



ECTOPIC MURMURS

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MEET US IN LAS VEGAS

(**PRESIDENT's Tenderly Yours**)

NOLI GUINIGUNDO MD⁶²

The Board Trustees, past and present officers of the

FEUDNRSM Alumni Foundation will convene this Saturday, March 16, 2013, in Las Vegas for its Spring

meeting.

The venue this year is the Monte Carlo Casino and Resort.

We apologize for the earlier announced venue in Treasure Island. The Las Vegas hotel failed to communicate with Dr Oscar Tuazon who made the arrangement for the meeting.

The price given to us kept on changing; hence the decision to go to Monte Carlo Casino and Resort.

We hope for a good attendance. We also hope for a good show inspite of the ever rising price of the airline tickets. We probably do not have much choice but to take the quoted price of the different airlines.

To date, we do not have a Pope. His Holiness, Pope Benedict XVI, resigned on February 28, 2013.

He is the first Pope to resign from office in more than 600 years. But, he probably has all the valid reasons for doing so,



POPE FRANCIS, Welcome!

especially if his health is involved and at risk.

Our Archbishop of Manila, Luis Antonio Cardinal Tagle is one of those being considered to become Pope, *Papabili*. The

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MARCH IMAGE



Some of the FEUDNRSM Alumni Foundation scholars in white uniform outfit are shown with alumni, from left, Drs Frank Rabadam, Grace Rabadam, Farida Chua, Arsenio Martin, Melinda Fabito, Daniel Fabito and Philip Chua.

SEQUESTRATION on Medical Care

CESAR D CANDARI, MD⁶¹

Sequestration is the budget cuts which will slash \$1.2



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trillion from federal spending over the next decade. It has taken more than a year of anticipation about whether Congress and

President Barack Obama would strike a compromise, however, finally it kicked-off March 1. Enumerable articles have been written on these subjects. I have summarized them in tidbits for everyone to make your own take. In the first place the act was considered a *last resort* that would force Congress and the Obama administration to reach an agreement on federal deficit reduction in order to avert large cuts to defense and non-defense programs.

What is its impact to Medical care? An up-to-date statement from Massachusetts Medical Society (MMS): *More than a billion dollars in disaster relief, more than \$350 million for the Centers for Disease Control and Prevention, and more than \$133 million for the Food and Drug Administration are among the scheduled cuts. Mental health services, AIDS/HIV prevention and treatment, and food safety programs are also to be reduced, as are payments to health care providers.*

Under the current sequester rules, Medicare will be cut by \$100 billion over the next 10
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FROM ASHES TO ASHES

CELSO DEL MUNDO MD⁶²



CELSO DEL
MUNDO MD

We're all God's creations coming from the ashes, With His power, He gave us life with the human form,

We have all immortal souls within this pile of ashes, At the end of life we will go back to earth except our crying souls.

Alive we are all dancing above the troubled water, In the beginning we are solid masses with immortal souls, Time will come when the physical being will turn to crumpled ashes, From ashes to ashes we dissipate except our loosened soul,

Don't waste time for solid mass that give heat like a burning ember, Let the ashes give the rays of light to all the corners of the world, From when the ashes turn into ashes, we have life no more, Just a pile of dusts, going back to earth where we all are from.



From ashes to ashes

ON PECHAY

ULYSSES M CARBAJAL MD

Introduction. *Pechay* is a leafy vegetable plant with



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symmetrically arranged leaves. Each leaf, which is a verdant widening sheet, is fused with the tapered top of a concave succulent stalk.

From the time of planting, a *pechay* plant matures within two to three months. If left alone longer, the plant sometimes bears a cluster of yellowish flowers. The tiny



petals are finally shed, each leaving a tiny fruit, which consists mostly of a single seed. A variety that is commonly grown in school gardens and more so in farms is one which had been introduced from China. This is most commonly used in Chinese restaurants.

May I now recount three lessons in life, associated with planting and harvesting *pechay*.

A Lesson on Fairness.

When I was in grade one,

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CLINICAL IMAGES

A CURE IN TRIPLE-NEGATIVE BREAST DUCTAL CARCINOMA?

These images are from a 41-year old woman who presented with a palpable left breast nodule immediately posterior to the nipple with periareolar inflammatory cutaneous changes.

Ultrasound affirmed a 2.0-cm tumor underneath the nipple

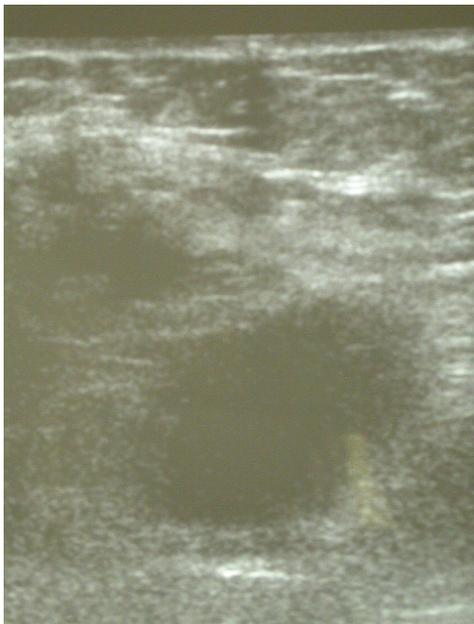


Figure 1

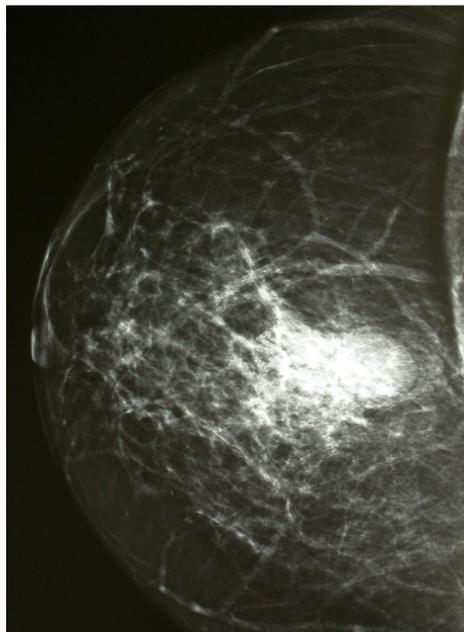


Figure 2

(Figure 1), highlighted on mammogram as a bright dense, irregular, poorly circumscribed and poorly demarcated mass in the center of the left breast tissue (Figure 2).

Figure 3, clockwise, (A) the stereotatic-guided vacuum-assisted core-needle biopsy

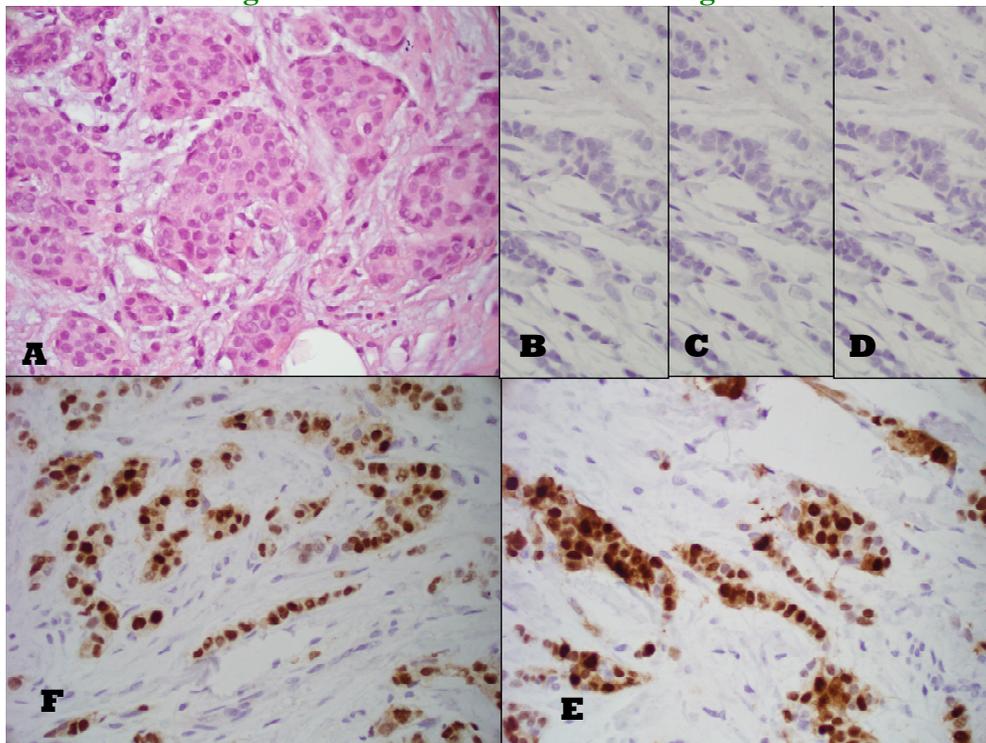


Figure 3

confirmed a high-grade ductal carcinoma, Nottingham score 3+3+2=8 (acinar formation, nuclear pleomorphism, and mitotic figures, respectively), without basaloid features. The negative immunostain represents (B) 0% estrogen receptor, (C) 0% progesterone receptor and (D) under-expressed HER2; (E) 90% p53, and (F) 30% Ki-67.

In addition, S-phase and DNA molecular evaluation showed aneuploid.

The final results signified a triple-negative high-grade ductal carcinoma associated with unfavorable p53, Ki-67 and aneuploid DNA.

The patient was administered with systemic chemotherapy of gemcitabine, nab-paclitaxel, and bevacizumab once every other week for seven months with significant improvement.

The regimen was followed by bilateral modified radical mastectomies which microscopically were negative for residual malignancy.

No new tumor in either breast was also noted.

The mastectomy surgical margins were negative for malignancy.

Two sentinel lymph nodes excised were negative for metastasis.

Breast reconstruction was done shortly thereafter, and follow-up for 5½ -year, to date, showed no recurrence or metastasis.

COMMENTS and LITERATURE REVIEW.

Triple-negative breast cancer (TNBC) is defined as tumors

that neither express hormone receptors nor overexpress human epidermal growth factor receptor 2 (HER2)/ *Neu* gene amplification.

TNBC tumors account for approximately 15% of breast cancers.

Clinically, they are highly aggressive and disproportionately affects young women under 40, African American, and women who have a genetic mutation called BRCA1.

The risk of recurrence is higher than other breast cancer types within the first 3 years.

Distant recurrences in the brain and visceral metastases are more common than in hormone receptor-positive tumors.

Therapeutically, despite being highly chemosensitive, their progression-free time is generally short; and there is about 25% of patients treated with standard pre-mastectomy chemotherapy achieve complete remission.

Chemotherapy-wise, anthracyclines and taxanes are useful drugs; and high response rates have been described for the combination of ixabepilone-capecitabine and platinum.

The addition of antiangiogenic drugs has also proven useful.

A group of new drugs, poly-(ADP-ribose)-polymerase inhibitors, showed favorable results in TNBC tumors with BRCA mutation.

There are also currently several ongoing studies with new drugs including epidermal growth factor receptor inhibitors, c-kit inhibitors, Raf/ Mek/ Map kinase inhibitors and mTOR inhibitors.

Patients with metastatic TNBC exhibit progressively shorter response durations to successive lines of therapy.

In a retrospective series of 111 patients with TNBC, 14% of whom presented with metastatic disease at diagnosis, the median duration of response was only 12 weeks (range, 0–73.1 weeks) to first-line therapy, 9 weeks (range, 0–120.9 weeks) to second-line chemotherapy, and 4 weeks (range, 0–59 weeks) to third-line chemotherapy.

There is still an unattained clinical need for effective therapies that prolong survival for patients with metastatic TNBC.

In the absence of possibly curative therapies for metastatic disease, the goal of therapy is primarily palliative in nature, leveraging systemic treatment with minimal toxicity during remission and at the same time enhance quality of life by delaying the onset of cancer-related symptoms.

The patient illustrated here is an instance in Stage IA TNBC treated with first-line combination chemotherapy consisting of nab-paclitaxel, bevacizumab, and gemcitabine every other week. After only 5 weeks and 2 infusions, the patient experienced mass size decrease and symptom relief.

Following seven months of treatment, the patient achieved a complete remission that, with continuous therapy, persisted for 5½ years to date.

Overall, patients who experience a pathologic complete response with neoadjuvant chemotherapy have significant improvements in both disease-free survival and

overall survival compared with patients with residual invasive disease.

Less than 10% develop a distant recurrence at 5 years, and equivalent to that for patients with other breast cancer subtypes who experience a pathologic complete resolution.

Those patients with TNBC who do not experience a pathologic complete remission with the same chemotherapy have a much poorer prognosis — an observation that has sometimes been referred to as the *triple-negative paradox*.

FINAL DIAGNOSIS.
Triple negative, high-grade infiltrating ductal carcinoma Stage IA in complete remission for 5½ years.

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

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 the April 2013 issue

April 15, 2013

Please address submissions to **acvrear@aol.com**

FOR FREE PHILIPPINES

CESAR D CANDARI, MD⁶¹

(The following is a speech originally written in a book memoir as a remembrance of the Movement for Free Philippines, reprinted to commemorate the anniversary of the People Power Revolution.)

February 25, 1986 reminded



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us of the EDSA People Power Revolt in the Philippines. It has brought us from a dictatorship to democracy.

The past 27

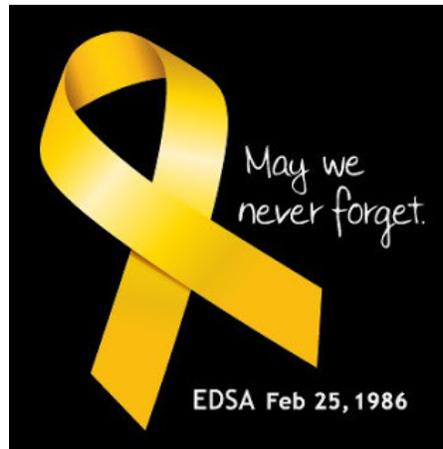
years was hardly any thing left to be said. Except to remember and be grateful. And, except to wonder over again. I delivered my speech in that very day at the Movement for Free Philippines Rally in downtown San Diego, California.

We have finally come to the final hour and the election in the Philippines our beloved country has ended but not over yet. Democracy has faced the toughest challenge of resurrection in the Island of the brave and the home of the free. It is the Filipino people's turn to make a judgment wherever they are, here in the United States, in Canada and other parts of the world. And that is the very reason why we are gathered here this afternoon. Those who have committed to help the Filipino people to regain their lost freedom have done their share of the struggle to the limits of their human capabilities.

What remains now to be done is

to save our people from the continued Marcos rule and that is the very reason why you and I are here this afternoon to appeal to the conscience of the people of the United States, to the leaders of the government and particularly to Mr Ronald Reagan to stop support of a government who has destroyed and gutted the very main fiber of democratic principles in the Philippines. For it was considered that the Philippines as a nation are one of the remaining bastions of democracy in the Asian continent now, that image is fading in the horizon.

Our dream and quest for democracy are fading indeed; the Philippines today under the Marcos government have lost its freedom and democracy that we have enjoyed in the past. Ferdinand Marcos has devoted the greater part of his twenty years of presidency in plundering the economy of the Philippines and corrupting its civic institution. In the ultimate act of greed and larceny, he has brazenly stolen and hijacked the expressed hope of the Filipino people for a return to democratic rule.



The hue and cry in the Philippines is for a change to a

democracy. The country's economy is deplorable; peace and order are deteriorating all over the country; the insurgents NPA are becoming stronger. There is a lag in productions, the Philippine peso is continually losing its buying power, prices of food commodities and other daily necessities have skyrocketed to a point where the consumer with very little and limited income could hardly afford to buy the basic family requirement. Unemployment rate is rising. Human rights are destroyed and there is no justice serve for those perpetrators of crime who happens to be supporters and cronies of the Marcos administration.

You have seen and heard ladies and gentlemen, in the current media coverage of the Philippines during the pre and post election time of the dire poverty of our people in the slums of Tondo, the media censorship, the brutality of the Army and police and the brashness of Mr Marcos. On the other hand, you were able to see also the bravery and the enthusiasm by which the Filipino people tried to insure an honest vote and ballot count.

We saw a nun who set in the ballot boxes during the power black out, about college students standing up to armed men, about common Filipinos linking arms to protect the ballot boxes, some risking their lives. Ladies and gentlemen, the Filipinos proved beyond doubt to the entire world that they want democracy back. But what had happened? Mr Marcos stole the election. The will of the people has been trampled.

Cory Aquino, the 52-year-old widow has the fallen leader Benigno Aquino has shown a mandate of the people had it been free and a fair election.

The flagrancy of the electoral cheating attempted by the Marcos forces had been staggering. We are told that thousands of voters, who supported Mrs Aquino, went to the polls only to find that their names had been stricken out from the voter's lists. There are rampant intimidations of pro Aquino and some cases murdered.

A good friend of mine Evilio Javier from the province of Antique where I came from was murdered in broad daylight at the Provincial building where he was watching and safeguarding the ballot count for Mrs Aquino. Ballot boxes were openly stolen. Computer operators walked out off their jobs in dismay after finding that vote totals were rigged in Marcos favor. All these occurred before the eyes of 600 foreign reporters and scores of American observers and to the entire world.

Just the other day, we learned that Mr Marcos hinted of imposing Martial Law once again. Not only that he is going once again to crown himself as king, emperor and a military governor. He will succeed again to execute a masterful political maneuver. The Marcos constitution today, instead of protecting the Filipino people from dictatorship, institutionalizes dictatorship.

The foundation of the Marcos dictatorship regime is the total destruction of the old system of check and balance. The constitution now allows Mr

Marcos through Amendment 6 to push aside the legislature in order to give way to his decrees. The will of Mr. Marcos has become a law. Now Martial Law is being hinted. Because of Amendment 6, this is a powerful instrument of oppression. It has spawned legal monster. Public decree N0. 1936 authorizes the detention of persons at the sole discretion of the President. This is what we expect on this Martial Law.

My friends and lovers of democracy, we have been robbed of the chance to institute change in our country' leadership. All we can do now is to ask the Reagan administration to align themselves with the forces of democracy, to plead for justice to be duly served to the robbers of democratic principles, the forces of evils -- the Marcos government--. We ask your help, peoples of the United States of America. Mr. Regan, we implore upon you to stop support of the corrupt autocracy of President Marcos.

The Philippines is a country with closest possible ties to the United States of America. The U S. military facilities in that country, the Subic Bay Naval Station, and the Clark Air Force Base are vital to our Pacific Defense. We have fought side by side during the 2nd world war for preservation of democratic principles. The United States of America has given us, as a nation, a legacy of liberty. Marcos has betrayed that legacy.

What we want from you Mr Reagan is to stop military and moral support of a man who betrayed that legacy of liberty. Only then, will the Philippines

become true heir to our legacy of liberty. Only then will the shadow of blood vanish from the face of the sun. We will and must continue to seek for that wonderful dream—a return to democracy. Marcos has deprived the Filipino people of that democratic right in the last 20 years and finally the person has awakened.

Buhay, Lakas and Pagkakaisa (Life, Strength, people power and Unity) shall be our battlecry!

The question to ask now is whether the wonder of the EDSA revolution has diminished shattering the dreams of the Filipinos? Did EDSA brimming with the faith of the Filipinos have receded with time?

Indeed, we have a free country, but to be free is not enough. The machinery of corruption is also set free and running as it was in the time of tyranny. The Filipinos got rid of the plunderer and looter of this nation's wealth only to realize that a new pack of looters had taken over.

After the EDSA Filipinos now have a voice. No matter how loud the voice were no one is listening. No one really cares. The post-EDSA Filipinos now have a voice. But who is listening? Nobody among politician really cares.

It remains a wonder to behold 27 years later. As wonders go, we can say everything about EDSA and yet nothing, it had failed. That the EDSA spirit is dead, the Pilipinos are back exactly to where they were before EDSA; the abject poverty and the blatant corruption of their government. To top it all, the

Marcoses are back in power, an unimaginable happening. In Nick Joaquin's words, *'to have a future again, a tomorrow again, and that we didn't have to resign ourselves to a numbing prospect of one damnable Marcos after another.'*

Why EDSA failed? Historians shall have the right perspective; that the ideologues will lament that the revolutionary zeal for reforms has fizzled out. Those traditional vested interests are back in business as usual. That Pilipino politics is out of order and needs an overhaul. That the national purpose is aimless. That national unity is in tatters. That the EDSA spirit is dead.

ON PECHAY

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attending the Barrio School in Santa Maria, San Nicolas, Pangasinan, my plot of *pechay* plants was judged the best. The reason for this was that I



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used a liberal amount of fertilizer, consisting of decomposed cow manure. (Close to the ditch from which we fetched water for gardening purposes was a pit into which sacks of dried cow manure had been thrown and allowed to disintegrate for a few days).

Moreover, everyday (early morning or late afternoon), I carefully watered the garden plot. Also, I took time to

cultivate the soil three inches around the base of each plant at least once a week.

How happy was my Mom when she was invited to view the number-one plot in the school garden — that it belonged to her son! I felt good to hear her say: *I am proud of you, Uling!*

At that time, I also spent time during weekends to gather Bermuda grass in the fields, compressing the wreaths and clusters of grass into a fairly large bamboo basket. It would take about an hour uprooting and gathering the said grass to fill one basket. This was then sold 5 centavos a basket to competing horse-owners in the barrio. This amount was enough to buy three cookies and two seeds of lemon drops.

When the *pechay* plants were close to maturing, the plots of garden appeared completely covered by the verdant leaves of *pechay*, spreading around luxuriantly and symmetrically. How good I felt to see the fruition of my labor!

But this feeling of satisfaction did not last long. One afternoon, while I was watering the plants, Nana Itang, who owned a *sar-sari* store in front of the school, sauntered to the school garden to present a business proposal to the gardeners. *I want to buy your pechay plants,* she offered, in a positive tone.

At first, I remained unconvinced. I knew that my Mom had once visited the garden and was so proud of me for having the best plot of

pechay among some 30 gardeners.

Because your plants appear the best, she continued. *I will offer you more than I had offered the other gardeners.*

Then she dug into her purse and showed me five shiny nickels. I was suddenly reminded that this amount of money was five times the cost of a basket of Bermuda grass. Childishly, I estimated that this would buy enough cookies and lemon drops to supply my needs for many days.

Finally, Nana Itang won me over. She carefully uprooted all the beautiful plants, bundled them together, and left in a huff. When I arrived at home, I presented the money to my Mom, triumphantly.

What is this? she asked.

That was handed to me by Nana Itang when she came to gather all the plants from the garden plot, I explained, innocently.

What? exclaimed my Mom, rather upset.

She bought also the plants of my classmates and paid them less than I was paid, I added, impishly.

She cheated and deceived you! Mom cried out in a rare fit of anger. *The price of your plants is ten times more than the money she offered to you.*

I was speechless. I thought I had been paid good money, comparing this with the amount received from gathering Bermuda grass. To cut the story short, my Mom and I rushed back to the store of Nana Itang. We found her cleaning the now-detached *pechay* leaves and

arranging them for display in the store.

Itang, my mother addressed her in a subdued voice, trying hard to hold her feelings of anger. *Why did you do this to my son? You know very well how much the plants truly cost, but you offered so little.*

Moreover, he is underage. You should have acted the better. You should have been fair to a lad, who is too young to understand matters on money.

How embarrassed I was when Nana Itang returned the *pechay* leaves to us, and five nickels thrown back to her lap. Even worse, I felt guilty for doing something without consulting my Mom.

Second: Lesson on Generosity and Love. My schooling was interrupted by a strange illness, characterized by excruciating pain in my knee joints and lower back. This took place at the close of a commencement exercise in the elementary grades in Artacho, Sison, Pangasinan. I spent the succeeding year in Bone, the largest barrio of the municipality of Aritao, Nueva Vizcaya.

Providentially, I came across a book in Dad's room — Ministry of Healing by E G White. I had the luxury of time to read it through more than once, and soon became convinced to adopt vegetarianism.

After six months of bed rest and meatless diet, my joints gradually and steadily stopped aching. I started making a few steps in the house, then out on the yard. Not long after, I began scaling the hill by the provincial road. In a month, I was strong enough to do some gardening.

By this time, Auntie Nena, a beautiful cousin of my Dad was vacationing with us. I recall that my Dad had been so accommodating that his cousins from Pangasinan loved to vacation with us. I recall that at least two of his cousins had found their lifetime partners after vacationing with us.

One late afternoon, a teacher in town must have heard about the presence of Auntie Nena, a teen-ager. Modestly, he came to visit in the pretext of inspecting my garden. He did not even converse with Auntie Nena.

However, after he had left, I teasingly said to her *Auntie, I sense he came to see you rather than my garden.*

Her beautiful dimples deepening, she simply shrugged her shoulders. *He is too old for me!* she said, giggling.

During the next visit, the teacher (Mr Antonio Tukay, I later found out, was his name), came to my plot directly.

Here is an envelop of pechay seeds," he offered with a smile. *Plant these seeds in a seedling box and when the seedlings have grown about an inch high, transplant them into your garden plot.* I was once more reminded of my prize-winning garden plot of *pechay* when I was a first-grader in Santa Maria Barrio School. I believed I still knew the art of growing the best *pechay* in the area.

It was a pleasure watching the transplanted seedlings grow. And Auntie Nena herself wondered and became proud about the beautiful garden plots that made our backyard the best in the barrio.

Meanwhile, the school teacher, Mr Tukay, continued faithfully visiting. And one

late afternoon, he came just in time to see Auntie Nena and me, sprinkling water over the many plots of rapidly growing *pechay* plants. He graciously offered to take the sprinkler from Auntie Nena and did the watering himself.

To cut the story short, Auntie Nena began to react positively to Mr Tukay's visits. Finally, she could not refuse his proposal to take her to be his lifetime partner. During the reception following the wedding ceremony, Auntie Nena came to me and hugged me.

Thank you, Uling! for raising pechay successfully, she said, her active dimples tickling my cheeks. And she did not have to explain why. I understood then that it was the *pechay* that finally won her heart to admire the generous heart and loving hands of the giver of the *pechay* seeds — Mr Tukay, now an uncle to me.

Disciplining with Love. You might not believe this. But it is true as night follows day. During the third year of World War II, I was persuaded and assigned by the late Mr Pablo Poblete who was then the Northern Luzon Mission Director of Education, to teach grades one to four in an isolated church school in Lantap, the largest barrio of Bagabag, Nueva Vizcaya.

I had never taken up a subject on the art of teaching. Fortunately, Mr Tukay, Auntie Nena's husband, was then principal of the Bagabag Elementary School, only three kilometers away. I had time to consult with him about textbooks and even to observe a

couple of his teachers in their respective classrooms. Uncle Tukay was gracious enough to loan me much needed books.

More significantly, my memories of gardening while in Santa Maria and also in Bone seemed so fresh still to me. Naturally and accordingly, I not only encouraged but actually required that all the boys engage in gardening. To further stimulate them, I offered handsome prizes.

At this time, I boarded with the Pagaduan family, and was assigned a spacious room. Isaias, the only son of Mr and Mrs Pagaduan, was one of my pupils in the second grade. He was a quiet boy, who seldom would smile, even when classmates joked with him.

I gave a few tips to the boys on how to plant *pechay* profitably. I even helped in preparing the seedbeds and, later, in planting the tiny black *pechay* seeds. Within four days, the seeds wonderfully sprouted. Ten days later, the seedlings were ready for distribution to the pupils, who would plant them in their respective plots.

Each endeavored to do as I had instructed. Apparently, the prizes for the best three gardeners rang out in their minds. One afternoon while inspecting the garden plots behind the school/church building, I noticed that Isaias' plants were not thriving as luxuriantly as those of the other boys'.

Isaias, I admonished, I want you to win one of the prizes. You must cultivate and water your plants regularly.

Next to his plot was that of Isidro's. His plants were exuberant, and I praised him in the hearing Isaias, hoping that the latter would be encouraged. A couple of weeks later, Isidro came to my table, complaining that someone had stolen a few of his plants, replacing them with smaller ones. I rushed to the garden to investigate. I noticed readily that there were plants on Isaias' plot that were wilting. It was evident that these had been transferred from someone else's plot.

Why did you do this? I said in a scolding voice. No reply from the boy who now bowed his head in shame! Then I proceeded to spank him three times, in the presence of other boys. But Isaias appeared untouched; no tears rolled down his cheeks.

When I returned home from school, I conveyed the incident to his Dad, who had all the while been so kind and accommodating, even helping me plant oranges on the adjacent property which I had purchased at his suggestion. As expected of a normal father, Mr Pagaduan felt sad that his boy had acted mischievously.

Nonetheless, the family continued to serve my needs faithfully. Fresh vegetables and fruit from his farm graced our dining table and my clothes were laundered clean and punctually.

As the days moved on, I noticed that Isaias began to falter in his class work. I began to feel guilty for having spanked him in public.

Finally, I had to talk to Isaias alone, apologizing for having

whipped him in the presence of other classmates. This helped him regain his self-esteem. And soon he began to excel again in his class and finally raised the best *pechay* in the school garden.

Conclusion: These three experiences in gardening with *pechay* plants have taught me important lessons in life:

First: Be fair. Do not take advantage of others' weakness or lack of knowledge

Second: A display of love can do wonders. The envelope of *pechay* seeds opened the heart of my Auntie Nena to accept Mr Tukay's proposal for marriage. Love, like *pechay* plants, needs daily attention and care.

Third: Discipline must be done in love: it should be done privately. More importantly, a timely and sincere apology can serve as a healing balm.

SEQUESTRATION

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years, with \$11 million to be cut



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in 2013. This is a 2% cut to physicians and clinicians (estimated at \$4.9 billion) and 2% to hospitals (estimated at \$5.6 billion)

and will lead to 496,000 jobs being eliminated in 2013 and a loss of 766,000 jobs by 2021, as stated below.

Even before the it started, statements gathered from analysis of the impact of sequestration to medical care

are hereby summarized taken from *The Negative Employment Impacts of the Medicare Cuts in the Budget Control Act of 2011*, by Tripp Umbach (see chart below).

Large scheduled budget reductions in Medicare are projected to harm not only physician practices and hospitals, but also other employers more indirectly tied to the health care industry.

Research sponsored by the American Hospital Association projected a total of 766,000 job losses through 2021 stemming from the Medicare budget contraction of about \$120 billion over the decade.

Sector job losses:

Hospitals	144,006
Nursing facilities	63,946
Physicians/ offices	61,809
Laboratory	56,527
Home health	39,143
Real estate	35,040
Food services	33,612
Employment	23,498
Wholesale trades	12,965
Health retail stores	11,444

Most doctors are now waiting to see what happens. It has been stated *about 90 percent of doctors are completely uninformed about what the government's doing. A lot of them are in this free-floating anxiety mode.*

Even physicians with no plans for career change are worried about the profession for reasons related to Obamacare. A sweeping survey of 13,575 doctors released in September by the Physicians Foundation found that 77 percent were pessimistic about the future of medicine. The main reason is malpractice lawsuits which the president's law did little to address. After that, the top

factors cited were *Medicare/ Medicaid/ government regulations, reimbursement issues and uncertainty/ changes of health reform.*

It is stated that physicians would not escape the effects, as nearly 62,000 jobs would disappear from or fail to materialize at doctors' offices and other health professionals' offices through 2021.

It is undeniable that office-based physicians continue to play a vital role in the economy.

Doctor's practices supported about 4 million jobs in 2009, and today, the indirect and direct impact of cuts to Medicare would destabilize physician offices across the country. The future of the Medicare program is of concern to most physicians. In addition while these cuts alone will be devastating to physician practices and patient access to care, physicians are also facing present and future financial penalties if they do not successfully participate in multiple Medicare programs, including the e-prescribing program, the electronic health record meaningful use program, and the physician quality reporting system, as well as the value-based modifier.

It has been proven that hospitals are the largest component of the health care sector and employ more than 5.4 million people. Two out of every three dollars spent on hospital care goes to the wages and salaries of caregivers and other workers.

Business analysis stated that *the goods and services hospitals and hospital workers purchase from other businesses create additional jobs and economic*

value for the community. Hospitals rank second only to restaurants as the top source of private sector jobs.

Apparently, sequestration would not affect Medicaid, the joint federal-state health program for the poor. There will be reductions in payments to hospitals, physicians and other care providers, including Medicare Advantage plans and the companies running the Medicare Part D plans.

According to Dr Gary Wiltz, the chairman-elect of the board of the National Association of Community Health Centers, one of the groups facing those cuts, said *the reduced federal funding will cause the centers to dramatically curtail services and estimates that as many as 900,000 patients could be turned away from care. Many of them cannot afford to go anyplace else.*

A White House summary of the sequestration's effects includes these health-related programs: *The National Institutes of Health would be forced to delay or halt vital scientific projects and make hundreds of fewer research awards,* which means that *several thousand personnel could lose their jobs*, the White House said. Twelve thousand scientists and students would be impacted because the National Science Foundation would offer 1,000 fewer research grants and awards.

The Food and Drug Administration would be able to do fewer drug approvals and conduct 2,100 fewer inspections at domestic and foreign facilities that manufacture food products. The funding cuts could lengthen FDA reviews of

new drugs and medical devices; curtail CDC immunization and infection control services, and delay research funding and potentially slowdown ongoing medical research.

Cuts to the Mental Health Block Grant program would mean that 373,000 adults and children would not receive mental health services.

This cut would likely lead to increased hospitalizations, involvement in the criminal justice system and homelessness for these individuals, according to the White House document.

Cuts to the AIDS drug assistance program could result in 7,400 fewer patients having access to HIV medications, and the Centers for Disease Control and Prevention could conduct approximately 424,000 fewer HIV tests.

The Indian Health Service and tribal hospitals and clinics would also be hit by sequestration, with 3,000 fewer inpatient admissions and 804,000 fewer outpatient visits, according to the White House analysis.

It has been stated by pundits as many as 32 million people are expected to be added to the health care system as a result of Obamacare, half of those as a result of the expansion of Medicaid. Many doctors already refuse to accept Medicaid patients because the government reimbursements for services rendered are well below the market rates. It is a fact that doctors are concerned about economic incentives. What has been stated is this: *A lot of people are going to leave private insurance and go on*

Medicaid because it's cheaper, and that means lower reimbursements for doctors because Medicaid is such a poor reimbursing. At the same time that we're increasing the need for more doctors, we're decreasing the incentives that would normally attract people to the medical profession.

In my view sequestration's impact have a far-reaching consequences in the field of medicine. This is not good for the country, for the patients and medical providers. I feel this is a significant hack to health care, which saves American lives and puts Americans to work. There is no doubt that the impact of cuts to hospital care would have ripple effects throughout our nation's economy.

MEET US IN LAS VEGAS

continued from page 1

only negative comment in the



**NOLI C
GUINIGUNDO MD**

press is his young age. But as some of our priests had asserted, we really do not know.

If it is God's will then he can become one.

We are praying that he becomes the next Pope.

He has a lot of years ahead of him and with God's will he probably will be one of the longest-serving great Popes in the history of Papacy.

The problem with the 1962 Golden Jubilarians' medallion is almost resolved. For some reason, the wording Medicine Class⁶² was omitted from the bottom of the medallions and about 20 Jubilarians returned theirs for engraving.

I brought them with me, about 12 and the other three given to Dr Hernani Tansuche to be relayed to the Michigan alumni.

We are still waiting for the rest from Dean Remy Habacon.

Now Class⁶² needs about 20 more and we have requested the same from our Dean. Hopefully it will also be available to the Class⁶².

I have requested for the updated version of the MOA (memorandum of Agreement) from Dr Rene Mendoza, but up to this writing, no MOA. This was the problem that I have previously mentioned in my President's report.

Dr Cesar V Reyes came up with the printed invitation, CME brochure and registration form. I wish to acknowledge the same and acknowledge him for the good job.

We will again send the information after the Spring Las Vegas meeting.

We hope everybody got opened their e-mail that contain the reunion program, invitation, and registration form.

Until then, I hope we will have a new Pope when the next issue of the ECTOPIC MURMURS is released.

I hope to see you all in Las Vegas, and later in Chicago.

God bless us.

NOLI GUINIGUNDO MD⁶²
FEUDNRSMAF President

MARCH QUOTE

FEUDNRSMAF STUDENT ACHIEVEMENT AWARD

Do you want to know a little bit more about the SAA?

The cost for each SAA is \$50. If you want your award in perpetuity, it is \$1050.

You can label your award in your name, or in the name of the person you wish to honor.

This is a challenge for you to channel the extra dollars of your donation/ charity budget to recognize an honor-roll needy student or two at the FEU-NRMF medical school.

Your donation(s) are tax-deductible. Please make your check payable to

FEUDNRSM Alumni Foundation.

Your donation this year will be awarded during the Student Recognition of the 2014 *Balik-FEU* in mid-January at the FEU-NRMF in West Fairview, Quezon City.

If you wish --- you can also distribute your award(s) in person during the Student Recognition ceremonies at FEU-NRMF!

If interested to set up a SAA or two, please contact:

CESAR V REYES MD
6530 Dunham Road,
Downers Grove, IL 60516
Phone 815-942-2932 x7565
or acvrear@aol.com

In addition, if you are interested to establish a Professorial Chair Fund in your name or of someone you wish to honor, please inquire with the above contact person.

Tax collectors and sinners were all drawing near to listen to Jesus, but the Pharisees and scribes began to complain, saying, *This man welcomes sinners and eats with them.* So to them Jesus addressed this parable:

A man had two sons, and the younger son said to his father, 'Father give me the share of your estate that should come to me'.

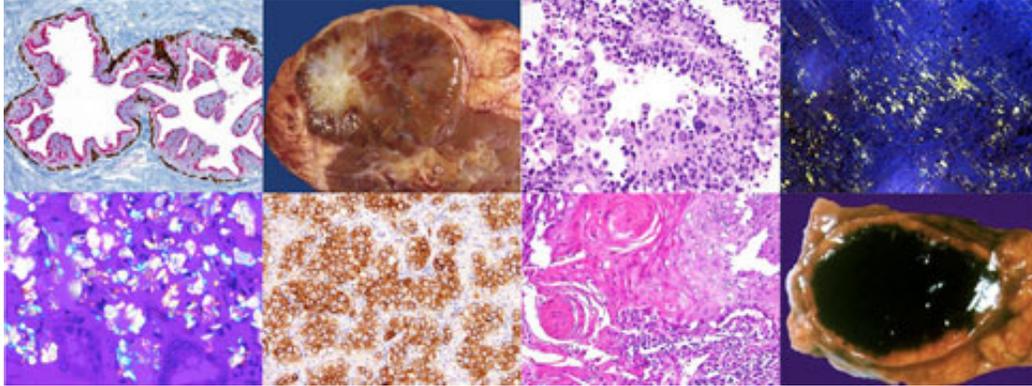
So the father divided the property between them. After a few days, the younger son collected all his belongings and set off to a distant country where he squandered his inheritance on a life of dissipation. When he had freely spent everything, a severe famine struck that country, and he found himself in dire need. So he hired himself out to one of the local citizens who sent him to his farm to tend the swine. And he longed to eat his fill of the pods on which the swine fed, but nobody gave him any. Coming to his senses he thought, *How many of my father's hired workers have more than enough food to eat, but here am I, dying from hunger. I shall get up and go to my father and I shall say to him, 'Father, I have sinned against heaven and against you. I no longer deserve to be called your son; treat me as you would treat one of your hired workers.'* So he got up and went back to his father. While he was still a long way off, his father caught sight of him, and was filled with compassion. He ran to his son, embraced him and kissed

him. His son said to him, *Father, I have sinned against heaven and against you; I no longer deserve to be called your son. But his father ordered his servants, 'Quickly bring the finest robe and put it on him; put a ring on his finger and sandals on his feet. Take the fattened calf and slaughter it. Then let us celebrate with a feast, because this son of mine was dead, and has come to life again; he was lost, and has been found.'*

Then the celebration began. Now the older son had been out in the field and, on his way back, as he neared the house, he heard the sound of music and dancing. He called one of the servants and asked what this might mean. The servant said to him, *Your brother has returned and your father has slaughtered the fattened calf because he has him back safe and sound. He became angry, and when he refused to enter the house, his father came out and pleaded with him. He said to his father in reply, 'Look, all these years I served you and not once did I disobey your orders; yet you never gave me even a young goat to feast on with my friends. But when your son returns who swallowed up your property with prostitutes, for him you slaughter the fattened calf. He said to him, 'My son, you are here with me always; everything I have is yours. But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found.'*

Luke 15: 1-3, 11-32

e-learning **PATHOLOGY FOR UROLOGISTS:** An Educational Program



Welcome to the updated version of pathology for urologists!

This program is designed to help urology residents and fellows familiarize themselves with the pathologic features of common urologic entities. This will serve not only as a resource tool for your review but also as a quick reference guide to urologic pathology.

This tutorial covers >250 different entities, encompassing pertinent histoanatomic structures to recent innovations and advances in the field. These include among others, newly recognized tumors and terminologies, latest classification schemes, current grading approaches (eg recent WHO grading for urothelial neoplasms, ISUP modified Gleason grading, etc), molecular alterations, and commonly used ancillary diagnostic techniques particularly immunohistochemistry. Main differential diagnoses and their distinguishing features are also presented. There are >650 high-quality images which include gross pictures, histologies, cytologies, special stains, other ancillaries, drawings and illustrations.

A self-test is provided at the end for your own assessment.

Descriptions are made short and concise (not >1 page per entity) but enough to cover the basics that urologists should know about pathology. The text is bulleted, key terms and messages are bolded or italicized, and some pathology lexicons are clarified. The images have labels in place and can be enlarged for ease of use in your laptops, tablets and even smartphones.

Under the auspices of the American Urological Association, this is a free, quick comprehensive easily accessible web-based guide for genitourinary pathology. It is an educational tool designed mainly for urologists, but will also be good for medical students and pathology residents.

Printing it in the **ECTOPIC MURMURS**, **FEUMAANI News**, **INTRINSIC MURMURS** and **PMAC News**, it is hoped it may reach our urologists, surgeons, and pathology colleagues and medical students and residents back home in the Philippines, especially the Far Eastern University, of this easy access free educational material.

The link is <http://www.auanet.org/eforms/elearning/pathology/>

Click on the table of contents to select the entities. Enjoy!

GLADELL P PANER MD

Assistant Professor, Pathology and Urology

University of Chicago

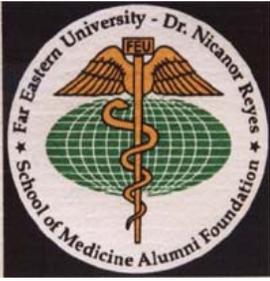
COMMENTS

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 the April 2013 issue **April 15, 2013**

Please address submissions to acvrear@aol.com



FAR EASTERN UNIVERSITY DR NICANOR REYES SCHOOL OF MEDICINE ALUMNI FOUNDATION

34th ANNUAL REUNION & SCIENTIFIC CONVENTION

HONOREES

- Class⁵⁸ (Emerald Jubilee)
- Class⁶³ (Golden Jubilee)
- Class⁸⁸ (Silver Jubilee)
- Class⁶⁸ (Sapphire Jubilee)
- Class⁷³ (Ruby Jubilee)
- Class⁷⁸ (Coral Jubilee)
- Class⁸³ (Pearl Jubilee)
- Class⁹³ (20th Anniversary)
- Class⁹⁸ (15th Anniversary)
- Class⁰³ (10th Anniversary)



CLINICAL PRACTICE ADVANCES 2013

ACCME accreditation provided by
the **PHILIPPINE MEDICAL ASSOCIATION in CHICAGO**

July 17 - 21, 2013

Intercontinental Hotel Magnificent Mile Downtown Chicago

505 N Michigan Avenue, Chicago, IL

(800) 948-0424 (312) 944-4100

The link below will allow guest to book, modify and cancel their reservations online. Additionally, guest can book their reservation by calling our Hotel directly at 1-800-628-2112 (312-944-4100 for international callers) and identify themselves as participants of the Far Eastern University room block (or group code CHE). <http://goo.gl/QqCHi> Please note that your group rate is available until **June 26, 2013**. Any reservations requested after this date will be based on availability and at the Hotel's prevailing rate. Please let me know if you wish to receive weekly reports reflecting your current pick up once the registration opens.

PMAC March Meeting

Wednesday, March 20, 2013, 6:30 pm
Maggiano Oakbrook, Oakbrook IL
Telephone 630-368-0300

QYSMIA

Mark Stolar MD

Associate Professor of Medicine, Northwestern University Medical School

RSVP to **Sharon Elkin** 1-877-732-7033 QProgram@mo-nyc.com

Spouse should be nurses/ office managers. There should be about 50 attending.

Please join the
PHILIPPINE MEDICAL ASSOCIATION in CHICAGO
PMAC Auxiliary
PMAC & Auxilliary Medical Foundation

in a fund-raising luncheon to benefit the medical surgical missions to the Philippines and in live **OLIVER, one of the classics of all time, based on the Charles Dickens novel.**

Wednesday, April 24, 2013,
at 11:30 am, show at 1:30 pm

Drury Lane Oakbrook Terrace
100 Drury Lane Oakbrook Terrace, IL 60181
(630) 530-8300

Limited Tickets - \$65

Choice of entree: roast sirloin, baked salmon, or chicken marsala

Please RSVP by April 20, 2013, with

Marylyn A. Lopez marylyn18@sbcglobal.net 815.355.5511

Clarita Mangubat luisangubat@att.net 847.963.040

Nancy Castro gij091211@aol.com 815.954.0094

Salvy Marino salvymarino@firstchoicehealthserv.net 630.827.9471

OLIVER!

One of the most beloved classics of all time, **OLIVER!** is the wildly successful British musical based on the Charles Dickens novel. After a successful opening run in the West End in 1960, **OLIVER!** has brought Dickens' ageless characters to life, enjoying numerous critically acclaimed runs and revivals in the United States and England. Audiences will follow orphan Oliver Twist as he embarks on a life-threatening adventure through the dismal streets of nineteenth-century England. The sensational score includes Food Glorious Food, Consider Yourself, You've Got to Pick-a-Pocket or Two, I'd Do Anything, As Long As He Needs Me and many more.

The Auxiliary to the Philippine Medical Association in Chicago
together with
The PMAC and The PMAC & Auxiliary Medical Foundation
cordially invite you to their

INTER-UNIVERSITY MUSICAL REVUE

Saturday, April 20, 2013

Hyatt Regency O'Hare

9300 W. Bryn Mawr, Rosemont, IL (847) 696-1234

Cocktails: 6:00 P.M.

Dinner: 7:00 P.M.

Attire: Formal

Donation: \$75.00 (to benefit Philippine Medical Mission)

RSVP by: April 8, 2013

Marilyn A. Lopez, R.N. (815) 355-5511

Simeon A. Sevandal, M.D. (773) 858-2185

Checks Payable to: PMAC Auxiliary

FAR EASTERN UNIVERSITY

Medical Alumni Association in Northern Illinois



Fundraising Raffle * Drawing will be held on May 4, 2013 * Hilton Rosemont/ Chicago O'Hare

First prize: 25% of total sales

Second – fourth prizes: 25% of the total sales divided into three

Proceeds to benefit medical surgical mission to Cavite, Philippines, and project education for street children

Only 2,000 tickets will be sold. Need not be present to win. \$10 per ticket \$50 per six tickets

MACCHU PICCHU Tour/ CME

October 4 - 11, 2013

**Itinerary: Lima, Cusco, Sacred Valley, Machu Picchu, Lake Titicaca, and
a special added Golapagos Island tour**

Total trip cost per person, including international flights \$2194

Not included in the price are Cusco city tour \$75 per person

Meals not specified in the itinerary (additional 3 lunches and 3 dinners \$125

Tips Survival Travel Kit for guidance)

For further information, please call **NIDA BLANKAS HERNAEZ MD**

at **847-668-7385** or email ednida888@gmail.com