



ECTOPIC MURMURS

Volume 27

Number 5

November 2014

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

REMEMBERING DEAN FLORDELIZA BALTAZAR



October 12, 1924 –
November 2, 2014

Flordeliza M Baltazar MD, the sixth dean of the FEU-NRMF Institute of Medicine for 11 years (1993-2004), went home to our Lord on November 2, 2014.

Dr Baltazar, a 1942 Arellano High School alumna, graduated from the University of the Philippine College of Medicine in 1951, and placed 10th on the Philippine medical board examinations that year. She completed obstetrics gynecology residency at the UP-Philippine General Hospital in 1956, and was awarded Colombo Plan scholarship in obstetrical and gynecological pathology in England.

She was elected chairman of the Philippine Board of Obstetrics and Gynecology in 1980, and named FEU-NRMF OB-GYN department chairman in 1982 --- a position she held for 16 years.

In 1984, Dr Baltazar served as the presidency of the Philippine Obstetrical and Gynecological Society (POGS). In 1986, she received Jesus B Nolasco MD outstanding faculty award in clinical category, and the POGS Baldomero Luz Roxas annual memorial award.

In 2000, she was recognized as obstetrician gynecologist of the year by the International Federation of Obstetrics and Gynecology, and was honored with professor *emeritus* in 2003, when she was elected prexy of the Association of Philippine Medical Colleges.

Dr Baltazar will be missed.

PRESIDENT'S MESSAGE

There are similarities to the FEUMAANI induction ball in 1991, 23 years ago, with its 22nd anniversary. Dr Ed Relucio was the president of the FEUDNRSM Alumni Foundation and a keynote speaker in 1991; and I was the incoming FEUMAANI president to be inducted then. Dr Joe Delfin was the MC and Dr Cesar Reyes was the outstanding alumnus that year.



MANUEL M
MALICAY MD

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FEU Dr. Nicanor Reyes Medical Foundation
Medical Alumni Society -Philippines

FEU Dr. Nicanor Reyes School of Medicine
Alumni Foundation -U.S.A.



40th ANNUAL ALUMNI HOMECOMING

Scientific Convention and
Golden and Silver Jubilee

January 22 – 23, 2015

FEU-NRMF Medical Center, Fairview, Quezon City

January 24, 2015

Crowne Plaza Galleria Manila, Ortigas Ave. Quezon City

"Wellness beyond time...

batch '89"

You are invited!

Honorees

Batches of...

'65 – Golden	'89 – Silver
'69 – Sapphire	'94 – 20 th
'74 – Ruby	'99 – 15 th
'79 – Coral	'04 – 10 th
'84 – Pearl	'09 – 5 th

ED RELUCIO MD Honored

NOVEMBER DONATION

RICARDO E ALFONSO MD
Professorial Chair Fund



is donated by his son
Antonio E Alfonso MD.

NOVEMBER DONATIONS



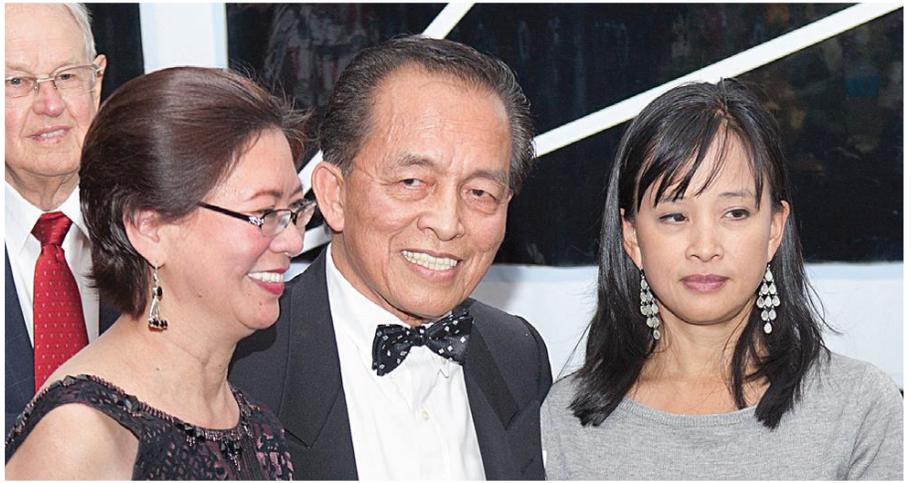
Perpetual **LESTER M LEGASPI MD Student Achievement Award in Pathology** and

LESTER M LEGASPI MD Student Achievement Award Cytopathology,

the first to be distributed on Thursday, January 22, 2015, during the 40th annual *Balik-FEU Student Recognition* ceremonies are donated by:

Amelia Cruz MD⁶⁴
Cesar V Reyes MD⁶⁸
Virginia R Quintong MD⁶⁹
Priscilo Gavino MD⁶⁴
Erlinda Gavino MD⁶⁴
Ebello Pasia MD⁶⁴
Tyrone Cabalu MD⁶⁴
Rogelio Bautista MD⁶⁴ and
Daniel Fabito MD⁶⁴

with a total of **\$2100.**



Dr Edmundo Relucio, pictured with his wife, Marizon, and daughter, Cecily, was honored for his medical and philanthropic contributions to Morris Hospital.

For the 46th year in a row, Morris IL community has showed an outpouring of support for Morris Hospital at the Auxiliary's annual gala held recently at the Morris Country Club. Total proceeds near the \$100,000 mark to be used to assist with the purchase of new computerized patient care carts fondly referred to at Morris Hospital as EWOCs (Electronics Wheeled on Carts).

Edmundo Relucio MD⁶⁴ for his contributions to medicine and his philanthropic support to Morris Hospital is credited with helping to create the first ICU at Morris Hospital, in addition to championing efforts to acquire our first blood gas

machine, mammography, computer tomographic scanner, endoscopy, fluoroscopy, and arteriogram laboratory.

He was the first surgeon to perform thyroid and parathyroid surgery as well as peripheral vascular, laser, and laparoscopic surgeries at Morris Hospital which was fairly unheard of in the community hospital setting at the time.

Most recently, he and his family gifted \$363,000 of real estate to the Morris Hospital Foundation. That gift is in addition to the \$50,000 endowed Morris Hospital Hospital Foundation scholarship they established this summer in the Relucio family's name.

PMAC, PMAC Auxiliary Medical

Foundation Christmas Party

Sunday, December 14, 2014, 11:30 am – 5:00 pm

Doubletree Alsip

5000 West 127th Street (two blocks west of Cicero Street), Alsip IL
Telephone 708-371-7300

PMAC, Foundation, Auxiliary Business meetings will also be held!

RSPV by Thursday, December 4, 2014, to

Estela Cave RN 708-422-3716, 708-912-0104
Marylyn A Lopez RN 815-744-1678, 815-355-5511

FAITH CORNER

REV MELVIN ANTONIO MD⁶⁵



REV MELVIN ANTONIO MD

In the Christian tradition or any tradition that believes in life after death for that matter, the most frightening question anyone can ask of oneself is: Am I good enough? Even an avowed

Atheist like Bertrand Russell was quoted as stating, "Unless you assume that there is a God, the question of life's purpose is meaningless." Martin Luther, that great leader of the Protestant reform movement that started in 1517, found himself haunted by the question, "Am I good enough?" Such was his obsession over the question that through his early life as an Augustinian monk, he sought the answer by endless meditation, prayer and reading Scripture over and over again. He was even known to punish himself with fasting and flagellation just to see if the Holy Spirit would lead him to the answer. It turns out that everyone was asking the same question during his time because of the teachings of the medieval Church. The focus of the Church then was to promote the image of a vindictive, angry God who demanded strict obedience to the Laws of Moses as listed in Scripture instead of the loving merciful God that Jesus proclaimed in the Gospels. Such

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TENDERLY YOURS

NOLI C GUINIGUNDO MD⁶²



NOLI GUINIGUNDO MD

By the time this is published, we will still be in Europe for a second trip to Rome. We were there about two years ago for the elevation of Ding's nephew, Cardinal Luis Antonio Gokim

Tagle, Archbishop of Manila.

This time we are scheduled to visit Venice again, our boys favorite City. From there we will be visit to Our Lady of Fatima and Lourdes, with stops in Barcelona and Madrid, Lisbon, Toulouse, and Avila.

I will send pictures to the **ECTOPIC MURMURS** probably in the December issue, or if Cesar permits, try to beat the deadline of November 18, 2014.

I would encourage Cesar to publish facts and figures on Ebola. For the first time we got some exposure and one death (as of this writing) here in the

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FEUMAANI November 2014 bowlers in great and high spirit

FEUMAANI

Christmas Party
Sunday, December 7, 2014

Doubletree Hilton Oak Brook
1909 Spring Road, Oak Brook IL

Please bring gifts to be distributed by Santa to the children. There will parlor games and a variety show; and each family is encouraged to participate.

RSPV to

Richard Mon MD 708-275-3168

Amelia Delfin 224-766-0831

FEUMAANI

Bowling

November 23, 2014

Lisle Lanes IL

Results from three game scratch

First Place Score 1286

Team of E Relucio, J Delfin,

Second Place Score 1236

Team of E Fernandez, N Montellano, R Mon, M Lopez,

Third Place Score 1152

Team of F Montellano, V Guzman, Fr Cesar, L Mon

Best individual score

G Guzman 417, E Relucio 351,

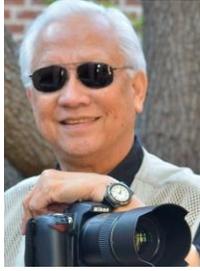
F Montellano 347, A Delfin

329, M Lopez 324, and

E Fernandez 313

AUTUMN IMAGES

ROLANDO M SOLIS MD⁶³



I AM PROUD TO BE A PILIPINO-AMERICAN

Part IV

JOSE M T ANTONIO MD⁶³

Historically, I am privileged and very proud to be Pilipino-



JMT ANTONIO MD

American born of the glorious past. I was born midway when America already had established

a ten-year transitional period (1936 to 1946) of self-government, a Commonwealth Government, for our people to be free with their own government as voted and approved by United States Congress in 1935. It was hard-fought battle of David and Goliath caliber. Our compatriots beyond any shadow of a doubt were highly skilled bi- to trilingual intellectuals, eg, Claro Recto, Manuel Quezon, Jose P Laurel, Manuel Roxas, *et al*, who had persisted with tenacity, and persevered to lobby that our people wanted to be independent.

I was born as an American since we were under the American Government as a colony (much like Puerto Rico at present). Before July 4, 1946 Pilipinos were taught that they were Americans, and presented with the idealized American, with the official status as United States nationals, but because of racism, bigotry, and hypocrisy we were caught in this ugly

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GIFTED

ERNESTO B EUSEBIO MD⁶³



Life seems unfulfilled and wasted,
To one whose gift appears unwanted.
But when a gift is honed in to the fullest,
God's precious nod belongs to the purist.

MAY GOD BLESS YOU

Be a Fisher of Men

by VICTOR BONUEL MD⁸⁶
(Pseudonym JOEL JIMENEZ MD)

BOOK REVIEW: A

sundry collection of interesting articles, insights, songs, and Bible passages, *May God Bless You: Be a Fisher of Men* is a compelling book, in colored and black and white formats, that lifts readers up by allowing them to feel the presence of God and remember His teachings at all time.

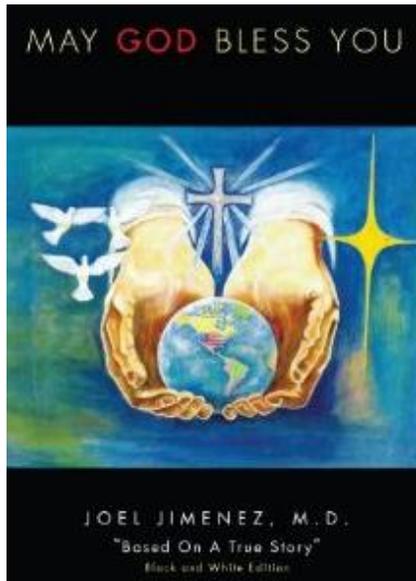
Moved by the power of the Holy Spirit, author Jimenez makes this an unforgettable read as he distinctively presents the contents of this book in a unique format.

Each chapter is deftly woven to explore and elaborate spiritual virtues such as faith, love, and hope through the use



VICTOR BONUEL MD

of acrostics-a form of writing in which the first letter, syllable or word of each line, paragraph or other recurring feature in the



text is spelled out a word or a message.

Aside from spiritual nuggets, this book has a little bit of everything else. It includes witty and mundane quips and quotes, exceptional mementos of the author's younger years, pictures of inspiration, and a bit of his native country, the Philippines.

An uplifting read for those who are depressed, an easy-read for those who want a good laugh, and an answer for those whose minds are perplexed, *May God Bless You: Be a Fisher of Men* definitely leaves a permanent mark in the readers' mind.

NOVEMBER QUOTE

Lord, let us see your kindness, and grant us your salvation.

Psalm 85

LETTER TO THE EDITOR

I wish to express my appreciation to FJ Ned Valen MD on his article titled *Can The Common Tao Get a Break in the PMAC* November 2014 issue.



CESAR D
CANDARI MD

I considered it a review of my three series of articles --- perspective of President Aquino's administration. Dr Valen made his analytical review demonstrating his keen mental discernment and soundness of judgement. I thank him for that.

Dr Valen is indeed full of sagacity. To the common *Tao*, to get a break is still in limbo.

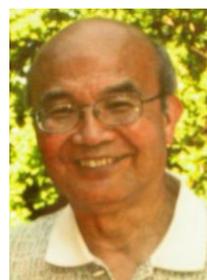
To our country, the Philippines, we must have courage and patience in this difficult times..

Trust God!

CESAR D CANDARI MD⁶²

LETTER TO THE EDITOR

I want to thank you for re-forwarding the **ECTOPIC MURMURS** October 2014. I also want to thank you for allowing me to share my life's experiences in *My Hometown*.



RUDY BACOLOR MD

If I may let me express some or comments as a constructive suggestions:

1 - I appreciate the improvement in navigating the

pages of the newsletter with the single mouse click. The two from three title columns per page also helps the continuity and readability of the articles.

2 - I enjoy the inclusion of photography feature of Dr Rolando Solis *metamorphosis from caterpillar to a beautiful butterfly*.

3 - I also enjoy the regular features of the social, political and economic issues articles that chronicle what is happening currently in the Philippines.

4 - Few articles extend to three or more issues that make it hard for me, perhaps to other readers to crystalize the main core/ message of the entire article.

Thanks, again for everything.

RUDY BACOLOR MD⁶³

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 January 2015 issue

January 7, 2015

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.

ECTOPIC MURMURS

Deadline for December 2014 issue

December 19, 2014

Please address submission to acvrear@gmail.com

CLINICAL IMAGE

LIVEDO RETICULARIS Skin Rashes



Figure 1 – The left lower leg and medial and lateral dorsum of foot show irregular mottled fishnet erythematous skin rashes.

This image is from a 56-year old man was brought in to the hospital for not feeling well. The patient began to have irregular, purple-blue, mottled, fishnet discoloration of his extremities (**Figure 1**) associated with leg pain and difficulty walking one month prior to admission, along with muscle aches and tactile fevers one week earlier, and some non-bloody loose stools for a few days. At the emergency room, he sounded short of breath and had chest pain that resolved spontaneously after 10 minutes. Past medical history was significant for a percutaneous

transluminal angioplasty of right coronary artery two years earlier at another hospital. He did not, however, follow up regularly with his physician and denied paroxysmal orthopnea, diabetes and hypertension.

Medications on admission were alka-seltzer and blue colored OTC pill for leg cramps.

He was single, lived alone, worked as truck driver, and practiced active protected sex with one partner. There was history of smoking 50-pack-year tobacco and heavy alcohol use but quit both five year earlier. There

was no known drug allergy.

Except for the skin rashes, the physical evaluation was within normal.

Pertinent laboratory results were hemoglobin 23 gm/dL, hematocrit 98%, platelets 90,000/uL, moderate spherocytosis, INR 2.2, PTT 65 seconds, D-dimer 1-2 ng/ml, fibrin split products 30 mg/dL, fibrinogen 389 mg/dL, CK 639 U/L with MB fraction 15.6% and troponin 0.89 ng/ml, normal amylase and lipase, normal erythropoietin level, normal dilute Russell's viper venom time (dRVvt), negative circulating inhibitor screen,

weakly positive anti-cardiolipin [aCL] IgM, negative cryoglobulins, negative cold agglutinins, negative anti-nuclear antibody test, non-reactive RPR (rapid plasma reagin), and normal serum protein electrophoresis.

EKG tracing revealed sinus tachycardia, heart rate 130 per minute, and no ischemic changes.

Echocardiography displayed mild to moderate left ventricular enlargement, moderate left ventricular dysfunction with posterior and septal akinesia, ejection fraction 25%, structurally normal heart valves, and small moderate pericardial effusion.

Ventilation/perfusion scan was interpreted of low probability and the Dopplers negative.

The patient was admitted to the medical intensive care unit with the following problem lists of blue mottled dermatosis, thrombocytopenia, pre-renal failure due to presumed dehydration, possible disseminated intravascular coagulopathy, and tachypnea secondary to metabolic acidosis and hypoxia.

What are the differential diagnoses?

LIVEDO RETICULARIS. Livedo reticularis, aka livedo racemosa and pamfiniform livedo, refers to a cyanotic mottled discoloration of the skin with a characteristic fishnet pattern commonly occurring in the lower extremities, but upper limbs and trunk may be affected. It may be associated with tingling and numbness of the skin, especially following

exposure to cold. The latter also intensifies the severity of cyanotic discoloration.

In defining livedo reticularis, cryoglobulins are evaluated to rule out cryoglobulinemia, cold agglutinins to rule out cold agglutinins-related diseases, anti-nuclear antibodies to rule out connective tissue diseases, amylase and lipase to rule out pancreatitis, RPR to rule out syphilis, and serum protein electrophoresis to rule out lymphoproliferative disorders

The condition may also be secondary to intravascular obstruction (stasis, paralysis, heart failure, antiphospholipid syndrome), embolism (from cholesterol, atrial myxoma, and endocarditis), vessel wall disease (atherosclerosis or arteritis of polyarteritis nodosa, systemic lupus erythematosus, and rheumatoid arthritis), or dermatomyositis, hyperparathyroidism, hypercalcemia, lymphoma, pancreatitis, tuberculosis, syphilis, and paraproteinemia.

ANTIPHOSPHOLIPID SYNDROME. Antiphospholipid syndrome (APS) is a major differential consideration in this patient and encompasses a set of conditions that may be highlighted by vascular thrombosis and/or, in female patients, recurrent miscarriages.

It may manifest half of the time as a skin disease in the form of livedo reticularis and/or chronic leg ulcers. Early recognition of these cutaneous lesions may enable health providers to forestall a primary thrombotic event or miscarriage.

APS is usually associated with persistent antiphospholipid

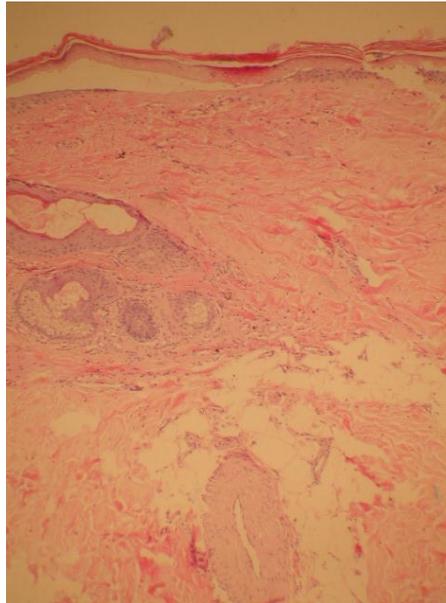


Figure 2 (A) The skin displays partially necrotic epidermis, subepidermal bulla, and cleft-like empty space of cholesterol emboli within the lumen of capillaries, venules, arterioles and even medium size arteries [hematoxylin eosin stain, x100].

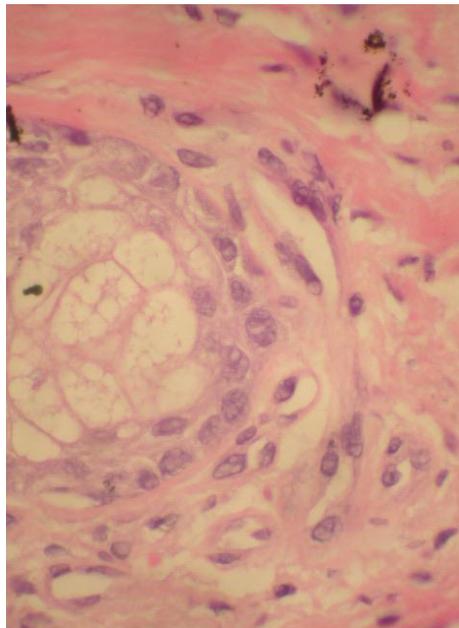


Figure 2 (B) highlights the empty cleft-like distended capillary lumen with cholesterol embolism, located next to a pilosebaceous structure.

Dermal and perivascular inflammation is minimal to negligible [hematoxylin eosin stain, x400].

antibody, either lupus anticoagulant or anti-cardiolipin antibody. It is a difficult diagnosis because of the protean manifestation and limited abnormal laboratory findings.

Arterial or venous thrombosis most commonly affects the cerebral vessels along with visceral, coronary, retinal and peripheral arteries/veins and leg deep veins, the latter involvement being most common. Thrombocytopenia is occasionally present.

While primary APS presents with deep vein thrombosis, thrombotic stroke, abacterial endocarditis with embolism, and recurrent miscarriages, secondary APS usually occurs with connective tissue diseases (systemic lupus erythematosus, rheumatoid arthritis, systemic sclerosis, TA, and Sjogren syndrome), and infections (HIV, varicella, hepatitis-C virus, syphilis, malaria, etc.). In the index patient, the clinical and laboratory findings are compatible but not diagnostic of APS.

CHOLESTEROL EMBOLISM SYNDROME. The other major consideration in this patient is cholesterol embolism syndrome (CES) which was confirmed on skin biopsy (**Figure 2**).

CES is defined as embolization of atheromatous material from ulcerated atherosclerotic plaques in aorta and its major branches to microcirculation causing distal ischemia.

While the risk factors include atherosclerosis, advanced age, male gender,

hypertension, diabetes mellitus, and tobacco use, the predisposing factors are the following:

- a) invasive procedures, e.g., vascular surgeries, angiograms,
- b) anticoagulant treatment with coumadin,
- c) heparin therapy which interferes with the stabilization of cholesterol crystals within atheromatous plaques by platelet-fibrin thrombi,
- d) thrombolysis with streptokinase t-PA, and
- e) occasionally the cholesterol embolism is spontaneous.

Patient characteristics at presentation are mean age of 66 years, a male:female ratio of 3:1, commonly hypertensive, a third with atherosclerotic disease and/or renal failure, and a fourth with aortic aneurysm.

In one series, 68 patients had at least one precipitant for developing CES, but the other 153 patients did not.

The manifestations of CES can be insidious and chronic, with most patients being asymptomatic until late in the disease, including calf pain, gastrointestinal bleeding/abdominal pain, constitutional symptoms of fever, weight loss, myalgias, along with neurologic complaints of transient ischemic attack, *amaurosis fugax*, and paralysis.

Physical signs of CES are a) cutaneous lesions usually in lower extremities, trunk or upper extremities 33%; b) most commonly livedo reticularis due to obstructed small arteries in deep dermis; c) purple or blue toes syndrome; d) gangrene, ulcers, nodules, purpura, and petechiae; and e) non-oliguric renal failure. These are usually

chronic and correlate with worsening hypertension due to increased renin-angiotensin activity (versus dye-induced nephropathy which occurs a few days after an angiogram. Pedal pulses may be palpable despite a clinical picture that suggests vascular disease. Hollenhorst plaques in retina are noted in 10-25% of patients and appear bright and shiny yellow spots at the retinal arteriolar bifurcation.

A triad of leg and foot pain, livedo reticularis and intact peripheral pulses is pathognomonic for CES.

Laboratory data usually reflect end-organ damage, e.g., increased creatinine in 80% of patients that is usually irreversible; hemograms of normocytic anemia, leukocytosis, and eosinophilia (25-75% of patients); hypocomplementemia; increased ESR of greater than 100; hyperamylasemia; elevated CPK; and abnormal liver enzymes.

CES also seems to be under diagnosed because of the myth that it is seen only after difficult invasive procedure, associated with atypical symptoms, often unreported by the patient, and missed by the physician.

The only reliable means of establishing diagnosis is by biopsy which often is not performed; and even when done, it does not always reveal the diagnosis. Moreover, it seems that in only 30% of CES cases the diagnosis is made premortem. If, however, cutaneous manifestations are present, biopsies of the affected site are almost generally diagnostic in 90% of cases. A negative biopsy does not rule out the diagnosis of CES, and

frequently, multiple serial sections may be needed before the affected vessel is demonstrated.

Treatment of CES is mostly supportive. Anticoagulant(s) are discontinued. Steroids and antiplatelets are often not effective. The use of pentoxifylline and cholesterol lowering agents is still under scrutiny and the final word is yet to come. LDL (low density lipoprotein) apheresis has also been utilized on possible mechanism to induce blood/plasma viscosity and generation of vasodilatory agents. Bradykinin, nitric oxide, and prostaglandins once or twice a week over two months for total 10 treatments may improve livedo reticularis, extremity pain, and mental status changes, without affecting the renal failure because collateral arteries often develop in skin and brain, but not in kidneys.

Prognosis data underline a 60-80% mortality rate in multiple organ embolism, especially when the kidneys are involved. Recovery appears to occur over several months for the renal function in the damaged but viable glomeruli, and with discontinuing hemodialysis. Subclinical cases are more common when CES is limited to lower limbs and relatively benign syndrome.

OUTCOME and CONCLUSION. The index patient was hydrated with IV normal saline. Hematocrit dropped from 98 to 64 in five hours. He was phlebotomized of a unit blood for presumed relative polycythemia. He also developed acute hypotension

and respiratory distress that required intubation. Repeat hematocrit was 42 the following day. A significant hematocrit drop associated with findings of coagulopathy prompted an abdominal computer tomographic scan which ruled out retroperitoneal bleeding. He was eventually extubated, hemodialyzed once, gradually improved, and discharged. Follow up revealed that the INR, PTT and platelets normalized. Repeat dRvvt was normal. Repeat aCL antibody 1:51 just prior to discharge and 1:12 seven months later. The patient is back to work, does not have any more skin lesions, and has normal kidney function.

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

CESAR V REYES MD⁶⁸

I AM PROUD

continued from page 4
battlefield, hence it was

undermined these ideals. Hence, I more determined that I am a Pilipino-American, and very proud to be one of this glorious past.

I am very proud to be Pilipino American inheritor

of the prestigious past. The former because of my roots that will forever linger and circulate in my blood, and inner recesses of my heart, beginning from our mountainous aborigines of our Negritos to our brave patriotic heroes from Lapulapu, Lakandula, Dagohoy, and the Gomburza --- precursors to Philippine Revolution, and

those in Europe like Marcelo H del Pilar, Jose and Juan Lunas, Mariano Ponce, and Dr Jose Rizal, who all met in Spain attacking with their pen and brain power the Spaniards in our homeland.

Our Spanish colonizers were interrupted very briefly by Limahong piracy in 1574, followed by the Dutch, the Portuguese, and the British Empire during the *Seven Years War* (1762-1764) that occupied Manila.

I am proud that we have Francisco Balagtas, compared in poetry prowess to William Shakespeare, who obtained his highest education at Colegio de San Juan de Letran, founded in 1620 --- the oldest college in our Motherland, also the oldest secondary institution in Asia. Hence we have one educated shining star in the late 1700.

In my blood runs to be very proud of as Pilipino American. Still in exile, when Rizal came home from Hongkong prior to coming back to his Motherland, the Spanish authorities captured him, and he was deported to Dapitan on July 7, 1892.

Andres Bonifacio founded the Katipunan, rivalled by Emilio Aguinaldo, and started the Philippine revolution against Spain in 1896. Aguinaldo however with his political savvy outmaneuvered Bonifacio politically. When the latter was killed, Aguinaldo with his own military force became the president of the Malolos Republic in 1899, and declared independence at Barasoain, Bulacan, from the Spanish sovereignty in June 12, 1899. In February 1899, Philippine-American War broke out; and Aguinaldo was

captured in March 1899. By April 1, 1901 Aguinaldo made an allegiance to America. Let us also forget not our intellectual sublime paralytic Apolinario Mabini, amongst the many unsung heroes that had sacrificed for our homeland.

I am proud of the glorious past as Pilipino-American. Our coveted independence from the American colonizer within the transitional period was briefly interrupted by a brutal Imperial Japanese occupation from 1941 to 1945, when our savior General Douglas MacArthur had kept his promise *I shall return*. He did return, liberating our people from the tyranny of the Japanese army.

Our patriotic Chief Justice of the Supreme Court Jose Abad Santos who rejected to serve the Japanese, was captured while riding in a canoe with his son he was murdered by the invaders.

Let us likewise remember our brave soldiers who fought side by side with the Americans that were defeated by the Japanese with during the well-known *Death March* after furious battle and the fall of Bataan and Corregidor.

I am very proud to be a Pilipino American for all the blood that was spilled along the way. In retrospectively preserving the past with honor and dignity. as a proud Pilipino American My paternal grandfather who was a captain with his younger brother as lieutenant under General Aguinaldo fought the Spaniards and the Americans. When the youngest General Gregorio del Pilar from my hometown was killed at Tirad Pass, Aguinaldo instructed my paternal grandfather and his brother to delay the conquest,



JMT ANTONIO MD

and finally asked them to surrender.

At the beginning of the Spanish colonization, we were mostly a Moslem nation. The Spanish transformed our innocent and uneducated people to Catholicism starting with Spanish settlement of Miguel Lopez de Legaspi in 1565, after a Portuguese explorer Ferdinand Magellan discovered our Country on March 1521, and claimed the islands for Spain --- as well all know he was killed by Lapulapu.

In 1542, explorer Ruy Lopez de Vilalobos named our archipelago in honor of King Philip II of Spain as *Las Islas Filipinas*. He was followed by the Catholic missionaries who spread Christianity to our beloved Country. Thus, Catholicism became our major religion that was passed down through generations to date.

Preserving our heritage from two western countries that colonized us is a must. Historically, in countries conquered, the people became slaves. The conquerors knew that when people were educated would serve as a fuse to ignite disharmony and disarrays for them to govern.

Other factors why we are brave and have killed so many your own people when one becomes the leaders of the country, thus easily convince the teenage boys to conquer and kill those weaker, as did by Genghis Khan. If one possesses toughness, with added wealth, it becomes much easier to subdue own's people to help the conqueror to kill and conquer other countries, as did by Cyrus the Great. Furthermore adding intellectual education, as in the

instance of a student of Aristotle, then one becomes like Alexander the Great.

I am very proud to be Pilipino-American since I was in my pre-teenage period. Our generation was lucky to be highly educated under the American rule, as majority of our grandparents had, because they worked hard to earn money with tenacity, persistence, and perseverance. Hence, they were also educated; and this wealth has been passed down to our generations to learn the Spanish language, and to understand the new colonizer language of English.

Very few of us may have retained the Spanish, like my youngest sister. During our undergraduate studies we were required to have 24 units of Spanish subjects as a requirement to graduate from our undergraduate studies. But our time was historical because of the dying Spanish language that was easily replaced by English every medium there is: books, movies, newspapers, etc. Our teachers and professors also taught us lectures in English. Our black and white televisions, mostly showing American movies and at very best marketing of the Americans like John Wayne smoking Chesterfield.

Our first colonizer was more monarchic, secular, and predominantly of the rich, and *mestizos*. Our second colonizer the American introduced a democratic form of government. Both had controlling interests to run our people's lives from different perspective and ideas behind the scene. The former occupied our Motherland for more than three

centuries, from 1521 to 1898 as the Spanish Inquisition started in 1478 ended in 1834). The Spaniards were defeated by the new emerging Empire USA in 1898.

The American occupied our Motherland for about two generation after Spain ceded our Motherland to USA for \$20,000,000 in 1898 under the Treaty of Paris. Within less than fifty years under the American regime our primary language of educational system dramatically changed from Spanish to English. The former was the language of the people with resources, and as such they were the elitist that contributed more monetarily or donating their lands to obtain preferential treatment with the caveats *that to give to God as Catholic were one of unquestionable virtues*. It spread like a forest fire because many were poor and unlettered. People were easily enticed and converted to Catholicism, embracing the Roman Catholic dogmas as taught to our forefathers by the missionaries without any questions. Thus, our faith and belief were unshakeable because nobody during those periods possessed the Socratic knowledge. In short these were passed down from generations to generations until our time.

Three centuries, exactly 333 years, of occupying our roots with the central team of spreading Catholicism first, at the same time looting our land and natural resources, and the with the eventual fading of the Spanish Inquisition (1521-1898). It also gradually introduced the educational system only for the hard working few rich people; and

for the poor majorities they became fanatically Catholic and slaves because they lack thereof the logic of mathematical-geometric electrical wirings in their brain to ask any pertinent questions. The majorities obeyed the Catholic hierarchies blindly leading to almost fanaticism.

Why? Because the Spaniards friars did not allow our own people to obtain higher education, as any in the previous Empires, starting 2000 BC, except perhaps during the mid-to late-1700 when Francisco Balagtas got his higher education degree at San Juan de Letran College (in short Letran College).

This was followed suit when Spanish Inquisition ended in 1835. Hence, my maternal grandfather graduated at Letran College with bachelor degree in law (now JD) *summa cum laude*, also the alma mater of my beloved father who also obtained his law degree at Letran.

Very few of our people in 1700s and early 1890s were able to obtain higher education except the rich one. Once again, I am very proud to be Pilipino-American because of our two heritages with the historical facts, realities and truth about our first colonizer of the West, that treated as *Indios*. Families with some money sent their siblings to Europe, and how ludicrous and appalling, most of them to Spain, like Jose Rizal, the Lunas (Jose and Juan), Marcelo H del Pilar (known for his *La Solidaridad*), and Mariano Ponce --- who were all brave intellectually and patriotic as they did underground activities against

the Spaniards in our Motherland.

It was mindboggling and despicable that also impugned our dignity when the Dominican Friars in Santo Tomas University did not like Rizal because he was excelling in his education. He then transferred to Ateneo de Manila where he continued to excel.

He was advised by a more liberal Jesuit priest, closed to Rizal, advising our national hero to continue and pursue a even higher education in Europe, because the Spanish authorities had a foresight that Rizal would be a fused to ignite his own people against Spain.

The delusional attitude of Spanish authorities in our Motherland was so pervasively different from those of Europe for our national hero was able to obtain his medical degree at the University of Madrid.

Our first colonizer for more than 333 years knew that if you educated the conquered people in any countries, those people would eventually revolt against Spain; and they did all the Countries that they conquered and colonized.

The secular Spanish authorities usually managed by priests. If conquered people were educated, the authorities would have hard time to make them slaves because they would develop the tenacity to disagree, and intellectually debate them, verbally or write with proper decorum in many issues, hence, that would result in unstable governing of our poor people or other peoples they colonized.

Our forefathers were brave and industrious because our 7,107 islands with amazing fertile soil everything can grow

that will produce and sustain their family to live. So as our rivers and seas with different species of shrimps and fishes are in abundance. Our pristine forest with different animal species are amazingly beautiful. Our beaches are with refine white sugar cane like at Boracay. Our natural resources of gold (we are still #2; and South Africa is #1), copper (we are #1), and others resources are also abundant to the present time.

Spain and American looted our gold...that is the way why histories were fascinating subject. Without any higher degrees of education any Empires historically would take advantage of the people they conquered, and the natural resources, because they were uneducated, hence, they were slaves. Few tribal units revolted but subdued easily, and the suspicious of their revolutionary sentiments in 1872 when three Pilipino priests were executed by guillotine: Mariano Gomez Jose Burgos, and Jacinto Zamora (in short we called Gomburza).

This was the early fuse that ignited our poor people starting planning to a revolution. Prior to these heinous executions, many had died, from the Lakandula and Dagohoy. Just imagine Socrates asking the street people in Greece for so many Greeks went to temples and meditated to so many gods. He was asking why, but his democratic government was threatened that Socrates would be fused to ignite the people to revolt...mindboggling indeed! Of course, he was eliminated by imprisonment and drinking the hemlock to die.

For more than 1700 centuries later, with the two books of Dr Rizal (the *Noli Me Tangere*, and *El Filibusterismo*), he ignited our people to coalesce for peaceful revolution. But he encountered hurdles, his was contrary to the ideas of Emilio Aguinaldo and Andres Bonifacio in defiance, tenacity, courage and perseverance against both colonizers. The Spanish-Pilipino war broke followed almost immediately followed by the Pilipino-American war. When Rizal came back to his Motherland he was captured and exiled in Dapitan, and was killed by volley of bullets from a firing squad at *Bagumbayan* (now Luneta) that ignited in unison our people in our 7,107 islands to revolt against Spanish authorities.

In the interim of Spanish colonization, several challenges to Spaniards in our Motherland tried to colonize us from the Chinese piracies, the Dutch, and the Portuguese. At the end, Spain only lost Manila to the British Empire with the Seven Years' War occupying Manila from 1762 to 1764, and with the Treaty of Paris in 1763 ended the British occupation of Manila.

What a beautiful history and heritage we have. The emerging empire USA defeated Admiral Montojo by Admiral Dewey in the Battle of Manila Bay in 1898. Then, Spain ceded the country for little sum of money with the peace accord. Our Motherland was ceded for \$20,000,000 by Spain to America under the Treaty of Paris.

I am proud to be Pilipino-American inheritor of the

tumultuous glorious past, but very grateful and thankful to the braveries ahead of us, and with persistence, perseverance of the first recorded Pilipinos in America in October 1587, and with the first permanent settlement in Louisiana in 1763. Those were our first Pilipino pioneers in this land of the free and opportunity. They were mostly sailors, or Spanish slaves, and not highly uneducated but tenaciously brave and hardworking slaves for our first pioneers in this great country.

I am very proud to be Pilipino American for slaveries were abolished by obtaining higher education as promoted by the American colonizer when they colonized us. I am extremely grateful and proud to be Pilipino American born of Malayan pioneers enticed by the alluring advertisement/ marketing of the New Empire that gave us the opportunity to further advance our medical profession by extensive training with freedom, equality and liberty to be who you want to be.

I am very proud to be a Pilipino American. The opening of this door to all of us as the influx of the first generation of Pilipino-American that were highly educated, and especially the American shortage of American physicians to deliver medical care to all ethnicities. By early and mid-1950s we were captured by the land of the free and opportunity, but we have to persevere underwent extensive medical training working like a horse trying to survive in this new environment to reach the mountain tops. Those of us were ambitious

who tried to climb the unforeseen mountain top that no one would be able to stop all of us for we have that courage, tenacities, determinations, persistence and perseverance.

We did not pick money from the apple trees, but with hard work to be the best in our abilities in line of our different expertise by starting to solo practice medicine after our extensive training in different States paid of. Few were greedy landing in prison or being striped with their licenses to practice. Now with duties to our socialist conservatism inherited from our Catholic teachings majority became affiliated to the *right winger* Republicans and minor majorities became *left* Democrats winger in politics.

Our duties are first to our family and children; and the latter did not know what we had to find the needle in the hay stack. Now our children are all second generation American forgetting their past roots, and glorious heroic past histories almost completely assimilated in our American cultures.

This historical essays of my dissertations are for both our second and third generations and other generations that will follow. Hopefully they will follow the wisdom of JFK as he stated *ask not what your Country can do for you, but asks what you can do for your own Country*. By following that wisdom we will be prouder for our next generations, and the generations to follow to eternity to keep the flaming torch pass from our roots to our next generations, and generations to follow.

Now, majority of us have all experienced to be at the Mountaintop, to be able to breathe with the unpolluted and contaminated fresh air. Let us all give thanks to our Lord for guiding all of us to the promised land of free and opportunity for our friendship, love, and camaraderie. We are now nearing the last horizon, either by *Nature* or man-made global catastrophes; and they will waiting for all of us.

Remember our National Hero who killed by the firing squad the before he wrote: *Mi Ultimo Adios: Adios, Patria adorada, region del sol querida, perla del Mar de Oriente, nuestro perdido Eden.....Adios, dulce extrangera, mi amiga, mi alegria, Adios, queridos seres morir es descansar.*

While all of us still have the sunrise, it will be but fitting and proper to give back before we reach the next horizon of the blue sky by continuing to give back to our Motherland with our continuing medical missions, the same should be for the *Native American Indians* so the Caucasians and other skin colors come out without bigotry and hypocrisy, irrespective of our religious beliefs and political affiliations. Charity has no boundaries, so are kindness, love, and other virtues, if you have the knowledge of those words, then we have given back.

I am lucky to be a mixture of the East and West with brown skin and compassionate heart, and with blood circulating blood in my body the immortal mustard seeds of our Motherland heroes hoping that our next generation. The following generations should try their best to water these mustard seeds to grow and blossom with more delicious fruits and beautiful flowers with impeccable moral, and ethical virtues. By setting an example they will continue their obligations

to our future generation and generations to come, and humbly with a soft united voice then no more to repay in kind to our roots and the West, for we have done the best we could.

Lastly, I am exciting and very proud to be a Pilipino-American. My professional seven children (five boys and two daughters) from my first wife with $\frac{1}{4}$ American blood, and my second wife from Florida with Irish root. I have added two gentleman. One served our Country as US Marine who served in Afghanistan, and is presently studying accounting. I am very proud of my seven professional children from the first now with their own families; and my two sons in my second marriage. I am also very proud of them, and love them all dearly. The last one just graduated *magna cum laude* at James Madison University majoring in political science, and admitted as a scholar at Georgetown Law School. Out of the seven from my first, one was *cum laude* at the American University in biology), now a scientist with PhD in molecular biology of the skeletal muscles besides having masters in exercise physiology, nutrition and endocrinology. Another is presently working at the Nation's Capital as attorney advisor of the Office of the General Counsel, DC Public Service Commission. One graduated valedictorian in primary school, and became a polyglots and software specialist. One is graphic computer artist; and three with degrees of criminal justice.

At the end, who will not be proud to be Pilipino American? All my nine children are American, so are my 14 grandchildren, and the following generations to come. I have an obligation to all of them by passing the flaming torch from my root: first and foremost education, impart the historical facts about their paternal roots, who happened to be a Pilipino

American. Hence, I am very proud to dedicate this historical essay to my children, and children's children. I do hope that you will be proud to pass it on to your children's children, and next generations to come for them to know their roots and your legacies before them including to your families, and friends.

Be proud of your identity, and glorious past unforgettable heritage prouder to be Pilipino American for we are second largest minorities that may produce an impact for our own people from bottom up to serve this great Country of the land of the free, and opportunities. I rest my case with love and peace to all.

Mabuhay! God bless America.

TENDERLY YOURS

continued from page 3

US of people coming from Liberia, Guinea, and Sierra Leone. Those who were affected are health workers, except Thomas Duncan who was not quarantined in Dallas TX.

That is how the nurses who took care of him got the infection. One even flew to Cleveland and Dallas and one was flown to Atlanta GA, and doing fine as of this writing.

There is an algorithm that the CDC, HHC, and Department of Health and Hospitals have been sending to hospitals and medical offices. In this algorithm, fever of 101.5⁰F is the usual vital. Of course history is of paramount importance. Anybody who is sick and just came from West



NOLI
GUINIGUNDO MD

Africa is a prime suspect. Patient should be isolated in a single room with a private bathroom and with the door to hallway closed. Implement standard contact, and droplet precautions (gown, facemask, eye protection, and gloves). Notify the hospital infection control program and appropriate staff. Evaluate for any risk exposures for Ebola Virus Disease (EVD). Also, immediately report to the health department. Exposures are categorized into high-risk exposure, low risk exposure, and no known exposure. Review case with health department including: severity of illness, laboratory findings (platelet counts) and alternative diagnoses.

The Health department will arrange specimen transport and testing at a public health laboratory and CDC. The Health department in consultation with CDC will provide guidance to the hospital on all aspects of patient care and management. For further information contact your respective office of public health.

Before ending this short items, thanks to Dr Noemi Fogata for her article on chocolate. I am one of those who indulged in chocolate bars, particularly, English, from childhood to adulthood, and spending my pocket money on the old grocery store in Sampaloc, Manila (Jopson's). I also care for the local chocolate bars but prefer Girardelli and Mrs See. Because they do not melt easily. I am also aware that the more cocoa present, the better the health effect. But the more percentages present, the

bitter the taste. The sweet chocolates have more sugar and milk present.

I did not realize that Dr Marco Antonio is my co-*Bulakenyo*. He hailed from Bulacan, Bulacan, and I hailed from San Miguel, Bulacan (San Miguel de Mayumo). I just wondered why our path did not meet during my father's stint as Provincial board member of Bulacan in the 1950s. I campaigned with him during my high school days, sometimes going to class at Mapa High School still sleepy from the night before's campaign. I gave pamphlets and sample ballots; and this was my assignment during the whole campaign. He was re-elected as senior Provincial board member, and took the office of Provincial Governor when the late Alejo Santos took the office of Reparations Commissioner.

Again, it was nice to know fellow *Bulakenyos*.

Mabuhay!

FAITH CORNER

continued from page 3

teachings led to the payment of indulgences to the Church in Rome as a way to save one's soul. This practice led Martin Luther to seek the answer to the question that tormented him, Am I good enough?

One day, while translating an early copy of St. Paul's letter to the Romans from Greek into German, Luther stumbled onto

the answer to the question that continued to torment him. As he translated the text from the third chapter of Romans, he could hardly believe what he saw in the page in front of him. God had shown a way to be made right with Him apart from keeping the requirements of the Law. We are made right by placing our faith in Jesus Christ. "Since all have sinned and fall short of the glory of God they are now justified by his grace as a gift, through the redemption that is in Christ Jesus whom God put forward as a sacrifice of atonement..." (Romans 3:21-26) Luther wrote that it was as if scales fell from his eyes and he could see clearly. We are made right with God through faith and not by simple obedience to the Law. From this divinely inspired discovery, the doctrinal statement of Lutheran tradition was born. We are saved by grace through faith in Jesus Christ. Grace by definition is undeserved blessing, freely given by the benefactor. In this belief, Jesus Christ is the primary means of God's grace.

In the traditional Gospel text that is read on Reformation Sunday, Jesus says, "If you continue in my word, you are truly my disciples; and you will know the truth and the truth will make you free. Martin Luther was set free from trying to make himself good enough for God. Instead of a God of vengeance and punishment, he saw a God of love, mercy and forgiveness.

Am I good enough? Are you and I good enough in the eyes of God? The answer is no, we are not good enough because we are flawed by sin. However, God is unbelievably



REV MELVIN ANTONIO MD

faithful and merciful and He loves us just as we are. God gave us a way, through the death and resurrection of Jesus Christ, to bring us into a right relationship with Him. Through the incarnation, God came to us. Through the crucifixion and resurrection, Jesus brought us back to God.

PRESIDENT'S MESSAGE

continued from page 1

This year --- 22nd anniversary

--- I am taking the position of Dr Relucio and Dr Delfin is sharing with Dr Nida Blankas Hernaez the outstanding alumni of the year.

The

FEUMAANI, or previously AKA the FEUMAAI, is the largest and most active chapter of the Alumni Foundation. It is known for setting up records in achieving mission goal that benefited the Alumni Foundation, our Alma Mater, and the indigent Pilipinos back in Philippines. With these as a premised, let me underscore some of our projects, namely:

1 - The first and only professorial chair was funded during the tenures of Dr Antonio Noriega, Dr Rogelio Cave and yours truly for \$15,000;

2 - My FEUMAANI administration established the faculty incentive fund for full time faculty of basic sciences at the FEU-NRMF Institute of Medicine where bonuses were given yearly from 1992-2006; and Drs Virgilio Jonson and Dr

Pascual Sales also contributed to this fund;

3 - The fund raised by Drs Gerardo Guzman and Manuel Sanchez, plus the Pfizer's donation, was use to renovate into a state-of-the-art review rooms at the medical school;

4 - The medical missions of Drs Hernaez and Dr Frnaklin Montillano; and

5 - the input of Dr Reyes in the ECTOPIC MURMURS, along with Dr Celso Del Mundo on continuing medical education activities are outstanding.

The FEUMAANI will continue to play a major role in the business and CME activities of the Alumni Foundation, and hereon will rotate with the Southern California Chapter and the Las Vegas Chapter in hosting the annual reunions in the years to come.

The Illinois Chapter is also one of the pillars of the Alumni Foundation.

I am certain that Dr Richard Mon, with his better half, Dr Leilanie Mon on his side and all the new officers inducted are shovel ready to embark and set a new record for this chapter.

The Alumni Foundation is strong and financially solid with an asset of over \$1.2 millions. Most of these is invested in securities and bonds where we obtain majority of our revenues, plus the revenue from our annual reunion. Our current asset is less than before the 2008 recession, as all investments are down, optimistically we are recovering.

Our assets are divided into endowment fund which is fully restricted, professorial chair

fund, jubilarians fund, students achievement fund, scholarship fund and general fund.

Our major expenditures include the annual scientific convention expenses, scholarship, faculty assistance, and medical surgical missions.

Our largest expense in 2013 was the scholarship for \$72,495. This year it is down to \$45,794; and we have 14 Alumni Foundation scholars.

A full scholar must have a grade of 1-1.25 general weighted average (gwa) with a tuition of P110,117 plus miscellaneous allowance of P11,010 per semester.

The partial scholar must have a grade 1.26-1.5 gwa, receives a tuition P58,588/ per semester.

Failure to maintain these grades or failure in one subject terminates the scholarship.

This past August our scholar Dr Ann Noris Lopez placed 8th in the Philippine medical board examinations.

Your Alumni Foundation seeks sponsors from our alumni, friends and patrons. The Alumni Foundation is a tax-exempt corporation under 501(C)(3).

The Michigan Chapter has sponsored one scholar; but there is none from the FEUMAANI yet.

To date there are eight professorial chairs funded for \$15,000 each. Only the interest from this fund is given to the designated professor. Again, this is tax-exempt and donation can be full or installment.



MANUEL M
MALICAY MD

The Jubilarian Class that celebrates its 25th Jubilee is requested to contribute to Class fund and designates a project, eg, support for the library, student scholarship, etc.

You can donate to your Class fund any time and this is tax exempt too. If you have questions about your Jubilarian Class Fund, I have the list with me.

Many of you have donated on your choice of academic subject for the Student Achievement Award. To date there are 100+ student achievement awards.

On behalf of the Alumni Foundation, I extend my gratitude to all of you who donated the Student Achievement Awards which are awarded yearly.

In the last Foundation Board Trustee meeting, we are informed that the expenditures exceeded our revenues. Many are concerned that in 10 year we will be insolvent. Not so fast.

Since I assume this office, I have examined in detail the financial statements from the accountant and auditor and I am very pleased to let you that we are positive in the past years because we have significant gains from our securities.

As your president, it is my primary goal to cut our expenses and raise our net revenues so that this Alumni Foundation will exist for many years in the future, or in perpetuity.

Our medical school is doing great. Our school relocation from Morayta to Fairview, Quezon City, was a great move. The FEU-NRMF Hospital is always full.

Additionally, the medical school is completing a 22-story building that will house more classrooms, administrative offices and parking spaces. Relative to the building, our school has launched *Growing to Giving* campaign to complete this expansion. For half a million pesos donation, a room will be named for you. This year there are 2103 students enrolled. The tuition fee is P110,117 per semester.

We would have been here tonight had not been our Alma Mater.

For all of us who have done well in our medical careers, we owe a great deal of gratitude to our beloved Alma Mater.

It is time to give back and be generous by funding a professorial chair, sponsor a medical scholar, contribute to our Class fund, donate a student achievement award, or join the annual reunion.

Our 36th annual reunion will be held on July 8-11, 2015 at the Caesar's Palace Las Vegas.

Lastly, two of our alumni and I established in 2008 the most outstanding faculty award, honoring a faculty for remarkable achievement in medical education. This is an annual monetary award with the goal of improving the teaching standards and improved the faculty-student relations. One of my partners is Dr Fernando Lagrimas. I am remiss not to mention our third partner, the late Dr Olivo Leopando. They are loyal, dedicated and generous alumni.

MANUEL M MALICAY MD⁷²

FEUMAANI BOWLING

It is planned to be monthly and a fund raising to benefit future medical surgical missions.

Venue **LISLE LANES**,
4920 Lincoln Avenue (Route 53),
Lisle IL 60532
Telephone 847-338-9299
(Cesar Canonigo)

Everyone, friends, families and colleagues are all invited for fun and physical fitness.

Registration 11:00 - 11:45 am
Practice 11:45 am - 12:00 noon
Bowling 12:00 noon – 3:00 pm

Donation \$50 per couple,
includes, bowling shoes, foods
and beverage

Contacts

Lito/ Ivie Fernandez
815-674-6643
litoeagle18@gmail.com
Gerry/ Gigi Guzman
630-677-1289 guzman21@aol.com
Richard/ Leilani Mon:
708-275-3168
torite@hotmail.com
lnarcelles-mon-md@sbcglobal.net

Future activities

Sunday, February 16, 2015
Monthly 2015 thereafter

Preliminary List of volunteers

Over-all coordinators: Ramon G Lopez MD, Naty Bernardino MD, and Atty Percival Claridad

Tacloban

Internal Medicine/ Family Practice - Cesar Cumba MD, Remedios Escalona MD, Malou Laya MD, Laarni Moreno MD, Simeon Sevandal MD, Cornelio Casaclang MD

Pediatrics - Anita Avila MD, Gloria Reyes

Outpatient surgery - Meneleo Avila MD, C Cumba MD, Manuel Escalona MD, Ed Relucio MD

Optometry - Narcing Cruz, Leo Cruz

Critical Support - Lilia Cumba, Marylyn Lopez RN, Marizon Relucio RPh, Lourdes Sevandal DDM, Engr Fred Tsai, Nora Tsai RN, Erlinda Casaclang, Corazon Reyes, Cora Moreno

Gynecology & Obstetrics - Susan Tan MD, Leticia Claridad MD, Likang Chao MD, Mario Reyes MD, M Escalona MD, Ligaya Marasigan MD.

Internal medicine - N Bernardino MD, Juanito Baladad MD, Rogelio Cave MD, Jose Delfin MD, Lito Fernandez MD, Malou Laya MD, Leilani Mon MD, Richard Mon MD, L

Moreno,MD, S Sevandal MD, Dionisio Yorro MD, Virgilio Lopez MD, and Judy Wu MD.

Family practice - Aurora Atienza MD, R Escalona MD, Jose Guevara MD, Rogelio

Liboon MD, Alfredo Sy MD, Zita Yorro MD, C Casaclang MD Israel Labao MD.

Pediatrics - Anita Avila MD, Nida Blankas-Hernaez MD, Rina Galvez MD, Gloria Reyes MD, Susan Nunez MD (1/26-28/15), Lynn Lopez MD

Psychiatry - Luz Cuaresma MD and R Escalona MD

Pharmacy - Marizon Relucio RPh, Mia Kim PhD

Nutritionist dietitian - Espie Vasallo

Optometry - N Cruz, L Cruz, Letty Tuazon

Medical technologists - Evelyn Fajardo MT ASCP, Elena L Wijangco MT ASCP

Dental – Lt Col. Abraham Bayan MD, six Armed Forces of the Philippines dentists, L Sevandal DDM

Laguna medical mission

Surgical leaders -

Luis Mangubat MD, Leo Avila MD, Eugene Salazar MD

Anesthesia - Emma Salazar MD, Delilah Tapia MD, Yoly de la Cruz MD, Lito Fajardo MD, Nap Cuaresma MD, Manny Sanchez MD, Madhaviah Singa MD.

General surgery - C Cumba MD, E Relucio MD,

Reynaldo Sarmiento MD, Barry Summers MD, Luis Mangubat MD, Francis Tapia MD, Richard Zhou MD.

Plastic surgery - Jesse Corres MD, and Jim Sanchez MD (1/29/2015)

Ophthalmology - Eric Lohse MD

PMAC medical mission, January 2015

Tacloban, Leyte medical mission

Wednesday, January 21, 2015, to Thursday, January 22, 2015

Air PAL, leaves Manila Wednesday, January 21, 2015, 4:45 am, be at the airport 3:30 am

Fare P3,473 (\$80)

Hospital Bethany Hospital of Tacloban

Billeting Z pad Residencies

Mini Pad \$30 **Single Pad** \$33

Queen Pad \$51 **Twin Pad** \$51 **Suite** (sleeps 3 – 5) \$150

Return Air PAL, departs Tacloban Thursday, January 22, 2015 at 4:30 pm arrives in Manila 5:45 pm

Calamba, Bay, Los Baños, Laguna

medical, surgical, dental mission

Bus Trip from designated Manila/ Makati meeting place to Laguna (bus provided by Laguna Governor)

Monday, January 26, 2015, arrives in Calamba (Solemar Homes and Campus)

Tuesday, January 27, 2015, Calamba

Wednesday, January 28, 2015, Bay

Thursday, January 29, 2015, Los Baños

Dr Jose Rizal Provincial Memorial Hospital

Friday, January 30, 2015, - Saturday, January 31, 2015, R&R

Visit Calamba Rizal Family home

Visit at the IRRI UP Los Banos campus, Villa Escudero, Tiaong, Quezon, Waterfall luncheon and Filipiniana stage presentation

Dapitan participants

Cornelio Casaclang, Erlinda Casaclang, C Cumba, L Cumba, Rey Elazegui, R Escalona, M Escalona, E Fernandez, L Fernandez, I Labao, L Marasigan, Cora Moreno, L Moreno, M Relucio, E Relucio, Ester Azurin, E Wijangco, J Wijangco, M Lopez, and R Lopez.

Nurses - Pauline Abadilla RN (OR), Dr Puring Baladad RN, Marilyn Baltazar RN, Estela Cave RN, Mrs Amy Delfin, Clarita Distor RN (OR), Elvie Fernandez RN, Linda Guevara RN, Cora Guzon RN, Rosalie Lim RN (OR), Marylyn Lopez RN, Fatima Maglaya RN, Faye Mendiola RN (OR),

Hilda Sy RN, Nora Tsai RN, Carlota Sanchez RN
Critical support - Representative from the Laguna Association of the Midwest USA, Calamba Chicagoan Edna Pavel, Atty P Claridad, Engr Fred Tsai, Andy Abadilla, Jose Wijangco, Ester L. Azurin as local Calamba Bay and Los Banos liaison, Virgilio

Villarruz of the Pugad Lawin Club of Calamba, Honor Cesar, Paring Cesar Dan Nantes, Lydia Nantes Pepito Tiangco, Paula Tiangco, Cora Moreno, azon Reyes, Erlinda Casaclang, medical student Joel Rosiene, and Alexander Frehse.

Dapitan, Zamboanga del Norte

A historical shrine/ tourist destination

Sunday-Tuesday, February 1-3, 2015

PAL air express, departs Manila, Sunday, February 1, 2015, 10:10 am

Arrive Dipolog 11:35 am

3D2N Dakak De Luxe Full Package

P13,264 per person (\$294)

Roundtrip airfare and taxes

deluxe rooms

two days buffet breakfast

River cruise lunch

Tour of Dr Rizal shrine and other sites,

One buffet dinner

Dinner at Inato Lang

Dampa

Aqua Marine Park

Fantasyland rides, and

Gloria de Dapitan leisure complex

Dapart Dipolog, Tuesday, February 3, 2015 12:15 pm

Arrive Manila 1:45 pm

Pls make your own reservation

(Frontline & Travel Inc, agent Tess Q Ege, 8514631 to 33, mobile 092285514633, tessege.frontline@yahoo.com)

MISSION UPDATE

December 2, 2014

Laguna (Calamba, Bay and Los Banos)

accommodations at Solemar del Pansol Compound in Pansol, Calamba.

1. The accommodations are resort-type houses. There is no traditional hotel lodging. It is anticipated that all missionaries can be accommodated in several houses at the Solemar. Late registrants may not be able to get their choice houses and companions. Couples and akin arrangements will be given preferences.

2. The resort houses are rented at P30,000 per day/ per house (to dollar exchange 1:50). Each house has six rooms; each room can accommodate two to four persons. The rental is P5,000 per room per day. Example at one day/ one night stay, at two persons per room times six rooms. 12 persons per house times per day, at \$50 per person per day equals \$600 per day per house, \$2,400 total for four days/ four night stay, and \$3,600 for a six-day/ six-night stay.

Please understand that the houses are rented for the whole stay of four nights. Payments will be the collective responsibility of all the people staying in the house.

There will no discount for those staying less than four nights. However, we will try to find accommodation for those who will stay for less than four nights.

3. Most of the rooms are on the second floor. There are only a few first floor rooms; they

have their own bathrooms. Some bathrooms are shared by two adjoining rooms. Some rooms are dormitory-style for six people, with communal bathrooms.

All rooms are air-conditioned. Please specify your preference: own, shared, or no preference for bathrooms.

Each house has its own swimming pool with hot or warm water, jacuzzi, karaoke, and pool table.

4. Beddings are provided. Please bring your own towels and toiletries. Daily breakfast have been sponsored, and will be free.

5. The resorts require a deposit equal to one day's rent of the assigned house. Therefore, the PMAC requires a non-refundable deposit of \$50 from each occupant/ participant and is due no later than November 14, 2014.

6. Full payment for the five-day/ four-night stay will be collected on or before December 31, 2014; otherwise, accommodation cannot be guaranteed.

Require pre-mission reservation remittances.

Please know that in early November 2014, our accommodation liaison, Dr Emma Yee Salazar will leave for the Philippines to finalize accommodation arrangements, and to make the required housing deposits.

Appropriate deposits should be made as soon as possible. Please make the checks payable to

Emma Yee Salazar MD
4141 Rutgers Lane
Northbrook IL 60062-2911.

*Make a
donation...
and make a
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**Student Achievement Award \$50
FEU-NRMF Professorial Chair
\$15,000**

**Tree of Life FEU-NRMF medical
center building sponsorship**

Indigent patients fund

Arsenio Martin MD

Scholarship Legacy Fund

Interested?

Please inquire with Cesar V Reyes MD

acvrear@gmail.com 630-971-1356



Drury Lane Theatre closes its 30th anniversary season with one of the world's greatest love stories. A modern retelling of Shakespeare's Romeo and Juliet, Westside Story tells the tale of two starcrossed lovers caught between rival gangs. A revolutionary work that changed the course of American Music, Westside Story features an electrifying Latin and jazz-infused score including Somewhere, Tonight, I feel Pretty, and America.

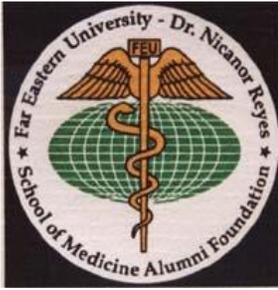
**Please join the PMAC or a day at the theatre!
WEDNESDAY, MARCH 4, 2015, Luncheon 11:30 am**

(Please arrive by 11: 15 AM) Westside Story Show – 1:30 PM
Drury Lane Theatre, 100 Drury Lane, Oakbrook Terrace, IL 60181
(630) 750-7272

Theatre and Luncheon Package \$70

RSVP by February 23, 2015:

Anita Avila MD	(847) 234-8293	AnitaTAvila@aol.com
Marylyn A Lopez RN	(815) 744-1678	mheralopez@gmail.com
Fe Lumicao RN	(847) 564-2152	bengl17@msn.com



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- Class⁶⁵ (Golden Jubilee)
- Class⁹⁰ (Silver Jubilee)
- Class⁷⁰ (Sapphire Jubilee)
- Class⁷⁵ (Ruby Jubilee)
- Class⁸⁰ (Coral Jubilee)
- Class⁸⁵ (Pearl Jubilee)
- Class⁹⁵ (20th Anniversary)
- Class²⁰⁰⁰ (15th Anniversary)
- Class²⁰⁰⁵ (10th Anniversary)



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July 8 - 11, 2015

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FEU- NRMF School of Medicine group code **SCFEU5**

or via Caesar's Palace hotel website <https://resweb.passkey.com/go/SCFEU5>

Room rates **\$109** for Wednesday and Thursday, July 8 and 9, 2015, and
\$169 for Friday and Saturday, July 10 and 11, 2015.

Cut-off date **Sunday June 7, 2015**