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Dr Nicanor Reyes Jr School of Medicine Alumni Foundation

ECTOPIC MURMURS

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

CLASS⁶² Does Branson

FIDEL ATIENZA JR MD⁶²

Like fine mature wine, 14 Class⁶² alumni and spouses were in their happiest bonhomous mood, September 14-18, 2016, amidst the rollicking rolling entertainment hills of Branson MO.

Rousing shows/ revues, rounds of challenging golf, restaurants of eclectic variety, revitalizing aura and ambiance of the Ozark Mountains, all and every bit of these, renewed college camaraderie in jolly, hearty and collegial sustained tempo.

Just what the doctors ordered! It was thoroughly enjoyable and replenishing.

Four shows/ revues served varied tastes and preferences and later made for animated critiques. Liberal libations after dinner enhanced such conflicting views, as well-spiced and spiked with endless joke sessions that bordered on the raunchy.

Cora Acosta Santos actually dished out a rip-roaring joke! You had to be there! Golf was challenging, but, rewarding. Net scores were awesome!

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OUR TOPNOTCHER 2016



BRIAN J R BALANQUIT MD

The Philippine Professional Regulation Commission recently announced that 2,899 out of 3,695 passed the Physician Licensure Examination given by the Board of Medicine in the cities of Manila, Baguio, Cebu and Davao September 2016. FEU's Brian Jann Rubenecia Balanquit MD was fifth among the topnotchers, scoring 88.4% which is measly 1.1% from the #1 topnotcher. CONGRATULATIONS!

From your CHAIRMAN

We are in the process of transferring treasurer's books, documents, etc, to the new treasurer, Amethyst Cureg MD, with the kind help of our outgoing treasurer Grace B Rabadam MD. Meanwhile send donations etc to Grace until the transfer is complete and we will let everybody know.



NOLI C
GUINIGUNDO MD

Our President, Jun Castro has made arrangements for our winter meeting in Las Vegas, and summer meeting in Long Beach, California.

Details have been sent to C V Reyes MD for publication. See his announcement through the ECTOPIC MURMURS, emails, and Facebook (FEU Alumni). More and more alumni are using the FB FEU Alumni. I have requested/ invited. Mac Corpus MD to take over the Facebook with help from me and my son

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PRESIDENT'S Message

Re: More on Medical Surgical Mission, **PMAC News** 2016, 56:6,17-20

Apparently the views that were presented reflects only the opinion of one or two persons. They undermine the true meaning of volunteerism. They should present the two sides of the coin rather than use the medical mission to camouflage the real truth to the present situation in the Philippines. I am pretty much aware of the mental reservations and real intentions of some people who try to influence the persons of authority to downgrade the contributions of volunteer physicians and allied personnel who are really down right dedicated to help our countrymen.

Heartless are those who try to portray and promote the business of their

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LICERIO V
CASTRO JR MD



HERMINIGILDO VALLE MD⁸⁴, second from left, is appointed new undersecretary of Health of the Philippines by President Rodrigo Duterte (extreme left).

FAITH CORNER

REV MELVIN ANTONIO MD⁶⁵

The text from the 10th chapter of the Gospel of St Mark beginning with the 2nd verse is often listed among the *hard sayings* of Jesus. Debated often enough, a text like this has taken and will continue to take on a life of its own given the current circumstances and challenges to modern



REV MELVIN ANTONIO MD

society's definitions of marriage. This is where a proper interpretation of Scripture is required to catch the real intent of Jesus whose teachings focus on the Kingdom of God, what it's like and who it is for.

Reading the verses from 2-10, we *hear* Jesus' words

regarding marriage, divorce and human behavior in general. All three issues must be taken altogether to come to what Jesus really wants his disciples and us to learn about God's will for humanity.

In the gospel, some Pharisees decide to put Jesus to the test by asking him about divorce. They ask, *Is it lawful for a man to divorce his wife?* In order to fully appreciate that question, we need to recognize that divorce in the first century was not at all the same social phenomenon that it is today. Back then, a dispute regarding grounds for divorce was raging among the Jews as prominent rabbis offered different interpretations of the law.

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KNOW THEYSELF

CESAR D CANDARI MD⁶¹

FCAP Emeritus

With your indulgence, I may sound to be repetitious, as I believe I touched on the subject in my past writings. However, there are words which must be said even at the risk of repetition, rather than be left unsaid altogether.



CESAR D CANDARI MD

Western philosophy virtually began with Socrates' advice, *know thyself*. Ever since,

thoughtful men and women have realized that knowing oneself is the key to wisdom. Why is self-knowledge so important? Because so many of the obstacles to clear thinking are found not in the problems we must deal with, but in ourselves. The reason why we need to know who we are is so that we can express to others who we actually are and be remembered for that. But, if we do not know who, in fact, we are then we could portray the wrong image to people and be remembered not for who we were but who we appeared to be.

Of course, innumerable factors contribute to how we feel and think and act. To be complete, any inventory of them would have to include answers to the following questions:

Am I quiet or talkative? Generally optimistic or pessimistic? Hardworking or lazy? Fearful or brave? Serious or

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CLASS⁶⁸ Newsnotes

Class⁶⁸ recently donated new four Student Achievement awards to be handed during the *Balik-FEU* 2017, on Friday, January 20th Student Achievement Award ceremonies, namely:

CLASS⁶⁸ FREDERICO ARCALA MD Student Achievement Award in Surgery

CLASS⁶⁸ WINDELL CHUA MD Student Achievement Award in Cardiology

CLASS⁶⁸ JOSE B DELFIN MD Student Achievement Award in Surgery, and

CLASS⁶⁸ JOSE JULIO MD Student Achievement Award in Cardiology/ Family Medicine.

Meanwhile, the donation of equipments, camera, scope, light cord and light source by VENA UY MD is also gratefully acknowledged by the FEU-NRFM Hospital department of obstetrics and gynecology.

OFELIA CANSINO CHUA MD likewise has donated this month to the Class fund.



FREDERICO ARCALA MD



WINDELL CHUA MD



JOSE B DELFIN MD



JOSE JULIO MD

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LETTER TO THE EDITOR

The September 2016 issue of **ECTOPIC MURMURS** featured two

Bible-based articles which were well-researched and whose conclusions were worth sharing. It gives me great pleasure to congratulate the two authors who took the time to read Scripture, struggle with its meaning and share their thoughts openly. In these

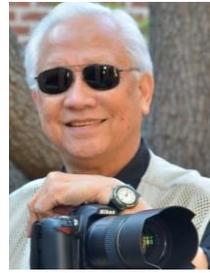
times when many of us are either reluctant or even afraid to share our faith publicly, Aladin M Mariano MD⁷², and Amorфина Sevilla MD⁷⁵, showed great courage in putting their thoughts about the Bible on paper. I especially appreciate Dr Sevilla's background information regarding the history of the Jewish nation based on Biblical accounts. Dr Mariano continues to extensively correlate biblical text with human behavior. The Bible is the most popular and most powerful book in the world today. It has been translated into over 2000 languages, with 44 million copies printed each year. It is said that the average American family has 6.8 Bibles in the household, and has the power to change lives. I believe that God speaks to us through the Bible. I encourage everyone to read it, read it over and over, share its message without fear.



REV MELVIN ANTONIO MD

REV MELVIN ANTONIO MD⁶⁵

OCTOBER IMAGE



ROLANDO
M SOLIS MD



Autumn Day in Prospect Park, Brooklyn by ROLANDO M SOLIS MD⁶³

PMAC 56th anniversary Induction Image



Aladin Mariano MD⁷² is the Philippine Medical Association in Chicago (PMAC) 56th anniversary most distinguished physician for 2016. Picture shows, from left, Chris and Mary Anne Spoerl, Dr and Mrs Antonio and Clarita Cruz, the honoree, Evelyn Tarao Mariano MD⁷², Dr and Mrs Arvind and Renu Goyal, Adelina Claudio MD⁶⁰ and Ken Claudio.



The FEU-connected officers of the 2016-2017 PMAC, PMAC Auxiliary and PMAC Foundation officers include Cesar V Reyes MD⁶⁸, Rogelio Cave MD⁶⁵, Nida Blankas Hernaez MD⁸⁴, Virgilio Jonson MD⁶⁵², Virgilio Magsino MD⁶², Richard Mon MD⁷⁰, Frank Montellano M⁸⁴², Hedelita Montenegro MD⁶⁸, Nunilo G Rubio MD⁶⁷, Manuel Sanchez MD⁶⁸, Gerardo Guzman MD⁶³, Leilanie Mon MD⁷², Violeta Magsino RN, Estela Cave RN, Melinda Tolentino MD⁷⁴, and Carlota Sanchez RN.

CLINICAL IMAGES

PAPILLARY THYROID CARCINOMA FOLLOWING SHORT-TERM RADIATION THERAPY FOR ESOPHAGEAL CANCER



Figure 1 - Ultrasound shows a superior nodule with the fine-needle aspiration biopsy on target (arrow).

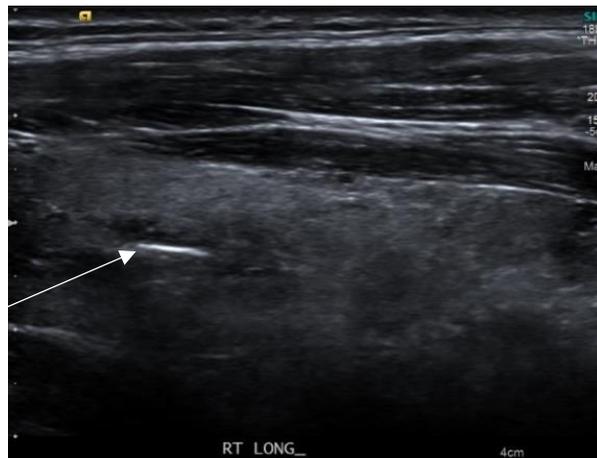


Figure 2 - Ultrasound displays a mid-right thyroid nodule with the fine-needle aspiration biopsy also on target (arrow).

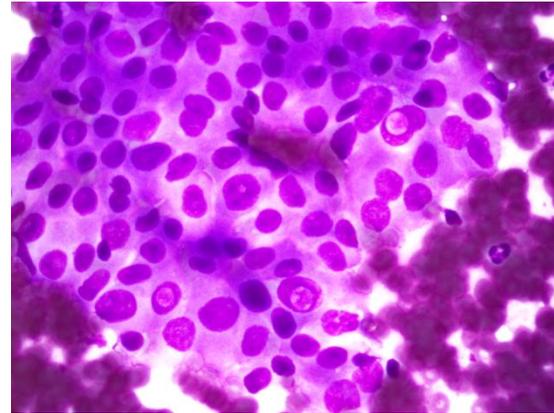


Figure 3 - Diff Quik stain affirmed a papillary thyroid carcinoma with nuclear vacuolation and grooving (x400).

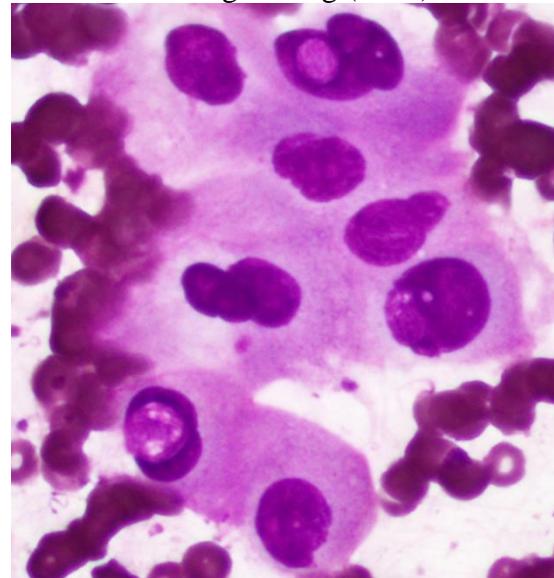


Figure 4 - Neoplastic cell nuclear vacuolation and grooving are emphasized. (x400)

These **IMAGES** are from a 52-year old male patient with history of esophageal cancer that was treated with resection, gastric pull-through procedure and chest/mediastinal irradiation 2½ years earlier, and lately presented with right multinodular thyroid of superior 8.0-mm size, middle 6.0-mm dimension, and 8.0 cm nodule in the mid-inferior.

An ultrasound-guided fine-needle aspiration biopsy of superior and middle nodules was performed for cytological evaluation (**Figures 1** and **2**), and interpreted as diagnostic of papillary thyroid carcinoma (**Figures 3** and **4**). The third nodule was cytologically benign nodular goiter.

The patient consulted a university center but turned down further treatment. Therefore he was referred to hospice and lost to follow-up.

COMMENTS and **LITERATURE REVIEW.** Radiation exposure of the thyroid during childhood is the most clearly defined environmental factor associated with benign and malignant thyroid tumors. The risk of thyroid cancer following irradiation is related to radiation dose and age (greater for children exposed early in life), and the risk persists throughout life with cancer development almost generally later in life. Radiation exposure during childhood also increases

the risk of benign thyroid nodules and hypothyroidism.

Radiation exposure may be external or internal. The predominant types of external radiation are diagnostic radiographs, therapeutic radiation for the treatment of cancer, and historical use of external radiation to treat a wide variety of nonmalignant conditions. External radiation also includes brachytherapy, whereby a sealed radiation source is placed adjacent to a treatment area.

Internal radiation exposure includes ingestion of foods or liquids contaminated with radioactivity or by inhalation of radioactive gases or particles. Internal radiation occurs after exposure to nuclear fallout (from testing and accidents at operating nuclear power plants or above ground nuclear explosive testing) or after ingestion of radioiodine for diagnostic tests and for therapy of hyperthyroidism.

The thyroid gland of children is especially vulnerable to the carcinogenic action of ionizing radiation. To provide insights into various modifying influences on risk, seven major studies with organ doses to individual subjects were evaluated. Five cohort studies (atomic bomb survivors, children treated for tinea capitis, two studies of children irradiated for enlarged tonsils, and infants irradiated for an enlarged thymus gland) and two case-control studies (patients with cervical cancer and childhood cancer) have been studied. The combined studies include almost 120,000 people (approximately 58,000 exposed to a wide range of doses

and 61,000 nonexposed subjects), nearly 700 thyroid cancers and 3,000,000 person years of follow-up.

For persons exposed to radiation before age 15 years, linearity best described the dose response, even down to 0.10 Gy. At the highest doses (>10 Gy), associated with cancer therapy, there appeared to be a decrease or leveling of risk.

However, these summary estimates affect strongly by age at exposure even within this limited age range. Rarely cases are observed to develop thyroid cancer within 5 years of exposure. The risk begins to decline about 30 years after exposure but is still elevated at 40 years. Risk also decreased significantly with increasing age at exposure, with little risk apparent after age 20 years. Based on limited data, there was a suggestion that spreading dose over time (from a few days to >1 year) may lower risk, possibly due to the opportunity for cellular repair mechanisms to operate. The thyroid gland in children has one of the highest risk coefficients of any organ and is the only tissue with convincing evidence for risk about 1.10 Gy.

In 2008, the worldwide estimated age-standardized incidence rates for thyroid cancer incidence were 4.7 and 1.5 per 100,000 women and men, respectively. Thyroid cancer's overall contribution to the worldwide cancer burden is relatively small, but incidence rates have increased over the last three decades throughout the world. This trend has been hypothesized to reflect a combination of technological

advances enabling increased detection, but also changes in environmental factors, including population exposure to ionising radiation from fallout, diagnostic tests and treatment for benign and malignant conditions. Studies of the atomic bomb survivors and populations treated with radiotherapy have established radiation as a risk factor for thyroid cancer, particularly from early life exposure.

Of 5379 patients who have received radiation treatment at one institution for benign conditions of the head and neck, 318 developed thyroid cancer up 42 years later. Factors that correlated with the risk of recurrence were tumor size, histologic type, number of lobes involved, vessel invasion, and lymph node metastases. The time from radiation exposure to the discovery of thyroid cancer (latency) and the age at diagnosis both inversely correlated with recurrence.

Papillary thyroid carcinoma is the most common type of thyroid cancer, representing 75 percent to 85 percent of all thyroid cancer cases. It occurs more frequently in women and presents in the 20–55 year age group. It is also the predominant cancer type in children with thyroid cancer, and in patients with thyroid cancer who have had previous radiation to the head and neck. It is often well-differentiated, slow-growing, and localized, although it can metastasize.

The striking interest in the index case is the very short latent period between radiation and the diagnosis of papillary

thyroid carcinoma, of merely 2½ years, making one of the shortest reported.

There are four criteria reported for post-radiation cancer: (1) microscopic or imaging evidence of the non-malignant nature of the initial condition; (2) the presence of the subsequent cancer in the area of irradiation; (3) a long, asymptomatic latent period; and (4) histological verification of the cancer. These rules slightly modified are applicable for tumors arising in other organ after radiotherapy.

In addition to the irradiation, it is possible that the index patient actually possesses the gene for multiple malignancy, or has other environmental carcinogen(s) exposure during his past 52 years.

A primary malignant lymphoma, large B-cell type, developing 8 years later in a focus of cavernous sinus angioblastic meningioma eradicated with 3500-rad irradiation has also been observed.

Another case of radiation-induced soft-tissue osteogenic sarcoma of the scalp has been described. The patient received 5000 rads after a radical excision of an epiauricular basosquamous cell carcinoma, and a soft tissue osteogenic sarcoma was identified in a short 2 years later. Literature review shows that the time interval between radiation therapy to the diagnosis of sarcoma ranges from 3.5 to 33 years, with an average of 10.5 years.

CONCLUSION. An illustrative case of very short-term latent period between the external irradiation to the mediastinum to

the development of papillary thyroid carcinoma of less than three is reported.

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

CLASS⁶⁸ Newsnotes

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Atty Charlene Montenegro Yanez, daughter of HEDELITA MONTENEGRO MD and an alumna of the University of Chicago (doctor of jurisprudence), University of Michigan (bachelor of arts in political science and Hispanic studies) and Oxford University, is a recipient of 2016 top 10 thirty-something award from the Corporate Counsel University for her outstanding achievement as managing director corporate investigations and chief security officer at the BMO financial group in Chicago.



**CHARLENE
M YANEZ ESQ**

CONGRATULATIONS!

KNOW THEYSELF

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easy going? Modest or proud? Competitive or noncompetitive? Am I nervous or at ease with strangers? Do I retain my poise and presence of mind in emergencies? Do I possess the credibility, spirit and the will for unity.



**CESAR D
CANDARI MD**

Am I confident in everything I do? Do I resent certain types of people? (The popular classmate, for example.) Would I be more accurately classified as a leader or a follower? Do I have that Pilipino psyche, our pride, our intelligence, our *amor propio*, our culture, our loss of face, and concern for our sign of weakness or surrender?

How trustworthy am I? Can I keep a secret or must I reveal it to at least one or two others? Am I loyal to my friends? Do I ever *use* people? How sensitive am I to the feelings of others? Do I ever purposely hurt others? Am I jealous of anyone? Do I enjoy causing trouble, sowing seeds of suspicion and dissension among people? Do I have the credibility, spirit and the will for unity? Am I ultra-conservative, anti-intellectual, insecure, and sensitively short-tempered and courageously dull?

What I have stated above are merely examples of inventory of questions for you to answer. There are still several questions.

Next to do is reflecting on your answers, noting the areas in which you are especially vulnerable. Don't expect to be equally vulnerable in all circumstances; it is common for some to be more troublesome than others. Your goal here is to know your intellectual habits so well that you can predict exactly, which thinking problem will arise for you in any particular situation.

The creation of activities by Pilipino-American immigrants to this country we have adopted as our second homeland is a

great move that will undoubtedly produce more consciousness about Pilipino-American communities and improve its image, visibility and leadership. As socio-economic-cultural undertakings are always held in different cities in this country will indeed enhance the Pilipino American unity, and harmony, stature, pride, recognition, and visibility, vis-à-vis its culture and tradition. It is a Pilipino arousal to rally on, to get involved, and to be active in our community organizations, in politics and in mainstream America.

There are many of you who are interested to volunteer and participate in your community organizations. As an officer and/or members of the governing board, I would like to share my views on what you can be (in all your life's journey) and what is apropos in this instance as you share/participate in moving forward the organization you are in. In this posting I thought I would chip in with my two cents worth about features/facts of one's persona to ponder.

There is something that is very significant ie, the people we surround ourselves with every day. All the people we interact with, effect, influence, and touch regularly reflect who we are. We are whom we love, hate, admire, help, and lean on. Every little action, emotion, or words brought out by various people in various situations can be instinctual. They are what you don't want to be.

I realize that where there is growth and progress we also expect things to be more complicated. In every case in our social or

civic organization there are inherent and natural growing pains and should be taken as such. Otherwise we will lose the proper perspective of things and be disillusioned. The famous saying by James Conant: *Democracy is a small core of common agreement surrounded by a rich variety of individual differences.* To disagree, one doesn't have to be disagreeable. Whatever little politics we have to contend with, we should be guided by ethics and principle, by personal aggrandizement not as a motive but for the welfare of the association and the members.

Now back to the foregoing examples of questions I have posted out, there is one question that is considerably more important - how can you most effectively use your personal inventory to improve your critical thinking performance in any occasion but most importantly in your position as member of the governing body of the organization. More and more psychologists are affirming that thinking skills play a crucial role in our personal lives. In short, though the challenge of improving your thinking is great, no other kind of self-improvement can affect every area of your life so positively.

Finally, whenever you are addressing an issue, anticipate what problems are likely to undermine your thinking, and make a conscious effort to resist their influence of not moving forward. Let us always think of moving forward.

My favorite quote is from Alyson Noel: *The only thing a person can ever really do is keep moving forward. Take that big leap*

forward without hesitation, without once looking back. Simply forget the past and forge toward the future.

FAITH CORNER

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There were two schools of thought about divorce in Jesus' day. Both sides believed that a man had a right to dismiss or divorce his wife. One was fairly strict. A man could divorce his wife only if she was unfaithful to him. The other school was more lenient, but always in favor of the man. Here are some examples: According to Rabbi Shammai, a man could divorce his wife because of unchastity. The reverse cannot be applied for the man. Rabbi Ben Sira broadened the limits to make divorce OK if a wife did not accept her husband's control. The Jewish historian Josephus tells us that *accepting his control* covered any part of a woman's behavior including unintentionally burning her husband's dinner. Just think, a man could divorce his wife because she burnt his toast. Or, according to Rabbi Akiba, a man could divorce his wife if he found another woman more attractive. The Law of Moses allowed only the man to write a certificate of divorce. For what it's worth, written proof protected the woman's right to remarry.



REV MELVIN ANTONIO MD

The Pharisees asking the question don't really want to know the legality of divorce because they knew exactly what Moses had written. **Deuteronomy 24:1-4** Their real reason was to catch Jesus in a trap. If he said divorce was forbidden, the Pharisees would have given King Herod grounds to arrest and behead Jesus as he had done to John the Baptist, whose crime was to declare that the king's marriage to Herodias was illegal. As usual, Jesus manages to turn the issue on its head. He avoids legal arguments entirely by first stating the reason why Moses had to write the commandment on divorce. It was because of the people's hardness of heart. Instead of seeing marriage as a gift, they saw it in terms of ownership for the husband and a life of servitude for the wife. Jesus tells them about God's original intent for marriage going back to the beginning of creation. We go then to the creation stories from the Book of Genesis which tells of how God intended that the man should have a companion, a helper, an equal in the order of creation. God saw all of his creation to be good. There was only one thing that was not good. *It is not good that the man should be alone; I will make him a helper as his partner.* **Genesis 2:18**

Helper. Partner. An equal in every sense. In ancient times, however, it was only the man who could initiate a divorce. Marriage wasn't supposed to be something that people wanted to get out of. It was supposed to be one of God's greatest gifts for humanity. If we listen closely to Jesus,

he is saying that marriage was made for people and not people for marriage. He is pointing out that it is wrong to treat the spouse as a commodity, as property. In the ancient world, a woman belonged first to her father and then to her husband. She acquired no property either way such that when she marries and is divorced for the most trivial reasons, she is left vulnerable and defenseless. Jesus confronts those who would treat a woman as a thing to be discarded when she displeases her mate. On a broader perspective, the rite of marriage states unequivocally: *What God has joined together, let no man put asunder.* What God has joined together in the marriage ceremony are not just the bride and the groom and the children that they might bear. God is joining families, not just nuclear families but whole family groups. In ancient times, a marriage was a merger of tribes, a merger of kingdoms even. And divorce could end in open warfare. A good lasting marriage would bring peace and bless hundreds, even thousands for several generations.

Marriage. Divorce. At the heart of the test that the Pharisees put upon Jesus is the question, *to whom does the Kingdom of God belong?* At stake is less about marriage and divorce but the larger issue of vulnerability. Those persons on the edges of humanity - women, children, the outsider, all who are excluded or marginalized by ritual, tradition, ethnicity, race, religion, gender, will find their place in the Kingdom of God. Jesus calls us back to the order of creation to hold up an

ideal vision of the perfect relationship and remind us that to be human is to be in relationship, whatever that relationship may look like. To be excluded or marginalized is to be alone. Being alone is not what God wants for us.

The gospel text is not the bad news of setting moral standards so high that there is no way to ever reach the bar. Rather, it is the good news that in spite of our faults, our limits, our failures, God's love is without limits and that he remains faithful despite all our human frailties.

PRESIDENT'S *Message*

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confidant s at the expense of the poor, the infirm, the indigent.

I wish that all missioners could rally behind the true conditions of our people, our beloved country. This is an outright challenge to human dignity. This message is not intended to offend anyone. It is a reflection of my true advocacy for my love to our brothers and sisters.



LICERIO V
CASTRO JR MD

Volunteerism isn't right. Matter of fact, it is not good at all. It is the best, ridiculously fabulous, most excellent thing that ever happened to me and to many as well.

When the purpose of service and volunteerism is to strengthen democratic participation and community

empowerment, volunteerism can be wholly beneficial. As once observed about global volunteerism, volunteers frequently wind up alleviating the damage done by many when conducted as part of a deliberately revelatory cycle; volunteerism can become a process for empowerment, as long as it is not at the expense of others' self-determination.

Let me share some of the things that I have learned over the years of involvement as a volunteer. I have learned respect for individuals and to care for the well-being of others. I have learned not only the value of tolerance but to celebrate diversity. I have learned to listen to others, to value their opinions, and to work together in cooperation towards a common goal. In short, I think I can say that I have learned to be a better person through volunteering. Looking back, regrets is beyond comprehension.

Above all, I have learned that every person, regardless of situation or circumstances, has something to offer to humanity. Every individual has the capacity for caring and the capacity for working in solidarity to alleviate human suffering and contribute to human dignity. For in suffering one could reap the joyous outcome of human perseverance.

We all know the task of protecting human dignity and achieving noble goals such as eradicating poverty and hunger, intolerance and discrimination, and threats to human dignity would be impossible without the energy and dedication of volunteers.

We need to actively promote human dignity. I can think of no better way than to do so through volunteering.

Volunteering plays a vital transforming role in society. We have to adhere to our moral values, persevere with kindness and be courageous to portray with greatness the essence of honesty, integrity and humility. Communal shared meaning and intersubjective values maintain our social cohesion.

By creating a sense of cohesion and solidarity within society, volunteering builds social capital, because it converts individual action into collective action directed towards a social end. It allows for social mobilization and organization within the community. It also offers a means for people to show that their value and to reaffirm that they have an important role in society. It can build a sense of self-worth, and true feeling of pride for their contribution to creating a better world.

These points highlight something that is not often acknowledged about volunteering: it is a key function in strengthening civil society. But I like to request everyone to continue work with volunteer organizations to create a more conducive environment. In particular, we need to ensure that legislation promotes and safeguards volunteers, rather than impedes and discourages voluntary service.

We especially need to ensure that volunteers engaged in humanitarian activities are afforded respect and protection they deserve.

The challenge we face as responsible community workers, medical and social providers is to build unyielding enthusiasm, where a revolution of values exist.

That is why we must lift volunteerism towards poignancy which it could have. That is where there is a unified commitment between community and the volunteers. That is where I intend to thrive.

Sleepless nights, skepticisms; how do we proceed; who was going to intercede for us; manpower? These are but a few of the countless questions that have beset our minds and constantly haunted to us to the extremes.

Armed with strong faith, commitment and most of all, guidance from prayers, we marched on forward. The spirit of oneness displayed by all further enhanced our sense of community in our service outreach programs. There is a fierce battle ahead.

As we gaze into the horizons, we must not limit our talents with domestic functions rather we must venture on new and worthy ideas, prolific and reachable goals. It is crucial for every organization to define what is beneficial not only for the few but for the many as well, reaching out in acts of kindness and compassion not only to be involved but to assume responsibility for the common good. In our society in which individuals shape their own meaning and goals, totally unconcerned with the good of the community, we as a valiant organization

are here to embark not only as a healer but also to establish and exemplify the ground for moral obligations and ethical norms which is an essential part of being human.

In our lifetime we tend to idolize celebrities, fame and fortune which lead us to disengage and distance ourselves from the truth and falter in our real objectives.

Sometimes it is a sad realization, but we as an organization have the tools to make changes which is the right thing to do.

Underscoring the wisdom of all Pilipino Americans, a vital source of confidence and inspiration, we continue on our journey to revitalization.

Illuminated by the values of integrity and excellence, let us move forward and bring forth substantial change in our society.

Being involved as a Medical Organization, we should not be confined within the walls of medicine alone. To be a vital group we tend to be an integral part of the whole package in order to produce a true change.

For all volunteers who have traveled with us to remote areas, traversed the thickest of thorny bushes, braved the raging waters, trekked the roughest of terrains, climbed the highest of peaks and crossed the paths of uncertainties, I salute you all for all your unselfish sacrifices. You are all heroes for others to emulate.

This is the true spirit of volunteerism.

LICERIO V CASTRO JR MD⁷³

From your **CHAIRMAN**

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Gary who initiated the same in 2012.

The last e-mail I got from Dr Corpus is very encouraging.

We are getting young alumni to help and we will concentrate on doing this for the sole purpose of encouraging young alumni to come and join us. By attrition, alumni active members are getting fewer although we had a good attendance the last few years.

Amethyst Cureg is presently working on the member outreach, engagement, recruitment and retention action plan. She had finished the preliminary brochure for the same. This of course will be presented to the board of trustees in March 2017 Winter meeting for discussion and approval. The board will get a copy of the same when the propose plans and brochures are completed.

There are several reasons given while the young alumni are reluctant to join our Alumni Foundation. One of these is they are still in the process of taking their residency, which is not too many as USMG are given priority in the residency slots. Those who are already practicing are very much involved in their practice and have no time to participate in the affairs of the Alumni Foundation. The biggest problem are the scholars who have been helped by the Foundation. Once they are on their feet, we don't see them anymore.



**NOLI C
GUINIGUNDO MD**

There are a few who come back and served as speakers during the annual reunion. But after their talk, you don't see them anymore. They don't participate in the reunion's function. The Foundation should do some rethinking about the scholarship program. The scholars should be compelled to participate in the annual reunion functions, whether they are celebrants or not.

Please look back at the Alumni Foundation who helped you through medical schools. The list you can do is be active in several different ways to help the Foundation. We are requesting Dean Linda Tamesis MD to please keep track of these scholars on their whereabouts. These items will be discussed at the Winter board of trustees meeting for suggestions and recommendations.

We will address this particular problem as we go along. Take care and God bless you all...

On another topic, I recently got a copy of the **PMAC News** September-October 2016 issue, containing an email letter from newly appointed Philippine Secretary of Health, Paulyn Jean Rosell Ubial MD. In essence she wants medical and surgical missions to stop as the Philippines have enough and more professionals and the hospitals have been upgraded and modernized. All Philippine American doctors should therefore do some soul searching and rethinking what we have been doing for many years when we do surgical and medical missions in the

various towns, barrios, *sitios*, in the far reach of our transportation.

I am not sure if she had gone to the whole Philippines to make this conclusion on the present state of medical and surgical needs in the Philippines. If everyone remembers, from way back in the 1990s, various groups in the Philippines have designed ways to cut down on the medical/ surgical missions being conducted in the Philippines. The rationale it was said was: no postsurgical to check on patients, no follow up on medicines given to the hypertensives, the diabetics, to name a few ailments.

Professor Ben Rigor MD had done some explanations on postsurgical patients and of course post anesthesia follow up. This was the happening from way back. When the renal surgeon secretary of health was at the helm, the missionaries are required to register with the department of health before embarking on the said missions. But what has been observed, our *kababayans* continue to welcome the missionaries, and there are no objections that came from them.

There is a definite antipathy to Pilipino-American doctors who took their time from their busy practice to help needy *kababayans*, notwithstanding the time and expenses involved in the process.

The FEUDNRSN Alumni Foundation alone has allotted several thousand dollars each year to finance the annual medical missions, and of course more money are needed to complete the missions. The Philippines is the only place where

medical/ surgical missions are being discouraged because of the improved number of health professionals and the alleged modernization of hospitals in the Philippines.

Is this some type of moratorium on the surgical/ medical missions annually in the Philippines? If this is true missionaries should have far reaching rethinking of other venues of our medical missions. There are other poor countries that need help. Coming home to do medical/ surgical missions and at the same time visiting our brothers and sisters and relative in Manila and surrounding towns and cities won't be feasible in the future. Again, let us all reconsider what actions to take in the future.

God bless us all.

NOLI GUINIGUNDO MD⁶²

CLASS⁶² Does Branson

continued from page 1

On the first day, Ben Santos (Cora Acosta's new groom) shot his age at a blistering pace of 78! Rey Sarmiento with a sizzling 88 made immediate plans to join the senior PGA tour. The second day at the Pointe Royal Club was less forgiving. Somehow all score cards all went nearly missing. Other courses in the area make Branson a distinct golf



**FIDEL
ATIENZA JR MD**

destination. We wished we had time, and energy, to play the others.

This mini-reunion made for profoundly appreciative, yet concerned, sentiments. Most of us are in our late 70's. Some have been challenged with serious medical issues, yet have prevailed rather well. Selfless dedication of loving spouses have seen us through:

Anita is a living loving angel for Alex Enrique. Ben Santos is God-sent for Cora Bautista Acosta, still a beaming brand new bride. Rose and Edmundo Manzano are wonderful engaging couple of more than 50 glorious years. Letty Sarmiento can only describe Rey as *precious!*

Tita keeps Celso del Mundo in tight reins, a formidable task at best. Violeta with her ever ebullient personality is stabilizing tonic to Billy Magsino's lovable quirks. Eppie plays a lot of golf to endure Nonong Exconde; it's the only way to keep her sanity!

Yet another Class⁶² mini-reunion has come to pass. We missed our other classmates, especially those who had to alter plans of joining. We can only say: y'all missed a good one!

Next year, 2017, will be another milestone for our Class:

Emerald Jubilee (55 years) in Long Beach CA as part of FEUDNRSN Alumni Foundation meetings.

We hope attendance will be as good as our Golden Jubilee in 2012 in Los Angeles. Stay tuned. Celso will be organizer/ coordinator for Class⁶²!

CLASS⁶² MINIM-REUNION IMAGES





Far Eastern University
DR. NICANOR REYES MEDICAL FOUNDATION
MEDICAL ALUMNI SOCIETY, INC. (Philippines)
and

Far Eastern University
DR. NICANOR REYES SCHOOL OF MEDICINE
ALUMNI FOUNDATION (USA)

42nd ANNUAL ALUMNI HOMECOMING
SCIENTIFIC CONVENTION

GOLDEN & SILVER JUBILEE CELEBRATION
January 18 -20, 2017

Dr. Ricardo L. Alfonso Hall
5th floor, FEU-NRMF Medical Center
Regalado Ave., West Fairview, Quezon City

and

**GRAND ALUMNI, GOLDEN & SILVER
JUBILARIAN'S NIGHT**

January 20, 2017 (Friday) at 5:30 pm
NOVOTEL MANILA, Araneta Center
Cubao, Quezon City

Honorees

| | |
|------------------------------|--|
| Class '61 (Emerald Jubilee) | Class '91 (Silver Jubilee) |
| Class '67 (Golden Jubilee) | Class '96 (20 th Anniversary) |
| Class '71 (Sapphire Jubilee) | Class '2001 (15 th Anniversary) |
| Class '76 (Ruby Jubilee) | Class '2006 (10 th Anniversary) |
| Class '81 (Coral Jubilee) | Class '2011 (5 th Anniversary) |
| Class '86 (Pearl Jubilee) | |

(This serves as an invitation)

PROGRAMME HIGHLIGHTS

- JANUARY 18 - Golf Tournament
- JANUARY 19 - Registration
Thanksgiving mass
Opening of exhibits
Breakfast
39th Dr. Lauro H. Panganiban Memorial Lecture
Luncheon Symposium
5th flr. Dr. Ricardo L. Alfonso Hall
FEU-NRMF Medical Center
WELCOME RECEPTION "Barrio Fiesta"
- JANUARY 19-20
State of the Arts Lectures
Luncheon Symposium
Student Achievement Award
5th flr. Dr. Ricardo L. Alfonso Hall
FEU-NRMF Medical Center
- JANUARY 20 - GRAND ALUMNI, GOLDEN &
SILVER JUBILARIANS NIGHT
NOVOTEL MANILA, Araneta Center
Cubao, Quezon City

For more details please contact:

FEUNRMF MAS secretariat at:
Landline # 935-00-25
Mobile # 0917-8108610 (Globe)
0933-5100783 (Sun)
Email: - feunrmfmas@gmail.com

Balik-FEU January 2017 Preliminary Program



PMAC AUXILIARY

WITH THE



PMAC AND THE FOUNDATION

CORDIALLY INVITES YOU FOR A



Masquerade
Ball

OCTOBER 28, 2016 @ 6-12 PM

LONE TREE MANOR

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\$60/PERSON

RSVP: BEFORE OCTOBER 18

CALL OR TEXT:

DR. MELINDA TOLENTINO: 7086067202

MRS. FE LUMICAO: 8475642152

DR. ZITA YORRO: 8474773266

DR. NIDA BLANKAS-HERNAEZ: 8476687385

FEUDNRSM Alumni Foundation

MEMBERSHIP REGISTRATION

Yes, I would like to invest in the future of the **FEUDNRSM Alumni Foundation**. Herewith below is my membership registration/ renewal for 2016-2017

Name _____

Address _____

Email _____ Telephone _____

Membership dues is \$65 (physician in training, \$25). Please make you check payable to "PMAC" and mail the same with this registration to: FEUDNRSM Alumni Foundation, 6530 Dunham Road, Downers Grove, IL 60516. Telephone (630) 971-1356 Email acvrear@gmail.com

OCTOBER QUOTE

How many roads must a man walk down
Before you call him a man?
How many seas must a white dove sail
Before she sleeps in the sand?
Yes, and how many times must the cannon balls fly
Before they're forever banned?
The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

Yes, and how many years can a mountain exist
Before it's washed to the sea?
Yes, and how many years can some people exist
Before they're allowed to be free?
Yes, and how many times can a man turn his head
And pretend that he just doesn't see?
The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

Yes, and how many times must a man look up
Before he can see the sky?
Yes, and how many ears must one man have
Before he can hear people cry?
Yes, and how many deaths will it take 'till he knows
That too many people have died?
The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

BOB DYLAN

Noble Laureate in literature 2016

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 November 2016 issue

November 16, 2016

Please address submission to
acvrear@gmail.com

COMMENTS

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

PMAC News

Deadline for November 2016 issue

November 2, 2016

Please address submission to
acvrear@gmail.com