



ECTOPIC MURMURS

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KNOWING YOURSELF

AN OPEN LETTER to the new Board of Trustees

CESAR D CANDARI MD⁶¹ FCAP *Emeritus*

I will not be able to attend the Winter 2015 meeting of the FEUDNRSM Alumni Foundation board trustees on Saturday, March 28, 2015, in Irvine, California. As a member of the Board and the Constitution and By-laws Committee,



CESAR D CANDARI MD

I will surely be missing the very important meeting.

I wrote *Inspirational Leadership Forward and Growth* in the **ECTOPIC MURMURS** August 2014 to inspire our new chairman of the board, Oscar C Tuazon MD, and new president, Manuel M Malicay MD. A comment from the president stated, *What an inspiring and insightful essay*

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FROM THE HOME FRONT

LINDA D TAMESIS MD⁸⁵

Dean, FEU-NRMF IM
Congratulations to FEU-



LINDA D TAMESIS MD

NRMF School of Medicine mid-year Class 2013. They almost attained the elusive 100% passing level; the closest that we have come in years. This

Class was put through more than the usual difficulties that our students encounter due to the change in administration,

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FAITH CORNER

REV MELVIN ANTONIO MD⁶⁵

The Season of Lent has crept up upon us once again, overshadowed by the turmoil that is happening around cruelty and barbarism heaped upon Christians, Jews and Muslims around the world has held our attention and we tend to forget that our annual Lenten journey has begun once again.



REV MELVIN ANTONIO MD

On the February 18th, Christians around the world observed Ash Wednesday. This ushers in 40 days in which to reflect on what it means to be a follower of Jesus Christ in a world that is becoming more and more intolerant of those who call themselves Christians.

What is the message of Ash Wednesday to us? How does *continue to page 11*

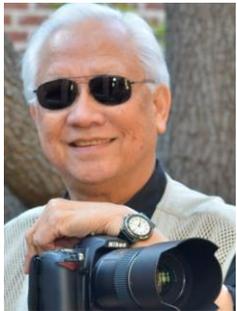


The **FEUMAANI Chorale** sang *Quodlibet*, *Duet of Cats* and *Let It Be* at the 54th anniversary interuniversity musical extravaganza hosted by the Philippine Medical Association in Chicago held Saturday night, March 21, 2015, at the Hyatt Regency Hotel O'Hare. They were the best dressed and best singing group, especially with the Beatles' universal anthem.

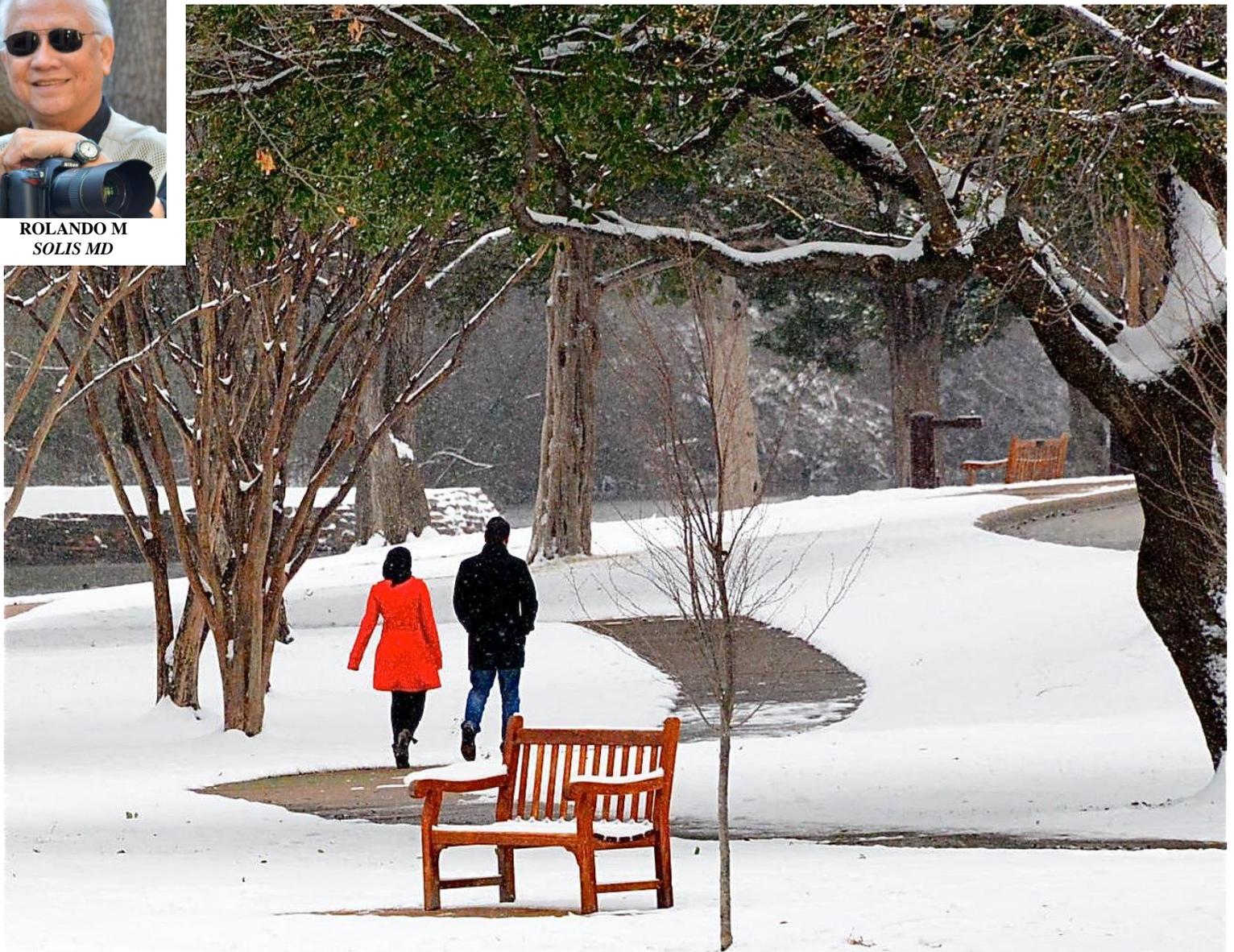


The results of the physician licensure examinations of February 2015 showed some 594 candidates passed out of 892. Among the top 10s, were graduates of the Southwestern University College of Medicine, Fatima University, Cebu Doctors University, from University of Santo Tomas, Emilio Aguinaldo College-Manila, Ateneo de Zamboanga, and a tenth place for the FEU-NRMF School of Medicine. CONGRATULATIONS!

MARCH IMAGES



ROLANDO M
SOLIS MD



A stroll through a Dallas Park with snow by ROLANDO M SOLIS MD⁶³

The Irony of the EDSA

CESAR D CANDARI MD⁶¹
FCAP Emeritus, Henderson NV

Last month the Philippines commemorated the 29th

anniversary of the first People Power revolution. Pilipinos are all familiar with EDSA-1 as a popular uprising of more than two million Pilipino civilians along with political, military and

religious figures that catapulted Corazon Cojuangco Aquino to the Presidency of the Philippines. People Power was our shining glory! The whole world applauded our saintly courage, our dignified defiance, and our bloodless solution to expel a dictator. We were the toast of all freedom-loving countries, the envy of all oppressed people.

The irony is that I thought Pilipinos will be celebrating on the anniversary of this historical revolution, yet there was these groups that are alleged to mount another EDSA. A previous week-long rally organized by three groups against Cory's son, President Benigno Simeon Aquino III, demanding his resignation as a result of the botch and disastrous commando operation on January 25 that killed 44 soldiers.

Another irony. According to media reports, among the president's opponents are his mother's brother Jose Cojuangco and Cojuangco's wife and former governor of Tarlac province, Margarita

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I AM THE IMMACULATE CONCEPTION

NAPOLEON ABANDO MD⁶⁸

Que soy era Immaculata Councepciou. These were the very words uttered by the Blessed Virgin Mary when the teenage visionary St Bernadette

asked the *Aquero* on the 16th apparition of our Lady of Lourdes.

It was significant because it was the anniversary

day of the Annunciation when the angel told Mary that she was chosen to be the mother of God. The uneducated, poor and sickly 14-year old Bernadette keep repeating these words on her way to report to the Lourdes parish priest.

We Pilipinos love to go on pilgrimage. It is in our DNA. Like most of you, my wife and I with our Pilipino parish priest made a pilgrimage to Lourdes, Nevers, Paris and Lisieux, France, then finally to Medjugorje in Bosnia-Hersogovina last November.

We preferred to go during off-



NAPOLEON
AB ANDO MD



St Bernadette Soubirous of
Lourdes

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LETTER TO THE EDITOR

I received my **ECTOPIC MURMURS** and again

impressed by its content. Brother Rolando Solis' mind-engraving pictures are as awesome as ever.

Brother Cesar Candari's item is worthwhile reading with many details of history not appreciated by many.

As a footnote in Pilipino American war, I always have the highest respect to General Henry Lawton, more than the cob-pipe smoking *Liberator* who destroyed Manila. I think it was a mistake to have assassinated General Lawton by the sharpshooter from General Licerio Geronimo.

American press at that time recorded the shot as a fluke (*Tsamba lang*). Little did they know that some *Katipuneros* were armed by German made 7X57 Mausers model 1891, the most advanced rifles at that time, while the United States troops were using buffalo guns 1895 Winchester, caliber 45-70. They had a lot of .30 cal.Krag, bolt action and single shot Remingtons and trapdoor Sharps both in 45-70

The German firearm was copied by the United States Army and came up with Springfield 1903. The Mausers were bought by Aguinaldo from HongKong, but many were German made Spanish Mausers model 1893, also in caliber 7X57, recovered by the



PIO SIAN MD

Katipuneros from the Spanish casualties.

At that time the most advanced rifle was the USN, Lee Navy 6 mm, first to use the smokeless powder but was not manufactured in quantity. The US Army praised the Browning designed Winchester lever action mostly in caliber .405 not 45-70.

For pistols, the US used .45 cal. Colt revolver, while a few rich Pilipino Officers toted 7.63 mm Broom Handle Mausers. The same model Winston Churchill used in Boer Wars.

General Lawton, was a captain who captured the Apache renegade Geronimo but General Miles took the honor. He was the complete opposite of *General* George Armstrong Custer who was not spared by the Native Americans in 1876 at the Battle of Little Big Horn, because of the way they were treated by Custer.

General Lawton on the other hand, was kind, humane and treated everyone fairly. In Cuba, he replaced the tyrannical Spanish officers with Cuban personnel. He did a lot of good things to conquered territories. Maybe he would have made a good American Governor-General of the Philippines had he survived the Philippine-American War.

I hope you continue publishing forever. For me, I am enjoying the Cowboy life in the Indian reservation at the Navajo Nation.

PIO SIAN MD⁶⁵

Proverbs 10:12

Hatred stirs up strife, but love covers all offenses.

LETTER TO THE EDITOR

During the first year of Linda Tamesis MD as medical dean and my outgoing term as FEUDNRSM Alumni



**HERNANI
TANSUCHE MD**

Foundation chairman two years ago, our auditor told us in his report that if we continue giving out

awards from all the donors to the Student Achievement Awards (SAA), we will run out of funds in a few years. (Grace Rabadam MD, our treasurer, can confirm this report).

Exercising our fiduciary responsibilities and after consultation with the current leadership at that time, including Renato Ramos MD, our committee chair on investments, we decided to limit the SAA awards.

To assist us in the process, we also sought the advice of Dean Tamesis. This was also brought to the attention of the board of trustees in our successive meetings and mentioned in my article to the **ECTOPIC MURMURS** June 2014 issue.

The consensus was to limit the award to the top students with grade of 1.5 or better (top two with the qualifying grade) and only for subjects that could be properly assessed, ie, award in bariatric medicine be not given since according to the Dean this is not part of the FEU-NRMF curriculum.

Since there are several donors to the same subject like

medicine and anesthesia, how do we decide to award a student from whose donations?

My proposal was to alternate the awards year in and out given the reduced number of awards. For example, we gave an award in radiology in honor of my sister this January. Next year it would be given in honor of Ted Manubay MD, and so on.

With that in mind, I emailed Dean Tamesis with a complete list of SAA and their respective donors (with some corrections from Cesar Reyes).

Last January 2014, the awards was reduced to around 50 and this January 2015 to around 40 plus.

The monies donated by everybody is intact. I am sure the donors will understand what prompted the leadership to reduce the awards every year.

This year Dean Tamesis with the help of Dr Pecho from the FEU-NRMF faculty has further fine tuneD the process of selection.

I personally think this is a better process of selection. In the past when the medical school was requested to come up with awards corresponding to the number of donors, there were some students with marginal grades were given awards. The donors have donated to these awards with the hope of rewarding and motivating students to study and excel in these different subjects.

Giving the awards to the top two students would give credence to the awards. But the bottom line is that we have to resort to this process if we wish to continue funding all our projects for years to come. I have also shared my proposal to

Dr Tamesis on what is best for the awardees to thank individually the donors.

The past process of bringing all these thank you cards to the annual reunion and have the leadership hand it out is not going to work for various reasons, ie, most do not attend the reunions, no known addresses, deceased, etc.

I am sure the current leadership is open to suggestions on how to streamline this SAA process.
HERNANI TANSUCHE MD⁶⁸



OBITUARY

Georgeana Peralta, beloved mother of Jane Peralta Legaspi MD and mother in law of FEUDNRSMAF chairman *emeritus* Amante Legaspi MD was recently called by her Creator at the age of 91.

Rorie and I were so blessed to have visited her two and half weeks before her passing. We prayed, kissed and hugged by her.

Nanay Gonni as she is known is very loving, caring, kind and very generous to her family and friends. We will miss you Nanay, may you rest in peace with Jesus and *Tatay*.
– **RENATO ESTRELLA MD⁶⁸**

*Make a donation...
and make a difference.*

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

CLINICAL IMAGES

BILATERAL LACTATING ADENOMA IN AXILLARY LYMPH NODES



Figure 1 – Ultrasound of the right axilla shows an 8.5-cm exophytic large solid mass.

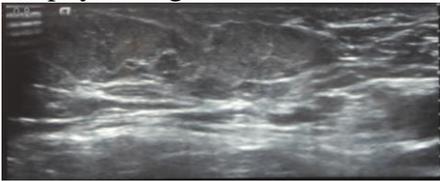


Figure 2 – The left axilla contains an 4.9-cm solid large mass.

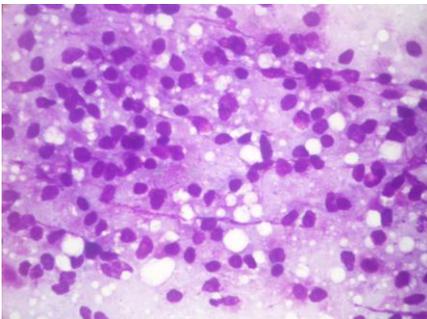


Figure 3 – Diff Quik stain emphasizes the monotonous small round dark nuclei and abundant cytoplasm with striking variably-sized vacuolation, x400.

These images are from a 34-year very recently post-partum woman who presented bilateral, palpable, solid, non-tender and mobile breast and axillary lumps with size up 8.0 cm.

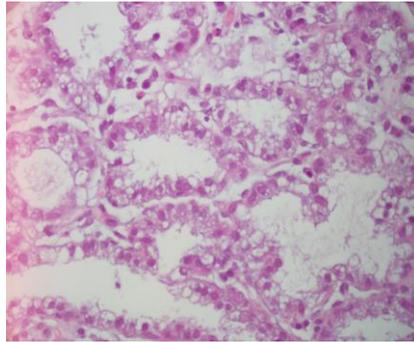


Figure 4 – Tissue sections confirm a glandular tumor with benign cellular and nuclei component and similarly striking vacuolar cytoplasm, HE stain, 400.

The mammogram showed several well-circumscribed nodular densities superimposed in extremely dense breast tissue. There was no evidence for skin thickening or microcalcification.

Bilateral breast ultrasound demonstrated large solid masses. The right breast at 1:00 disclosed a 5.2-cm large solid mass.

Likewise, the left breast contained a solid mass, 4.8-cm at 3:00.

The right axilla demonstrated an 8.5 cm exophytic solid large mass (**Figure 1**); while the left axilla displayed a 4.9 cm large solid mass (**Figure 2**).

Overall, both mammogram and ultrasound were suggestive of possible metastatic disease and/ or lymphoma. Further evaluation with bilateral axillary ultrasound-guided biopsy recommended.

Prompt ultrasound-guided vacuum-assisted fine-needle and core-needle aspiration

cytology and biopsy, respectively, of a bilateral breast lesion and both axillary lymph nodal lesion proved a diagnosis of benign tumor of lactating adenoma (**Figure 3** and **Figure 4**).

Histopathologically, tubular and glandular structures with striking cytoplasmic vacuolation, benign nuclear cytology, along with bilayered epithelia, underlied by myoepithelial component, without atypia and malignancy, were noted. This interpretation was also affirmed by immunohistochemical staining for p63 and high molecular weight keratins.

No additional evaluation and treatment regimens were given. One-month, two-month and six-month follow-ups confirmed a complete resolution of a benign tumor within the breasts and bilateral axillary lymph nodes.

COMMENTS and LITERATURE REVIEW.

Lactating adenoma (LA), *aka* tubular adenoma with lactation- or gestation-associated changes is a benign lesion of the breast, most prevalent before, during, or shortly after pregnancy.

Most cases of LA occur between 19-34 years of age.

It is a rare lesion.

With excision, there is generally no recurrences reported. There is also no evidence for increased risk of carcinoma.

LA may occur in ectopic locations in the chest (outside of the breast areas), in ectopic breast tissue in axilla, vulva,

and anywhere along the *milk line*.

Microscopically, the lesion is composed of a circumscribed mass of densely packed regular round tubules with prominent secretory change, occurring usually. When completely excised, there may be no capsule. It may actually be a simple coalescence of hyperplastic lobules, not a true adenoma, and may have common origin with tubular adenoma.

It also displays a striking histologic and clinical similarities with lesions identified as lactational changes within a fibroadenoma with foci of tubular adenomatous change within otherwise typical fibroadenomas. This overlapping microscopic spectrum and the strong association with pregnancy or lactational influences, blur the distinction between these entities and suggest a common pathogenesis.

Its ectopic occurrence in axillary lymph nodes, or elsewhere, especially when associated with a breast mass (or masses), and when multiple, as in our index patient, poses a real diagnostic dilemma whether it is lymphoma or metastatic breast adenocarcinoma. Prompt biopsies are therefore necessary to clarify such clinical and imaging diagnostic problem.

Such cases are also increasingly found due to the widespread use of mammography screening and biopsy of axillary sentinel lymph nodes.

It is most important to identify correctly the epithelial inclusions in lymph nodes as

benign to prevent an erroneous diagnosis.

The presence of benign mammary epithelial inclusions in axillary lymph nodes is likewise not common, but nonetheless well recognized by pathologists as occurring in patients with benign or malignant breast disease.

The origin of ectopic breast tissue is considered by most authors to be the result of the nodal entrapment of epithelial nests during embryonic development.

On the other hand, some authors postulate that previous surgical or needle manipulation can generate emboli of breast glandular inclusions in lymph nodes, although this seems unlikely in women with no surgical history.

Ectopic breast tissue in axillary lymph nodes is seen in capsular or subcapsular locations, or in the perinodal fat tissue, although most of the ectopic non-neoplastic tissue within lymph nodes occur in the breasts themselves. The ectopic tissue may show variable morphologic features, ranging from single duct-like elements, to squamous cysts and hyperplastic structures, closely resembling sclerosing adenosis or florid ductal hyperplasia.

Regardless of the etiology, ectopic breast tissue in lymph nodes is likely to be affected in the same way as the breast tissue of the patient, and to display similar pathological changes.

Ectopic breast tissue in axillary nodes would consequently be at risk for primary breast carcinoma. It has been suggested as a possibility

that malignant change in an epithelial inclusion may be misdiagnosed as metastatic axillary disease (or occult carcinoma), even though no primary breast carcinoma can be found).

Axillary sentinel lymph node biopsy is currently a prevalent procedure among breast cancer patients who are preoperatively diagnosed as node-negative, for the purpose of pathological staging and the prevention of unnecessary axillary dissection.

The occurrence of ectopic breast tissue in axillary sentinel lymph nodes is rare; its incidence is reported to be less than 0.2%⁵. The most worrying aspect of all benign epithelial inclusions in axillary sentinel lymph nodes is the possibility that they could be diagnosed as metastases, when patients with breast carcinoma undergo sentinel lymph node biopsy.

In particular, accurate diagnosis may be difficult with intraoperative frozen sections. If ectopic tissue in axillary sentinel lymph nodes is possibly benign, the judicious use of immune-histochemical markers can help to elucidate its true nature.

The immunohistochemical highlighting of the myoepithelial cell component of the benign epithelial structures with specific markers, such as p63, calponin, or smooth muscle myosin heavy chain, assists in the differential diagnosis

In **CONCLUSION**, a rare and spectacular instance of multiple lactating adenomas in both breasts and ectopically in bilateral axillary lymph nodes, mimicking a lymphoma or advanced adenocarcinoma, and promptly resolved with fine-

needle and core-needle biopsies is described.

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

by **CESAR V REYES MD⁶⁸**

I AM THE IMMACULATE CONCEPTION

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season to avoid crowds and

maintain reverential privacy. Pilgrimage to Lourdes is incomplete if one does not proceed to Nevers to see her incorrupt body displayed in a

glass reliquary at the St Gildard's Chapel. It is now known as the Shrine of **3**Bernadette Soubirous-Nevers. She was one of the Sisters of

The body is still intact after 135 years since her death. The report said that no smell of putrefaction of her body during three times exhumations as required for canonization. The parts removed for the relics were portions of the right two ribs, a segment of the diaphragm, and a sliver of the liver, which were found to be like normal tissue.

One of the doctors, an atheist, converted to Catholicism after the last exhumation.

Due to some effect of chemicals used in cleaning her body, a blemish on her face and hands required a very thin coating of wax. The natural

preservation of her body eludes scientific explanation.

Then we went to see the church, home and museum of St Therese of Lisieux, the patron saint of priests. For our strong Philippine devotion to St Therese, our country is honored by a mural depicting *Peoples Power* at the St Lisieux Cathedral.

By the way, the church for the first time will canonize her parents together this October 2015.



St Therese of Lisieux

We toured some of Paris sacred places including the enormous church of *Sacre Coeur* built on top of the highest peak towering over Paris with breathtaking majestic view of the metropolis. This Sacred Heart of Jesus Basilica was built as tribute to French victories in war.

Before the French Revolution, France was very catholic and religious. As a matter of fact the set of Papacy resided in Avignon, France, for seven centuries before it was moved back to The Vatican.

We visited the famous Notre Dame cathedral, St Vincent de Paul's church (I am a Vincentian) and St Catherine of Labour.

St Catherine received the inscription of the miraculous medal from the Virgin Mary

with the verse *O Mary, conceived without sin, pray for us who turn to you.*

Lourdes is located at the foothills of the Pyrenees mountain range in the southwestern part of France. Lourdes is a resting place for Parisian on their way to the Pyrenees the center of Thermalism, a favorite vacation spot.



St Catherine showing the stigmata of the Jesus nail wounds

Lourdes is a valley crisscrossed by the Gave-Pau River. Remnant of the famous castle which became a fortress is visually prominent from afar. Farming and cattle ranching were some of the villagers' occupation.

The waters from several tributaries powered multiple flour mills in the area. One of these millers was St Bernadette's parents, the Soubirous. Mr Francois Soubirous was a compassionate, generous and kind man but a poor businessman which led to their economic downfall.

Nowadays, Lourdes is second only to Paris in terms of hotels and visitors. Six million pilgrims and about 60,000 invalid or handicapped visit the Lourdes annually. It is the third most visited pilgrimage



**NAPOLEON
AB ANDO MD**

destination, with St Peter's Basilica in Rome on top, followed by the Lady of Guadalupe in Mexico.

The season starts early March, or around the beginning of the Lenten season, until the end of October. It is accessible by train, plane or car. The pilgrims seek not only spiritual but physical healing.

Thousands of miraculous cures were reported but only a few were authenticated by rigorously medical scrutinies and multiple tribunals before the cure is considered due to supernatural power. Less than a hundred, about 68, are deemed miraculous out of tens of thousand reports.

All caregivers and helpers are volunteers from all over the world. Confessors also came from different Orders and countries. Excellent accommodations, restaurants and souvenirs shops are plentiful and within walking distance from the grotto. Invalid pilgrims are housed and cared for free at the Marie-Saint-Frai in town and Notre Dame reception just across the river connected to the basilicas.

There are three basilicas located around the grotto. The first was built on top of the Massabielle cave, the apparition site, as requested by the Immaculate Conception. St Benadette's relics are deposited in the Crypt of the chapel below the upper basilica. This basilica can only accommodate 700 churchgoers so a bigger Basilica was built below and juxtaposed to the first and at the level of the grotto. It can accommodate 2500 people.

The third biggest basilica in the world is the underground

Basilica of Pope Pius X which can fit 25,000 pilgrims. The Lady of Peace in Ivory Coast is the largest followed by St Peter's cathedral in Rome. This underground Basilica is beneath the river Gave-Pau, which required reinforced wall causing cost overrun and delay.

The raised main altar at the center became the model for the Vatican II council wherein the priest is facing the congregation. Cardinal Roncalli, now Saint John XXIII, consecrated it when he was the papal nuncio in France. He convened the Vatican II council.

Across the grotto on the other banks of the river is the St Bernadette Church, Tent of Adoration, open 24 hours and the Prairie Altar for outdoor mass celebration. The St Bernadette church can sit 3,000 and the reception hall sits 2,000.

The grotto sets at the right top corner in an opening of the cave wall. In front is the candle stand called *bruilors*. In front and right of the *bruilors* is the altar where mass is celebrated hourly done in all languages.

At the left of the Messabielle cave are the 28 drinking fountains. On the right are the 17 covered bathing pools. On the lower left corner inside the cave is the spring, the only source of the water for both the fountains and bathing pools.

Since it is spring water it remains cold at about 40°F. When one is dipped into the pool he/she does not feel chilly and the water dries up without wiping. It is the muddy spring where the Virgin Mary told St Bernadette *to scratch and drink the water and eat the grass around it* on the 9th apparition.

One can buy containers of different sizes and shapes and fill them with water from the fountain. Our spiritual director blessed all water-filled containers and souvenirs at the end of the trip.

Across the street on top of a hill is the Way of the Cross with 14 stations. The Way of the Cross for the handicapped pilgrims has 17 stations.

During the season a nightly candlelight procession by both invalid and healthy pilgrims is held and ends up at the grotto for the rosary prayer.

The Blessed Virgin Mary appeared 18 times. She spoke only in five occasions and the remaining apparitions were silent always praying including the rosary for 45 minutes or so.

The message of this Marian apparition can be summarized into poverty, penance and prayer. St Bernadette hated money that she refused to receive money and admonished her family to remain poor. She said *money can burn you*.

Repentance was front and center and a building mainly for Reconciliation for any languages is available. You can pray all 24 hours a day since the Tent of Adoration and all basilicas are open.

In all the apparitions none of her friends and throngs of people who came with her did not see anything but only felt magical and awesome feeling. St Bernadette at the time of apparition is in a trance that physical pain did not bother her.

On the third apparition the Lady told her *I cannot promise to make you happy in this world but in the other*.

The Irony of the EDSA

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Cojuangco, who have formed a group called the February 22 coalition. Initiated by the president's uncle Jose, this is so outrageous and hard to believe. There is an incongruity of the situation, if not amusing to say the least. The couple –

who held posts in the previous administration of president Gloria Macapagal-Arroyo – joined a motorcade to the People Power shrine on Manila's EDSA highway and found it ringed by riot policemen.

The Cojuangcos publicly demanded their nephew resign and give way to an *advisory council*. It was claimed Vice-President Jejomar Binay had already agreed that if Aquino resigned he would form such a council.

Ex-president Arroyo's defense chief Norberto Gonzales is another group working for Aquino's removal. The National Transformation Council led by Cardinal Ricardo Vidal and seven bishops together with the NTC has proposed a *caretaker government* to institute political and electoral reforms. To quote a comment from a catholic Pilipino, *The catholic church is brazenly interfering into the affairs of the State and not in the spiritual upliftment of the confused, downtrodden and deprived peoples.*

A protest near the presidential palace was staged by the radical left-wing Bayan Muna party and proposed replacing Aquino with a *people's council for national unity, reforms and peace, basically a two-year interim government.*

There are people who support President Aquino. They are disturbed and angry. They are saying, *the names and faces in this so called OUST AQUINO movement capitalizing on the EDSA People Power and the military tragedy to destabilize the country are said to be the collection of the thugs, the thieves, the corrupt and all the worst politicians in the Philippines, all getting together to oust a good President of the Philippines ever had.* It is predicted it will not succeed, as their agenda is blatantly obvious. This group will never be able to muster enough warm bodies to mount another EDSA. These very people with money stolen from the government and citizens are doing all they can to gain power back, *Pinoy's* supporters said.

In spite of the play on his being a lightweight president, a wimp, a detached unemotional person and other such adjective coming from critics, President Aquino has done a lot for the good of the country than some of those corrupt previous presidents. These detractors only see all the negative things that they claim the President has done. I can agree Aquino never has been a perfect President. Blunder in governance can always happen. We have seen it in some famous presidents of America. I will say this very

direct without attenuation or embellishment that Aquino is a better president than anyone in the last two decades. Recall what he did —former President Gloria M Arroyo, Ombudsman Gutierrez, CJ Renato Corona, and the three Senators, Juan Ponce Enrile, Jinggoy Estrada and Ramon Revilla Jr; and in the hyperbolic expressions, more heads will roll. Note the RH Law; took Philippine case against China to the United Nations, knowing fully well being a military lightweight, that is the only sensible way; pursue relentlessly his travel of advertising the new investor-friendly Philippines; and the fruits of which is shown in the economy and the credit rating upgrades. In his administration *the Philippines will be the second fastest –growing economy in the world this year, second only to China – a Bloomberg survey.* The leaders in government have responsibilities for leading the country as an industrialized nation in the years to come. There must be an effective and visionary leadership with priority in economic initiatives. President Aquino has sustained this upward trajectory of Philippines' economic growth.

In the headline of Philippine Times issue two weeks ago, President Aquino was quoted, *I live the 'spirit of EDSA' in all my duties.*

Our country must rise from the high spirits of EDSA-1. On a very personal note, the People Power Revolution was close to my heart, body and soul. I delivered a speech in a protest rally by *Movement for Free Philippines* founded by the late Senator



CESAR D
CANDARI MD

Raul Manglapuz held on February 22, 1986, at the community concourse in downtown San Diego at the height of the revolution. I considered it as my momentous contribution to Philippine political history when I stated at the end of my speech: Friends and people of my country.

The reason you and I are here this afternoon is to appeal to the conscience of the people of the United States, to the leaders of the government, particularly to President Ronald Reagan, to stop support of a government that has destroyed and gutted the very main fiber of democratic principles in the Philippines . . . What we want from you President Reagan is to stop military and moral support of a man who has betrayed that legacy of liberty. Only then will the Philippines become a 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. President Ferdinand Marcos has deprived the Pilipino people of in the last 20 years and finally the people have awakened.

God Bless the Philippines. Thank you.

Remember US Senator Laxalt called President Marcos by phone and famously said, *You should cut and cut cleanly. The time has come.* President Marcos was ousted eventually. The Americans picked up the dictator by helicopter and the family landed in Hawaii on February 25, 1986. We were euphoric at having booted-out President Marcos after the

EDSA only to wake up to the sad reality that today the Marcoses and their cronies are all back and as rich and as powerful as ever.

FAITH CORNER

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the imposition of ashes on our



REV MELVIN ANTONIO MD

foreheads begin our journey to the cross of Good Friday and the joy of the resurrection of our Lord on Easter Sunday? We begin with the

he traditional Bible lessons read to us on Ash Wednesday are taken from the prophet Joel (**Joel 2:1-2; 12-17**), and **2 Corinthians 5:20b-6:10**, followed by the Gospel message is taken from **Matthew 6:1-6, 16-21**.

The prophet Joel wrote his book presumably during the reconstruction period of the Holy Temple in Jerusalem following the return of the exiled Israelites from Babylon. It was during the exile that the people reflected on the reasons why they were taken into captivity after their Holy Temple was destroyed. They came to the conclusion that their idolatry and open disobedience of God's statutes caused their misfortunes. The prophet Joel gave the people the needed words of hope and encouragement by showing how the Lord exercises power over all of nature, promising an outpouring of the Spirit. The message to the troubled and

struggling people of the time is captured with these words: *Yet even now, says the Lord, return to me with all your heart with fasting, weeping and with mourning, rend your hearts and not your clothing. Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. (Joel 12-13)*

Joel insists that despite all their, sins, our sins, our gracious and merciful God wants us, His people, to return to Him where we belong. I truly believe that this is the message of Lent for all of us, that despite all that we do to displease the Lord our God, to separate ourselves from Him, He continues to give us a chance to return.

In the imposition of ashes, God reminds us that our lives belong to Him and to Him alone. In the Gospel from Matthew, we are given three practices to show our devotion to God – praying, fasting, and alms giving – praying in thanks and praise, fasting in humility, and alms giving as an act of love. These practices are not for self-gratification or to satisfy our own self-righteousness.

We can never feel sure of our sinlessness, no matter how hard we try. Paul reminds us that no matter how hard we try, we will always fall short of the glory of God. This is why we need to embark of a Lenten journey each year, to get another chance to return to the Lord our God, who is *gracious and merciful, slow to anger and abounding in steadfast love, and relents from punishing.*

FROM THE HOME FRONT

continued from page 1

policies, and personalities.

They came out of the ordeal

shining as bright as diamonds, really embodying our school motto *Ad Astra Per Aspera*.

We were fortunate to have a *topnotcher*. Harold Jay S Baytec MD scored 85.42% and

garnered 10th place. Dr Harold actually graduated in April 2013 but had to interrupt his post graduate internship for health reasons. He valiantly conquered cancer and the PLE! He is truly an inspiration for his classmates and Alma Mater.

For the sake of statistics:

Overall examinees 832

National passing 71.39%

FEU-NRMF examinees 110

FEU-NRMF passing 93.64%

First timers 98.92%

Repeaters 64.71%

Octoberians 90

Octoberian Passing 98.89 %

Best performance

microbiology

Worst performance surgery

Although I have presented the statistics, please be wary of the interpretation, especially with the best and worst performance in subject. FEU-NRMF's performance was similar to the rest of the nation in subject analysis.

Quoting the #1, a Latin honors scholar from Southwestern University: *When I took the first exam, biochemistry, I said to myself: You can do this. After I took*

anatomy and surgery I said: God's will be done!

Being the **only top performing school**" was a bonus. The title is given to any school with at least 50 candidates and a passing rate of at least 80%. Although it is true that these criteria, especially the number of candidates, narrowed the playing field, I proudly accepted the recognition.

Knowing that, without the hard work and perseverance of our graduates and faculty, the privilege would never have come to pass.

KNOWING YOURSELF

continued from page 1

on leadership! It challenges and reminds me that I have a goal and a job to achieve that will benefit our members, our Alumni Foundation and our Alma Mater.

To the members of the Board especially the new ones, I would like to share my views on what you can be (in all your life's journey) and what is

apropos in this instance as you share/ participate in moving the FEUDNRSM Alumni Foundation to new heights. In this posting I thought I would chip in with

my two cents worth features/facts of one's persona to ponder.

I wish to emphasize the first principle that the board of trustees has overall responsibility for the conduct of

the organization. The second principle is that the board trustees owe the organization careful attention in the conduct of the board's work (the *duty of care*) and must always act in the organization's best interest (the *duty of loyalty*).

Of vital importance for the new board trustees is to be familiar with the Constitution and Bylaws of the Alumni Foundation. Be aware that we do have board chairmen *emeritus* whose function is that of an advisory council. As chairman of the Bylaws committee during the ratification of the Bylaws, I have made my views in my writings about the function of the advisory board.

I will state again straight from the shoulder, I view them as an asset to the board of trustees, to the chairperson and to our organization.

Let us not forget the name *advisory* captures the true purpose, to provide advice and counsel to the organization through the board of directors, and possibly, the chairperson of the board.

Let us make it clear that the advisory board members should feel free to express their positions within the parliamentary confines of friendliness and proper decorum.

Knowing Yourself:

Western philosophy virtually began with Socrates' advice, *know thyself*. Ever since, thoughtful men and women have realized that knowing oneself is the key to wisdom.

Why is self-knowledge so important? Because so many of the obstacles to clear thinking are found not in the problems



LINDA D
TAMESIS MD



CESAR D
CANDARI MD

we must deal with, but in ourselves. The reason why we need to know who we are is so that we can achieve a sense of fulfillment and accomplishment. So that we can express to others who we actually are and be remembered for that. But, if we do not know who, in fact, we are then we could portray the wrong image to people and be remembered not for who we were but who we appeared to be.

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

Am I quiet or talkative? Generally optimistic or pessimistic? Hardworking or lazy? Fearful or brave? Serious or easygoing? Modest or proud? Competitive or noncompetitive? Am I nervous or at ease with strangers? Do I retain my poise and presence of mind in emergencies? Do I possess the credibility, spirit and the will for unity.

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

How trustworthy am I? Can I keep a secret or must I reveal it to at least one or two others? Am I loyal to my friends? Do I ever *use* people? How sensitive am I to the feelings of others? Do I ever purposely hurt others? Am I jealous of anyone? Do I

enjoy causing trouble, sowing seeds of suspicion and dissension among people? Do I have the credibility, spirit and the will for unity? Am I ultra-conservative, anti-intellectual, insecure, and sensitively short-tempered and courageously dull?

What I have stated above are merely examples of inventory of questions for you to answer. There are still several questions. Next to do is reflecting on your answers, noting the areas in which you are especially vulnerable. Do not expect to be equally vulnerable in all circumstances; it is common for some to be more troublesome than others. Your goal here is to know your intellectual habits so well that you can predict exactly, which thinking problem will arise for you in any particular situation.

Let us consider what is known about the role of thinking in everyday life. Business and professional leaders stress that proficiency in thinking is necessary to solve problems and make decisions on the job and /or in a group discussions.

More and more psychologists are affirming that thinking skills play a crucial role in our personal lives. In short, though the challenge of improving your thinking is great, no other kind of self-improvement can affect every area of your life so positively.

That something is very significant ie, the people we surround ourselves with every day. All the people we interact with, effect, influence, and touch regularly reflect who we are. We are whom we love, hate, admire, help, and lean on.

Every little action, emotion, or words brought out by various people in various situations can be instinctual. They are what you don't want to be.

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

Now back to the foregoing examples of questions I have posted out, there is one question that is considerably more important - *how can you most effectively use your personal inventory to improve your critical thinking performance in any occasion but most importantly in your new position as member of the Board of Trustees of the Foundation?*

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



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WINTER MEET

The Winter 2015 meeting of the FEUDNRSM Alumni Foundation board trustees is scheduled for Saturday, March 28, 2015, from 8:00 am to 5:00 pm, at the Marriott Hotel Irvine, 1800 Von Karman Avenue, Irvine, CA 92612.

The tentative agenda is, as

1 – Call meeting to order, invocation by Dr Noli Guinigundo, and roll call;

2 – Minutes of previous meeting(s) by Dr Luzviminda Santangelo;

3 – Chairman of the Board's report by Dr Oscar Tuazon;

4 – President's report by Dr Manuel Malicay;

5 – Treasurer's report by Dr Grace Rabadam;

6 – Executive Director's report by Dr Pete Floresco;

7 – Various committees' reports:

35th annual reunion scientific convention - Dr Divinagracia A Obena,

36th annual reunion scientific convention - Drs Daniel Fabito and Arturo Basa,
Constitution and Bylaws - Drs Edgar Borda, N Guinigundo and Cesar Candari MD;

Financial and Investment – Drs Renato Ramos and G Rabadam;

Professorial Awards and Faculty Development – Dr Edgar Altares;

Jubilarian Awards – Drs Avila Arcala, Daisy Ramos, L Santangelo, and Nida Blankas Hernaez;

Continuing Medical Education – Drs CV Reyes, Celso del Mundo and D A Obena;

ECTOPIC MURMURS

and **Annual Memorial**

Lectures – Dr CV Reyes;

Medical Missions – Drs Jun Castro and Roger Cave;

Preceptorship and Membership – Drs Renato Estrella and O Tuazon;

Donations and Fundraising – Dr D Ramos;

Website – Dr Philip Chua;

Medical School, Post-graduate Medical Education and Scholarships – Dr Hernani Tansuche;

Balik-FEU Homecoming - Drs Pepito Rivera and Minerva Rivera;

Nomination – Dr Delfin Dano;

Endowment and Scholarship - Dr H Tansuche,
Balik-FEU January 16-18, 2015 – Dr O Tuazon;

Student Achievement Awards - Dr H Tansuche;

Entrance Scholarship & Professorial Chair - Dr H Tansuche;

Indigent Patient Care Funds - Dr Daniel Fabito;

Student Faculty Research - Dr D Fabito;

Faculty Development - Dr M Malicay;

Residency Program Assistance - Dr Ed Relucio; and **Center for**

Postgraduate Medical Education - Dr D Fabito,
8 - Chapters reports: **AR, DC, FL,**

FEUMAANI (Dr Richard Mon), **Central IL, IN, KS, KY, LA** (Dr Noli Guinigundo), **MD, MI** (Dr David Vilanueva), **MN** (Dr Eugene Siruno), **MO, NoCA** (Dr Rick DeLeon), **SoCA** (Dr Licerio Castro), **NJ, NV** (Dr Melinda Fabito), **NY** (Dr G Rabadam), **OH, TX, VA,**

WI (Dr Renato Estrella),

WV (Dr Andy Rago), etc.

9 – Class reports: **Class'60, Class'65, Class'70, Class'75, Class'80, Class'85, Class 90, Class'95, Class'2000**, and other **Classes.**

10 – Next meeting: to be determined; and

11 – Adjournment.

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 April 2015 issue
April 22, 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.

PMAC News

Deadline for April 2015 issue
April 8, 2015

Please add ress submission to
acvrear@gmail.com