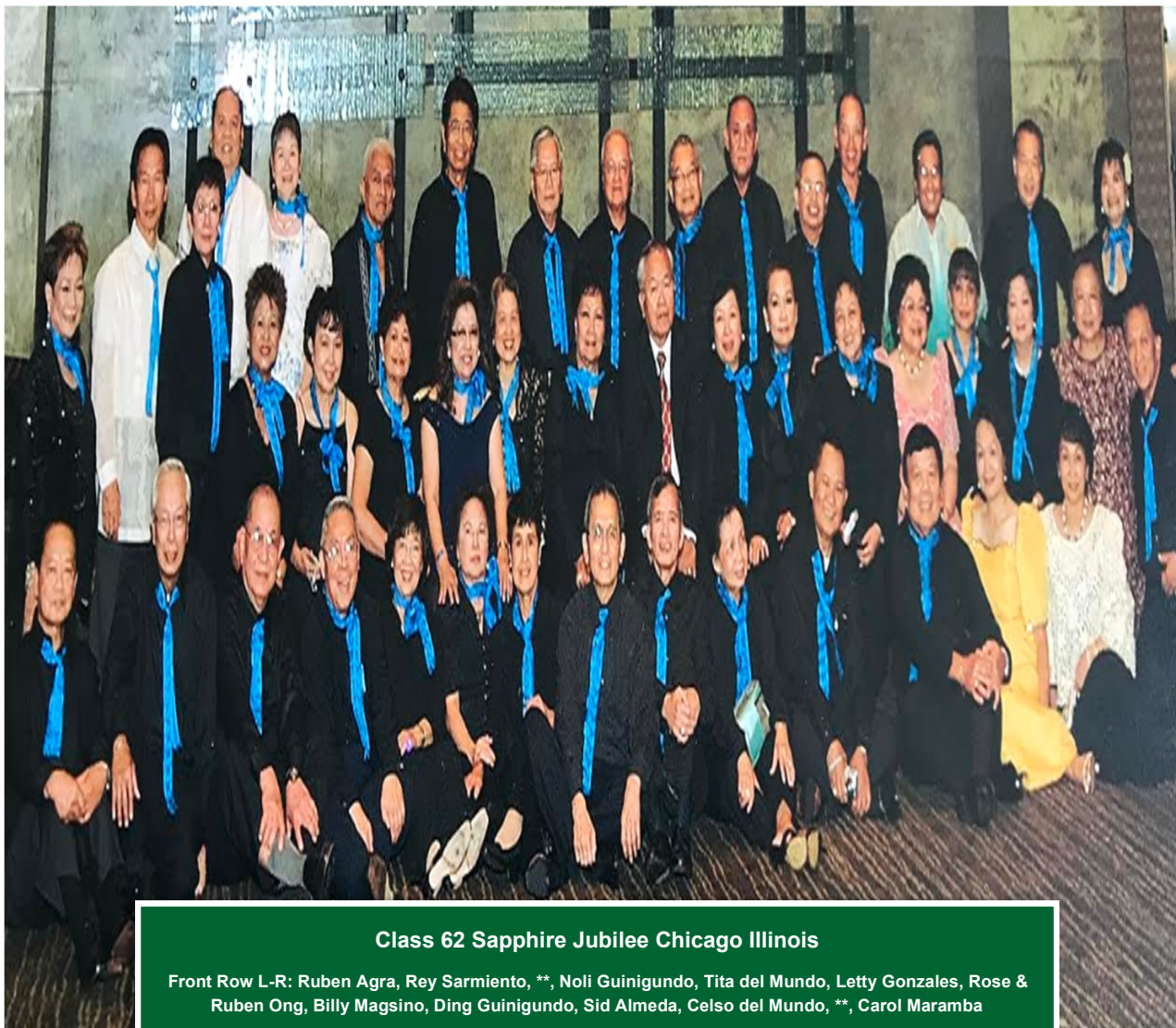
GOLDEN MEMORIES. Fifty two from FEU Class⁶² came to their 50th Golden Jubilee! What wonderful numbers to go along with lasting fond memories! From Australia, to Hawaii, and from most all States of the United States, they came. Some veterans of previous reunions and quite a few for the first time; all a little anxious, yet, quite a bit excited. What will this milestone event bring? Four days intimately shared answered all uncertainty and trepidation. Four frenetic days occupied our hearts and minds with each other's company, and nothing else. In the end, we parted ways no longer with uncertainty; instead, imbued with ties that will bind each other with gilded memories of joy, elation, renewal, hope and love! Faces were difficult to discern, for sure; but voices resonated were familiarity and reassurance. Voices that brought back chords of unbridled laughter and song... and now, even boldly uttering intimate sweet nothings: *I used to have a crush on you. If you only knew. I always loved you! Have you ever forgiven me?* And lots more! It's OK now. We can be what we wish to say to each other. We have gotten this far and all else matter less. And so, we dined heartily, danced *STAYING ALIVE* with gusto, traded tales as bold liars would, then hugged and kissed as old comrades should.

Years past have dulled senses and recollections; and so will those looming up ahead. But, these precious days will always be ours to remember and cherish.

Thus, we parted with: *Take care of yourself. Keep in Touch. Know that I will always love you. I will miss you! Till we meet again. And so to everyone: Thanks for the memories!*

They are Drs Ruben and Lolita Agra, Sid and Del Almeda, Orly and Betty Aguir, Sylvia Bing Arpa, Fernando Atienza, Ester Azarcon-Gayol, Lydia Barot, Clod and Sania Bartolome, Jupiter Batayola, Corazon Bautista-Acosta, Isabelo and Sonia Buncayao, Orly and Rosita Cabula, Moneta Caliston, Vivina and Cesar C Malantic, Angie and Chris Dolar, Alex and Anita Enrique, Nonong and Eppie Exconde, Ernie and Emma Fabi, Rose and Ruben Ong, Lety Gonzalez, Noli and Ding Guinigundo, Efren and Veneranda Jamir, Zorina and Jimmy L. Santos, Conceso and Lita Libao, Bulaklak and Nonoy M Melliza, Billy and Violeta Magsino, Dory and Zomy M Bonuan, Ed Manzano, Lamberto and Carol Maramba, Art and Mila Mojares, Celso and Tita del Mundo, Cecile Nervez, Manny and Caridad Nierva, Nory and Rose Nicodemus, Lourdes Ocana, Peping and Erlindav Payabyab, Daisy and Renato P Ramos, Selma Quereishi, Sol and Ernie Ramirez-Eaninas, Tony Recinto, Joven and Mely de los Reyes, Ray and Leticia Sarmiento, Fred Salcedo, Delfin Simbra, Johnny Salud, Alfonso and Lana Tan, Felix and Aurora Tan, Teddy Tang, Eddie and Lilia Tinio, Lety Valdez, and Felix and Carmencita de Villa.

CLASS 1962 you make us proud!



Class 62 Sapphire Jubilee Chicago Illinois

Front Row L-R: Ruben Agra, Rey Sarmiento, **, Noli Guinigundo, Tita del Mundo, Letty Gonzales, Rose & Ruben Ong, Billy Magsino, Ding Guinigundo, Sid Almada, Celso del Mundo, **, Carol Maramba

Second Row L-R: Lolita Agra, Renato & Daisy Ramos, **, Cora Acosta, Monet Caliston, Selma Quireshi, Sol Aninias, Betty & Orly Agnir, Bulaklak Melissa, Vivina Malantic, Rose Nicodemus, Mila Mojares, Chit de Villa, Del Almada, **, Tony Recinto

Third Row L-R: Clod & Sonia Bartolome, Nory Nicodemus, Isabelo Bungcayao, **, Lamberto Maramba, Arturo Mojares, Jose Payabyab, Cesar Malantic, Ernie Aninias, Felix de Villa, Nonoy Melissa, Violeta Magsino

** unidentified



Class 62 2017 Emerald Jubilee

L-R: Daisy Ramos, Corazon Acosta, Delfin Simbra, Isidro Almada, Sol Aninias, Letty Gonzales, Alex Enrique, Ed Manzano (RIP), Noli Guinigundo

MEET YOUR SCHOLARSHIP COMMITTEE MEMBER

ROBERT ARIAS MD, Class 2004

Dr. Arias was born and raised in Manila, he completed his Bachelors of Science in Medical Technology at FEU-NRMF, and placed first in his licensure examination for which he received an entrance scholarship granted by the late Dr. Josephine Reyes.

He obtained his Doctor of Medicine degree at FEU-NRMF in 2004 and graduated as class valedictorian with honors. Dr Arias placed 6th in the Philippine Physician Licensure Examination.



He developed his love to teach as an undergraduate. Robert continued his interest by working as a local board review and lecturer for medical technologists and physicians.

He completed his Internal Medicine Residency at Baylor College of Medicine in Houston, Texas and is board certified in Internal Medicine. Currently he is an Assistant Professor of Clinical Medicine at the University of Texas Southwestern in Dallas.

With guidance and mentorship from the late Dr. Arsenio Martin, he started assisting in the recruitment of students for the scholarship program in 2006. He continued this commitment after Dr. Arsenio Martin's passing.

Driven by his desire to promote the continued academic excellence for our alma mater, despite his busy schedule he carves out time to serve on the FEUDNRSMAF Scholarship Committee. He believes that the Scholarship program is an invaluable vehicle to inspire and motivate the next generation of outstanding Filipino doctors. He travels to Manila at his own expense to meet the scholars and interview applicants.

Outside work, Dr. Arias is an avid runner and angler. He enjoys traveling and photography.

**THANK YOU DR ARIAS
for your gift of time, talent and treasure!**



WE HAVE ZOOM!

We adapted to the new normal! The FEUDNRSMAF Scholarship Committee subscribed to ZOOM, and interviewed all prospective scholars and financial grantees (economic hardship) via ZOOM teleconferencing.

So what is Zoom Meetings? It's a video conferencing platform that allows groups to have online meetings safely without face-to face encounters. The ZOOM software allows for HD video as well as audio and supports up to 1,000 participants per session, depending on the membership subscription plan. Participants can join in from a computer or a mobile device anywhere in the world as long as they have an internet connection. They can turn on their cameras so others can see them or keep them off in case they want privacy. Each individual can also turn off their microphone as well to make sure there are no background noises when someone speaks.

So what does this mean to FEUDNRSMAF? This means that the members of the Executive Committee, Committee and Chapters can now easily join a meeting, in the safety of our homes using the Foundation personal ID and password. You can also schedule a meeting with FEU-NRMF and FEUMAS. Our subscription membership allows to have a meeting of up to 100 participants with duration limit of 24 hours. The software also has recording capability of 1G cloud recording.

So, how does this work? The Foundation ZOOM scheduler is Dr Hernani Tansuche. If you want to schedule a ZOOM meeting, contact Dr Tansuche at hermani.tansuche@gmail.com or iloilo16@aol.com.



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

FEU-NRMF's Strategies in Response to Today's Educational Challenges: Rey H. de los Reyes, M.D., Dean, School of Medicine Class; Joaquin Jose L. Reyes, Chief Information Officer ; Robert Dy, M.D., Chairman, Department of Otorhinolaryngology-Head and Neck Surgery and Chair, Online Learning Committee Class '96; Arnold Bautista, M.D., Chairman, Department of Anesthesiology and Co-Chairman, Online Learning Committee Class '89

In response to the COVID19 Pandemic, the FEU-NRMF School of Medicine relied on its learning management system, Moodle, to address the online needs of our students. Moodle is an acronym for "Modular Object-Oriented Dynamic Learning Environment" was started in 2016. It is a Learning Management System (LMS) where faculty can create lessons, manage courses and interact with students. FEU-NRMF Moodle is a learning platform that is accessible to all enrolled students, from anywhere, at any time. Learning will remain consistent, engaging and individualized.

Luckily we had Moodle in place and integrated with our School Information System when the pandemic hit, so we could activate Moodle courses fairly quickly. One of the initial responses that was probably as important as any we've done is to open up various support channels (Telegram group helplines, Facebook FEU-NRMF IT Department support page).

Some major challenges we faced:

- Not being sure how long the class suspensions would be and how much of a role our LMS would need to play,
- The sudden explosion in level of usage in Moodle from less than 5% of subjects to most students/subjects lead to a lot of stability issues, and
- Getting faculty and students up to speed on the transition to online learning tools (technical knowhow, connectivity and devices).

It became apparent after the midterm exams that the Moodle quiz module would require significant changes. The Moodle quiz module was not specifically designed for remote access or at least not for the type of connectivity challenges that many of our students faced.

During the lockdown, we had students back in their provinces with poor and unstable internet connection. The school implemented the Fault Tolerant System for the examination module of Moodle which is designed for low bandwidth and unstable internet. It allows students to take the exams without worrying about connectivity. The examination can be taken even totally offline and can be submitted a few hours later once the internet supply became.

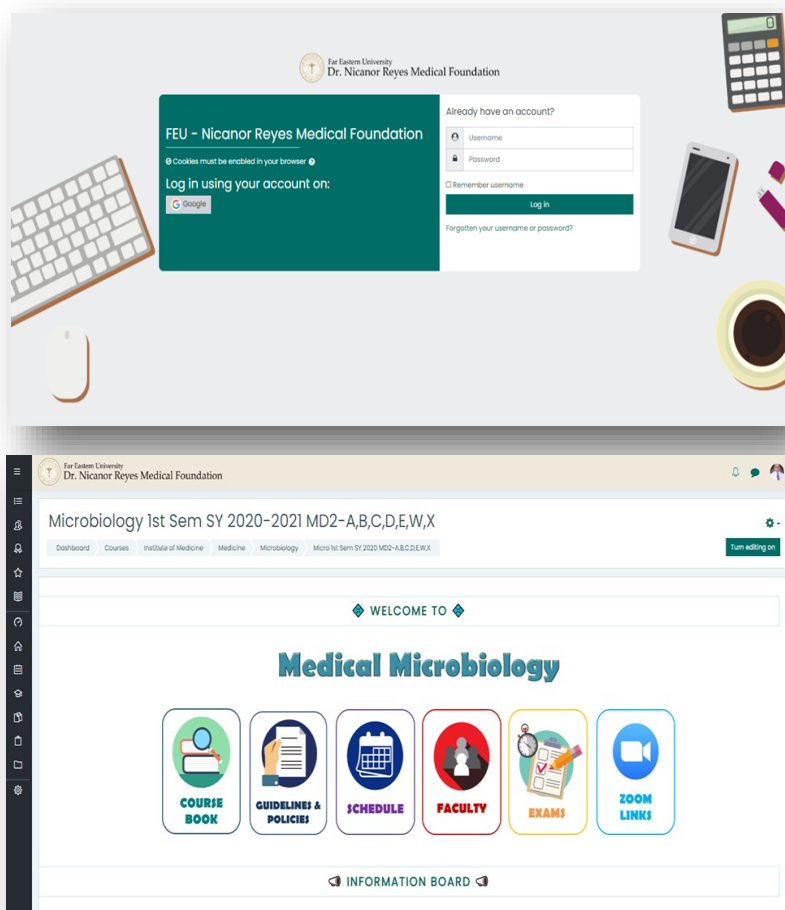
Our response:

- Scheduling of exams to prevent / minimize server congestion,
- Dashboard to monitor quiz/exam settings, schedules and takers progress,
- Heavily customized fault tolerant quiz module for Moodle to address several exam issues raised by students
 - * page loading times,
 - * ensure that all answers get saved,
 - * allow students to continue taking exams even when their internet connection becomes unstable or even completely goes down,
 - * question validation to prevent students from skipping questions.

Moodle plugins to expand the functionality / integration of Moodle (some available from Moodle some custom built)

- Zoom meetings plugin
- Embedded PDF viewer
- Image optimizer

One of the biggest factors in the improvement from last semester to now was the commitment to training. The Moodle and zoom boot camp was really crucial to upgrade the online experience of the faculty. The commitment of the trainers and buy-in /cooperation from the various faculty / departments has to be commended. We got a major boost when the administration approved the site wide zoom license providing all faculty and students zoom licenses for online lectures and discussions. In addition, we were able to roll out G-Suite for all students, faculty and staff. They were named as ASTRA accounts by Dr. Robert Dy, coined from FEU-NRMF's motto "Ad astra per aspera" meaning "To the stars through difficulties" and the three stars in our logo symbolizes our goals of reaching excellence in Training, Service and Research. Now, we are sure that everyone has access to various online tools / apps that are crucial with the shift to online / remote learning.



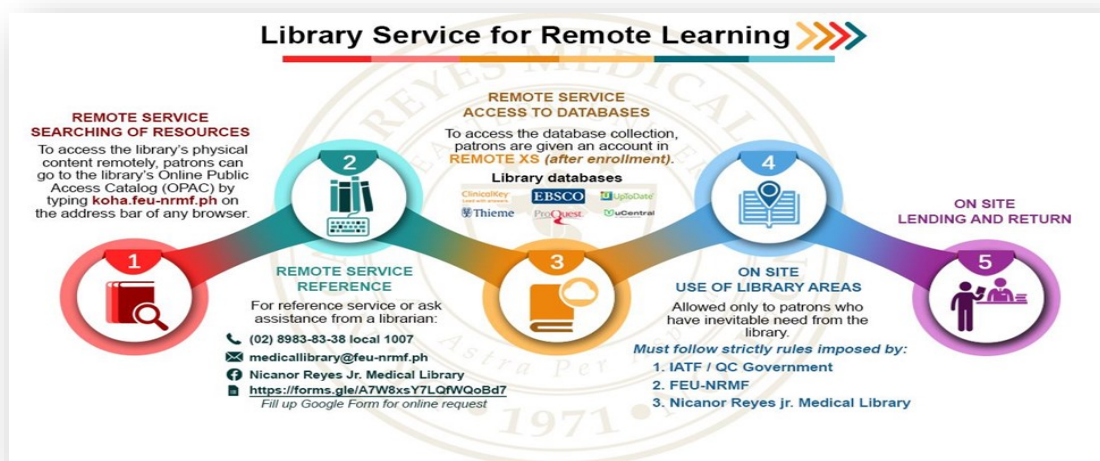
There were also a lot of processes that needed to be made available online or improved: grading integration with Moodle, expanding / improving the online enrollment process flow especially for irregular students, creating an online bookstore and providing electronic delivery of learning materials.

We've come a long way, but we are still eyeing a lot of other improvements:

- * Enhancements to the quiz/exam dashboard to automate common tasks
- * Automate the attendance process so it can download meeting reports from zoom provide an facility to add asynchronous activities and be able to connect this with teaching load
- * SMS / Email notifications for new content posted in Moodle courses or just to get announcements out
- * Improvements to online transactions especially when it comes to payment channels
- * Add more processes to the student portal for things like applying for LOA or withdraw from specific subjects
- * Backend work to improve server stability and uptime

Offered other school services online.

1. Nicanor Reyes Jr. Medical Library (<https://www.facebook.com/NRMFMedLib>) through the FEU-NRMF Remote XS system offering library services that are available online for the students and faculty.
 - A. UpToDate - point of care tool for clinical decision making based on the latest peer-reviewed materials.
 - B. Ebscohost - a journal and literature search engine
 - C. Clinicalkey - medical search engine and database tool owned by medical and scientific publishing company Elsevier.
 - D. Turnitin - originality checking and plagiarism prevention service that checks your writing for citation mistakes or inappropriate copying.
 - E. Proquest - a journal and literature search engine
2. Online "KAMUSTAHAN" is an online platform offered by Guidance and Counseling Office which aims to sustain a helping relationship with the students amidst crisis. Specifically, it shall help students understand their current experiences and help them cope with the situation. The interventions that we are currently implementing are follow-up with students, conference with parents/guardian, consultation and collaboration with faculty members and specialist/psychiatrist/psychologist through various on-line modalities.





FEUDNRSMAF COVID19 RELIEF FUND: Humphrey C. Bitun MD, Class 1994, President FEU-NRMF Medical Alumni Society 2020-2022

The battle for COVID-19 in the Philippines is not yet over and the need for vigilance is much encouraged. The data is clear, we just reached the peak and now plateauing. In the last few days, data shows that cases are starting to go down. But the end is still a long way off, there is much work to be done. Much courage is needed to finish the battle, but full protection ensures victory in the fight for COVID-19 with our front liners standing high, with heads up.

The major support for our frontliners came from the donations of FEU-DNRSMAF, USA. It is for this reason that the FEU-NRMF Medical Alumni Society would like to acknowledge and express our appreciation and gratitude to FEU-Dr. Nicanor Reyes School of Medicine Alumni Foundation USA. The ample amount you donated is continually being used to ensure safety of our front liners.

Declaring God's favor of good health, protection, provisions and much blessings for all the Board Officers and Members of FEU-Dr. Nicanor Reyes School of Medicine Alumni Foundation, USA.

To GOD be all the Glory!

The report below shows the COVID-19 donations and expenditures as of September 5, 2020. This includes the summary of the donations, the total expenses, the total available balance and the order we already placed for future use (for delivery including the surgical gowns which is out of stock).

As of September 14, 2020

FEUMAS- US ALUMNI DONATION

Donation in \$	Date Received
\$1992	March 24, 2020
\$ 992	March 24, 2020
\$1492	March 30, 2020
\$16,492	April 16, 2020
\$5802	April 17, 2020

TOTAL= \$26,770

Reimbursed to Dr. Porciuncula \$992

TOTAL DONATION AMOUNT - \$25,778 x Php50 = Php1,288,900.00

EXPENDITURES

Date	Item	Amount
March 23, 2020	500 pcs Surgical Gowns	Php120,000
March 27, 2020	72 sets Reusable PPEs.	87,120
MAY 24 -31, 2020	Food for the Frontlines	24,000
June 26, 2020	500 pieces Tyvek coveralls	325,000
September 9, 2020	500 boxes Surgical masks	45,000
	300 pieces face shields	7,200

TOTAL EXPENSES **Php608,320**

TOTAL AVAILABLE BALANCE **Php680,580**

DELIVERABLES

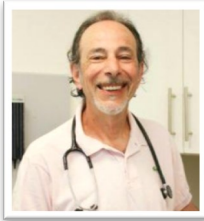
Date Ordered		
July 15, 2020	500 pieces Surgical Gowns (out of stock yet)	Php130,000
September 14, 2020	1000 boxes surgical masks	90,000
	1000 face shields	24,000

Total Amount for Deliverables **Php244,000**

Prepared by:

Naomi S. Nocheseda, MD
Treasurer

Humphrey C. Bitun, MD
President



CLINICIAN'S CORNER : Basic Medical Economics John Ivan Sutter, MD, MS, FAAP Class 1978

As physicians, we are never taught some of the basics of management of the office or more appropriately described as our business. There are numerous principles that one must learn to truly be a manager and become successful in medicine. Regardless of specialty and payments, one must analyze both costs and income for the business. Costs come in 2 categories-fixed such as your monthly rent and utilities and variables such as medical supplies and payroll. To improve your cash flow and properly determine a budget there are several ways of approaching this. One is to keep a fixed payroll although in primary care that is difficult due to seasonal fluctuations. Office supplies on the other hand can often be fixed to a large degree when dealing with suppliers and vendors. It is an easy task for most vendors to create a spread sheet of the supplies you have ordered from them over the past 6 to 12 months and one can use this to create an inventory spreadsheet. Most vendors will likewise be willing to put you on a standing order arrangement based on your past usage so that orders are sent out automatically every 1 or 2 months. This will create a more streamlined approach to your payables. This is the simple way to analyze your expenses and turn variable costs into fixed ones and thus creating a mechanism for budgeting your expenses for a period of time.

On the income part of the business, things are often more complicated and variable depending on your payor mix and patient responsibility. With several large payors you are able to now get a fixed revenue stream set up based on past claim history with true ups quarterly. The greatest variable in revenue is with the patient responsibility. It is imperative that you receive any copayments and expected coinsurance at the time of the visit. Once the patient leaves your premises, it becomes increasingly difficult to capture payments. I am deliberately avoiding the term reimbursement here as reimbursement implies you have a cost and are getting paid for that cost. We should never consider payments from the patient or the insurance carrier as reimbursement for this reason. So how do you collect money once the patient has left the office. As part of your financial policy for your business, you should include credit card information. Now to avoid potential dangers from hacking and misuse of your patient financial information, it is best that this be stores in the "cloud" or thru any one of several vendors that offer this service at minimal cost. Then once you receive the explanation of benefits it is easy to collect, Simply notify the patient via text or phone of your intent to bill them the amount owed and send them a copy of the receipt for their records.

The problems arise when the information is not correct whether on the initial registration or an expired credit card. Once balances have been carried for more than 30 days, it becomes exponentially more difficult to collect. Another aspect of your patient registration form must include wording to reflect a delinquency fee to be applied after x number of days and that any costs related to collecting moneys due are their responsibility including collection agency fees or court costs just like any other contract you have received in your business.

Now what do you do with the seriously delinquent patient? Most of us have used collection agencies for years and receive a meager fraction of these late payments and then are forced to pay upwards of 40% to them in fees. You do however have another option which in my personal experience has proved quite rewarding. Within each State, courts are divided into various branches and the lowest of those are intended to handle simple civil cases without the need for a lawyer. In some states they are specifically referred to as Special Civil Counts (think of Judge Judy). In these or other civil courts, you can file a claim easily on line and pay a small filing fee and attach a copy of the patient bill plus filing fees and a fixed service charge. Once filed, you will receive a written notice for the date of a hearing before a Judge to listen to your case. Similarly the patient receives a notice of your action as a suit for money owed and the date for the hearing. In the overwhelming majority of the cases, your patients will miraculously appear with the funds owed. If not, you or a designate representative, i.e. office manager will have to appear and present your claims for the money owed. In most cases, this is simply a legal matter that quickly gets agreed on by the Judge and the patient has no recourse but to pay. If they do not, you simply notify the Court of this and they refer the matter to the local Sheriffs office for action. Of all the times, I have resorted to this, less than 30% of patients wait until the court date and only a handful do not pay. Depending on the State, there are monetary limits for this sort of case but it is usually less then \$25,000.00. It is actually possible to perform this same action against an insurance carrier if you are facing a breach in their obligation to pay. For details on the quicks involving suing an insurance company or possible class action, I can be reached by email at jisutter@optonline.net.

Resources:

1. New Jersey Court Website: <https://njcourts.gov/selfhelp/selfhelp.html#:~:text=8%20steps%20to%20file%20a%20special%20civil%20case.,you%20have%20redacted%20the%20personal%20...%20More%20items>
2. US Courts Website: <https://www.uscourts.gov/about-federal-courts/types-cases/civil-cases>
3. Diane M. Dewar: Essentials of Health Economics / Edition 2
4. Peter R. Kongstvedt: Essentials of Managed Health Care (Essentials of Managed Care) 6th Edition



About the Author: Dr Sutter completed his Pediatric Residency at the University of Medicine & Dentistry of New Jersey. A board certified pediatrician, he is affiliated with Hackensack University Medical Center and St Joseph's University Medical Center. He served as President of Affiliated Pediatric Associates, Director of Pediatrics at Passaic Hospital Center, Clinical Assistant Professor in Pediatrics at the University of Medicine & Dentistry and New York Medical College. He received his Masters of Science in Healthcare Policy and Management from New York Medical College. He has also served in advisory committees for many managed care, physician organizations, and as a consultant for electronic medical record systems. Dr Sutter is an advocate for physicians who believes that doctors working together and sharing information reduces costs and improves quality of care.

He is a pioneer in the creation of the electronic medical records and has taken on big insurance companies for fraud and won. For more information on Dr Sutter's landmark battle against insurance companies, click this link : <http://www.independentpediatrician.com/2016/07/dr-john-ivan-sutter-pediatrician-activist-and-champion-of-physicians-rights/> .

Dr Sutter began his missionary work 15 years ago, by bringing samples of medicine, vaccines and medical supplies to Philippine families in need with Cathay Pacific, Cebu Pacific and NuHeights Pediatrics in New Jersey as donors.



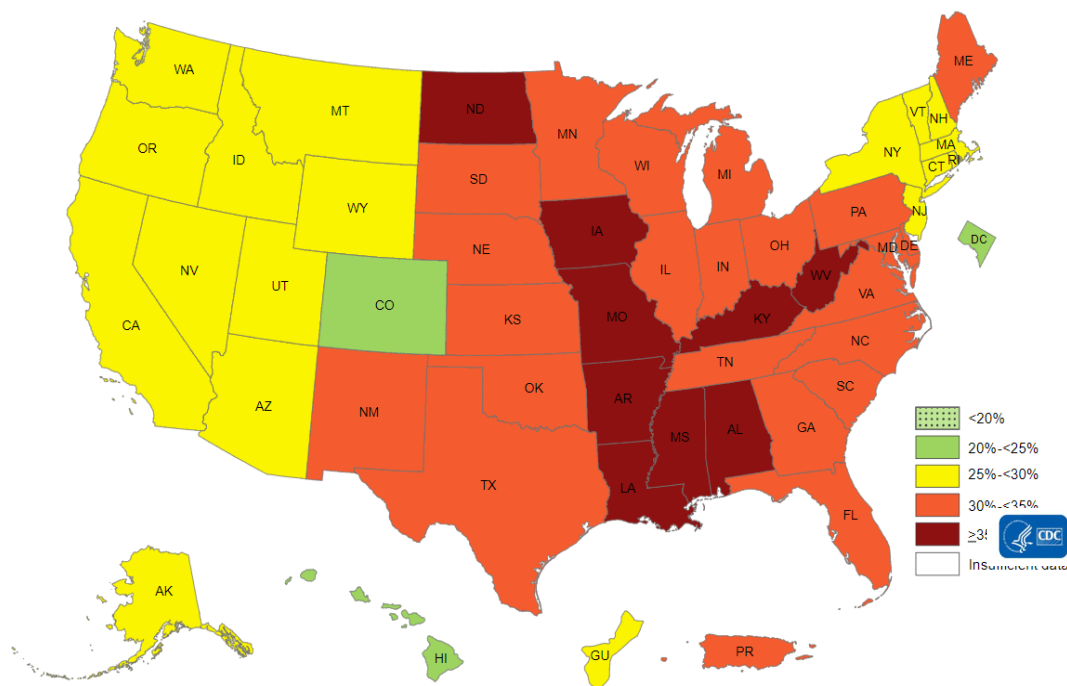
National Childhood Obesity Awareness Month provides a chance for all of us to learn more about this ongoing serious health condition. While there is no simple solution, there are many ways communities can support children with their journey to good health.

Childhood obesity is a continuing serious problem in the United States putting children and adolescents at risk for poor health. Obesity prevalence among children and adolescents is still too high. This problem is greatly impacted during this time because of stay at home orders and school closures due to the 2020 COVID19 pandemic. Obesity is defined as a body mass index (BMI) at or above the 95th percentile of the CDC sex-specific BMI-for-age growth charts. Access growth charts to use in your practice at :https://www.cdc.gov/growthcharts/clinical_charts.htm

Obese children become obese adults. Between 2003–2004 and 2013–2014, there were no significant changes in childhood obesity prevalence, but adults showed an increasing trend. Overall, the prevalence among adults aged 40–59 (42.8%) was higher than among adults aged 20–39 (35.7%) in 2015–2016.

The map below shows the Prevalence[†] of Self-Reported Obesity Among U.S. Adults by State and Territory, BRFSS, 2018. Combining data from 2016 through 2018, non-Hispanic blacks had the highest prevalence of self-reported obesity (39.1%), followed by Hispanics (33.3%) and non-Hispanic whites (29.3%).

To view the animated map (2011 to 2018) go to: <https://www.cdc.gov/obesity/images/obesity-maps/2018/2018-animated-overall.gif>.



The key findings from the National Health and Nutrition Examination Survey (pdf [CDC National Center for Health Statistics \(NCHS\) data brief](#)) :

- ◆ In 2015–2016, the prevalence of obesity was 39.8% in adults and 18.5% in youth.
- ◆ The prevalence of obesity was higher among middle-aged adults (42.8%) than among younger adults (35.7%).
- ◆ The prevalence of obesity was higher among youth aged 6–11 years (18.4%) and adolescents aged 12–19 years (20.6%) compared with children aged 2–5 years (13.9%).
- ◆ The overall prevalence of obesity was higher among non-Hispanic black and Hispanic adults than among non-Hispanic white and non-Hispanic Asian adults. The same pattern was seen among youth.
- ◆ The observed change in prevalence between 2013–2014 and 2015–2016 was not significant among both adults and youth.

The US Preventive Services Task Force (USPSTF) recently updated (2017) Obesity in Children and Adolescents: Screening Recommendation Statement. Below is a summary of the statement. The full report can be accessed at: <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/obesity-in-children-and-adolescents-screening#fullrecommendationstart>:

What the USPSTF Grades Mean and Suggestions for Practice

Grade	Definition	Suggestions for Practice
A	The USPSTF recommends the service. There is high certainty that the net benefit is substantial.	Offer or provide this service.
B	The USPSTF recommends the service. There is high certainty that the net benefit is moderate, or there is moderate certainty that the net benefit is moderate to substantial.	Offer or provide this service.
C	The USPSTF recommends selectively offering or providing this service to individual patients based on professional judgment and patient preferences. There is at least moderate certainty that the net benefit is small.	Offer or provide this service for selected patients depending on individual circumstances.
D	The USPSTF recommends against the service. There is moderate or high certainty that the service has no net benefit or that the harms outweigh the benefits.	Discourage the use of this service.
I statement	The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of the service. Evidence is lacking, of poor quality, or conflicting, and the balance of benefits and harms cannot be determined.	Read the Clinical Considerations section of the USPSTF Recommendation Statement. If the service is offered, patients should understand the uncertainty about the balance of benefits and harms.

Figure 2. Clinical Summary: Screening for Obesity in Children and Adolescents

Population	Children and adolescents 6 y and older
Recommendation	Screen for obesity; offer or refer children and adolescents with obesity to comprehensive, intensive behavioral interventions to promote improvements in weight status. Grade: B

Risk Assessment	All children and adolescents are at risk for obesity and should be screened; specific risk factors include parental obesity, poor nutrition, low levels of physical activity, inadequate sleep, sedentary behaviors, and low family income.
Screening Tests	BMI measurement, using height and weight, is the recommended screening test for obesity. Obesity is defined as an age- and sex-specific BMI in the 95th percentile or greater.
Interventions	Comprehensive, intensive behavioral interventions of ≥26 contact hours resulted in weight loss. Effective interventions consisted of multiple components, including: sessions targeting both the parent and child (separately, together, or both); offering individual sessions (both family and group); providing information about healthy eating, safe exercising, and reading food labels; encouraging the use of stimulus control (eg, limiting access to tempting foods and screen time), goal setting, self-monitoring, contingent rewards, and problem solving; and supervised physical activity sessions. Providers included primary care clinicians, exercise physiologists, physical therapists, dietitians, diet assistants, psychologists, and social workers, but the more intensive interventions usually involved referral outside the primary care office. Evidence regarding pharmacotherapy interventions was inadequate.
Balance of Benefits and Harms	The USPSTF concludes with moderate certainty that the net benefit of screening for obesity in children and adolescents 6 y and older and offering or referring them to comprehensive, intensive behavioral interventions to promote improvements in weight status is moderate.
Other Relevant USPSTF Recommendations	The USPSTF has made recommendations on screening for primary hypertension and lipid disorders in children and adolescents. These recommendations are available on the USPSTF website (https://www.uspreventiveservicestaskforce.org).

For a summary of the evidence systematically reviewed in making this recommendation, the full recommendation statement, and supporting documents, please go to <https://www.uspreventiveservicestaskforce.org>.

FEU-NRMF MEDICAL ALUMNI SOCIETY INC ANNOUNCEMENTS



2021 FEU-NRMF ALUMNI HOMECOMING CANCELLED

The FEU-NRMF Medical Alumni Society President released the following statement:

The FEU-NRMF Medical Alumni Society would like to announce that the Annual Alumni Homecoming celebration and Scientific Sessions scheduled on January 2021 will be suspended indefinitely as decided upon in consultation with the celebrating group of Jubilarians for 2021. This decision was made for the safety and protection of everybody since the threat of COVID-19 pandemic is not yet over.

Further announcement will be posted once the celebrants decide to push through with the celebration mid or late 2021.

Thank you very much for your support. Stay safe everyone.

HUMPHREY C. BITUN, MD
President
FEU-NRMF MAS

CALLING ALL FEU-NRMF ALUMNI: NOMINATIONS FOR OUTSTANDING ALUMNI 2021 NOW BEING ACCEPTED THROUGH SEPTEMBER 30, 2020

The FEU-NRMF in its 50th celebration on January 2021 will be awarding 50 most outstanding alumni. As a part of the golden celebration, FEU-NRMF prepared several categories by which an alumni and or group can be nominated. The categories are: Leadership, Career Achievement, Education, Research, Community Service and Loyalty.

FEUDNRSMAF alumni are encouraged to submit their nominations and nominate anyone you know who fulfills the criteria set by the awards committee.

FEUNRMF 50th FOUNDATION CELEBRATION: MOST OUTSTANDING ALUMNI AWARDS (2021)

A. Leadership : The award will be given in recognition of achievements in their profession as exemplified by:

- i. serving as president in national organizations
- ii. serving as an officer in international organizations
- iii. serving as head or chairman of local or international training institutions

B. Career Achievement

- i. exemplary performance in fields other than profession
- ii. excellence in their chosen career
- iii. serving as an elected or appointed government official

C. Education

- i. serving as the Dean or highest administrative official of an institution
- ii. serving as an exemplary or model educator with local or international recognition

D. Research

- i. active personal involvement in research
- ii. publication of research works in local and international journals
- iii. recipient of special research awards

E. Community Service

- i. active personal involvement in community service
- ii. serving as officer or organizer of local or international socio-civic organization
- iii. recipient of special community service awards

F. Loyalty

- i. served FEUNRMF from graduation to retirement
- ii. rendered 25 years of cumulative service

Deadline for submission of nominations: September 30, 2020

Deliberation by the Committee : October 2020

Submission for printing: October 31, 2020

To contact Committee on Awards for the Most Outstanding Alumni, click on the emails below:

ecdizon@feu-nrmf.edu.ph

mvsingh@feu-nrmf.edu.ph

rcsolevilla@feu-nrmf.edu.ph

To download the nomination and instruction forms go to this link:

https://www.facebook.com/flx/warn/?u=https%3A%2F%2Fdrive.google.com%2Fdrive%2Fmobile%2Ffolders%2F17C-0mKZKla_RLv60i-IXM2YIVt4GIpo%3Fusp%3Dsharing%26fbclid%3DIwAR2EDNv8ImBE-

DONATION LEVELS: ITS DEDUCTIBLE*!

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

*FEUDNRSMAF is a 501(c)(3) Organization Federal Identification Number: 23-7171686

In Remembrance





CLOSING REMARKS FEU-NRMF FIRST VIRTUAL GRADUATION CEREMONY JULY 14, 2020 - Juan Enrique Reyes, Chief Operating Officer FEU-NRMF

AMOR FATI

Mike Tyson famously quipped, “Everyone has a plan until they get punched in the mouth.” The former heavyweight champion’s, simple yet profound, message stretches far beyond boxing. This is not to diminish the value of planning and preparing for the future. Rather, Tyson knew from experience that even the “best laid plans” can go out the window when faced with sudden and unexpected challenges. COVID-19 has punched the world in the mouth, very, very hard. The question is, how will we respond to the adversity? Some freeze in the face of danger like deer in the headlights, while others relish the challenge and rise to the occasion. Champions are able to draw strength and courage from deep within. Champions are able to adapt, and respond with thunderous punches of their own. True champions

do not shy away from adversity. They thirst for it, for they know that a capable adversary is a necessary component of an enduring legacy.

The world was very different when you enrolled as freshmen. The medical profession already was wrought with risk and challenges, but not to the extent we see today. The pandemic has put the commitment and resolve of medical professionals to the test, and the overwhelming majority has risen to the challenge and redefined what it means to be a hero. Today’s heroes don’t wear capes or armor. They are draped in PPE and N95 masks. For many of you, this is not what you signed up for. I’m sure your parents did not expect you to be put in harm’s way so early in your careers, and yet, here we are. In fact, I can’t recall a time when so much was required of so many, so early in their lives. The irony is the knock on your generation is that you are peevish and petulant. Some would even go as far as saying that this generation is soft. Graduates, this is your chance to prove them all wrong.

The Stoics have a saying “*Amor Fati*,” which is Latin for love of fate. It is a mindset that sees everything that happens in one’s life, including suffering and loss, as necessary. It goes beyond acceptance, to actually loving all that has happened, even the most tragic. Friedrich Nietzsche said, “My formula for greatness in a human being is *Amor Fati*: that one wants nothing to be different, not forward, not backward, not in all eternity. Not merely to bear what is necessary... but to love it.” When you are forced into online studies and exams, you say Amor Fati. I love it. I’m going to be better because this happened to me. When your physical graduation is postponed indefinitely, you say Amor Fati. I love it. When you are forced to adjust to the new normal brought about by a pandemic, you say Amor Fati. Bring it on. Thank you Sir, can I have another? No amount of anger or resentment will change the past, so take what you can from it. Allow it to fuel your fire and be better as a result.

FEU-NRMF Graduates of 2020, you are all special. In spite of the obstacles in your path, you are all still blessed beyond belief. The minute you accept that what has happened to you is a blessing and not a curse, the minute you not only accept, but love the cards that you have been dealt, you will be blessed with power so great it is unfathomable. The moment you can accept that everything happens for a reason, and that things happen FOR you and not TO you, the whole world becomes your oyster. You control your own destinies. You can decide how your narrative will unfold.

Our motto means to the stars through difficulties. Our founders knew that the road would not be easy, but we would eventually prevail. On behalf of a proud alma mater, allow me to congratulate you all. ***Ad astra per aspera!***

ABOUT ECTOPIC MURMURS: STAFF, GUIDELINES FOR ARTICLE SUBMISSION

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

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

The ***Clinicians Corner*** section is intended for our alumni members in practice. We invite FEUDNRSMAF alumni members from academia and experts in their field of practice to submit medical articles that are contemporary/current, relevant to our membership, adhere to community standards of practice/care, accurately or thoroughly referenced/attributed, and permission/s granted when applicable prior to submission of article. The **National Health Observances (NHOs) Month** is to raise our alumni members’ awareness about important medical/health topics. For example, “Obesity Awareness Month”, etc. Toolkits and additional information are available at (click): <https://healthfinder.gov/NHO/default.aspx>. Likewise, articles must be accurately or thoroughly referenced/attributed; applicable permissions are granted prior to submission of articles. The **Meet Your Section** features an alumnus who are in a leadership position with the Foundation and has contributed time, treasure and talent to promote the mission and goals of the Foundation.

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

Comments and or suggestions welcomed. Please contact us!



Hernani S. Tansuche, MD⁶⁸

Click: hernani.tansuche@gmail.com



Amethyst Cureg, MD⁷³

Click: amethystcureg@gmail.com

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OUR MISSION AND GOALS

Through unity, fellowship, advocacy and philanthropy, we will promote the Far Eastern University Nicanor Reyes Medical Foundation Institute Medicine's vision as a world-class academic and training

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GOALS:

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

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* *Tenure extended through July 31, 2021 by BoT action due to CoVID19 cancellation of 2020 BoT meeting*

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Please update your information. Thank you!

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COMMENTS: _____

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St. Clair , MI 48079
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Or, e-mail form to: hernani.tansuche@gmail.com



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