



# ECTOPIC MURMURS

Volume 27

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September 2014

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

## ANN NORIZAL LOPEZ MD OUR TOPNOTCHER

A measly 1.08% difference in the scores separates the ten topnotchers in the recent August 2014 Philippine medical board examination.

Our ANN NORIZAL DEL ROSARIO LOPEZ MD

placed 8<sup>th</sup> and we are very proud of her accomplishment, carrying on the FEU-NRMF Institute of Medicine tradition as a top medical school in the Philippines.

Being top top in these board examinations may not be an assured benchmark for a future success. Records tell us that

there are only two times a topnotcher truly carried this excellence to a topnotch career.

One in 1968 has shined to these days as a tenured endowed teaching professor and surgery chairman at the State University of New York; and the other in 1993 has become a full professor in infectious diseases at the Mayo Clinic in a very short span of time.

Other topnotchers did not reach the pinnacle of success; a few died prematurely young.

Number #8 is an ideal topnotch billing because Dr Lopez will have a lot of leeway to improve and rise in the future practice career.

Heartfelt CONGRATULATIONS to Dr Lopez! - cvr

## PRESIDENT'S MESSAGE

The 40<sup>th</sup> Balik-FEU annual alumni homecoming and scientific convention will be held on January 21-24, 2015 at the Dr Ricardo Alfonso Hall, 5<sup>th</sup> Floor, FEU-NRMF Medical Center, Regalado Avenue, West Fairview in Quezon City.

The grand alumni Golden Jubilee and Silver Jubilee celebration is scheduled on Saturday, January 24<sup>th</sup>, at the Crown Plaza Galleria, Ortigas Avenue, Quezon City.

*continue to page 24*



MANUEL M MALICAY MD

## LETTER TO THE EDITOR

One of our FEUDNRSM Alumni Foundation scholars, Dr Ann Lopez, placed 8<sup>th</sup> in the August 2014 Physicians' licensure board examinations in the Philippines.

Comparing the performance of all the medical schools, our first board exam takers had a 95.1 % passing rate; and for the repeaters 36.8% passing rate (12 out of 19 failed) which brought down our overall



HERNANI TANSUCHE MD

## Richard Mon MD<sup>71</sup> takes FEUMAANI helm



RICHARD MON MD<sup>71</sup> receives the presidential gavel from the outgoing FEUMAANI prexy FRANKLIN MONTELLANO MD<sup>84</sup> during the inaugural meeting of the 22<sup>nd</sup> biennial anniversary term for 2014-2016.

performance to 88% (compared to national average of 81.25%). Based on my personal evaluation, FEU is ranked 16 out of 39 schools.

However, as pointed out by Dr Robert Arias, if one looks more closely --- all of the medical schools are grouped together regardless of the number of students taking the examinations. We are being compared to schools with less than 100 examinees (some schools have only 21 participants taking the examinations and some schools are without any repeaters).

I strongly agree with Dr Arias that the government agency in charge should separate the performance of each medical school with small enrollment from the established schools with a higher enrollment.

A case in point --- based on more than 100 first takers (FEU had 145 first takers) FEU would be ranked number 7 to schools with similar enrollment. Unfortunately, the issue of a high number of our repeaters failing should also be addressed.

How can we help these students? One of the factors contributing to this outcome was alluded to by Dean Linda Tamesis MD in her report last July. This relates to the retention policy of the medical school. She cited an example of a student failing more than 10 times in the same subject and still enrolled. It is anticipated that this/ these same student(s) will face the same challenges when he/ she takes the board examinations.

**HERNANI TANSUCHE MD<sup>68</sup>**

## LETTER TO THE EDITOR

### WISDOM OVER POLITICS

As one of the senior members of the FEUDNRSM



PHILIP S CHUA MD

Alumni Foundation, I feel it is my obligation to clarify the issue raised by my friend, Dr Napoleon Abando, in his Op Ed

*(Solomonic Wisdom....Pilipino Politics*, in the August 2014 issue of the **ECTOPIC MURMURS**) regarding the manner used in allowing the two candidates themselves to determine their fate.

Since it was public knowledge that the **only** two candidates for president of our Alumni Foundation election at our July 2014 reunion in Las Vegas (Drs Manny Malicay and Edgar Borda) were bitter personal and political arch enemies, half a dozen of the *elders* in the Alumni Foundation invited both candidates for a quick caucus before the election, and asked them if they would consider *drawing lots* to determine which of them would run for president for 2014-2016, and which one would run for 2016-2018.

Two pieces of paper were prepared, one with the term 2014-2016 written on it and the other with 2016-2018. They both agreed as to who should draw first. The drawing went very smoothly, with gentleman's agreement to boot.

What could be more mature and graceful than that?

They both knew that the aim was to preclude a nasty and potentially ugly contest that would involve campaigning and dividing the voting board members into two factions, which would cause personal disagreements and animosity among various supporters for each.

And since the two of them were *unfriendly* rivals, this special situation could turn out to be explosive, and therefore needed a special treatment...not business as usual. Hence, the *elders* thought of the peaceful option.

What is important to remember is that both were educated, intelligent, independent leaders who had every right to make their own decision and choices. The idea was presented to them, and to cut it short, they both agreed to do *drawing lots*. None of them was coerced. Their choice was of their own free will. As far as I am concerned, they both casted aside greed for power and made the selfless and Solomonic decision.

That prevented a potential *political blood bath* which would have otherwise damaged the entire Alumni Foundation and scared many alumni away. Everyone knew how the APPA (Association of Philippine Physicians in America) was destroyed by politics and how its membership severely dwindled to its current few.

This selection alternative is legal in a democracy. Drawing lots, even a coin toss, is used today in many democracies, even in the USA, to break a tie among candidates, or to allot positions, domain, or services, etc. The principle is similar to

*sortition* used in the Athenian democracy in the 600 BC.

Anyway, using this accepted alternative for the sake of peace and harmony in the family, as long as both candidates agreed, and bound themselves to it, is wise, meritorious, and laudable. I commend Drs Borda and Malicay for their inspiring display of leadership and wisdom, virtues we can all learn from and emulate.

May God bless our Alumni Foundation and all of us.

**PHILIP S CHUA MD FACS  
FPCS**  
FEUDNRSMAF Chairman,  
2002-2004

## LETTER TO THE EDITOR

It is interesting to read the editorial *Solomonic Wisdom or Pilipino Style of Politics* (August 2014 issue **ECTOPIC MURMURS**). This editorial stated: *What happened in the board trustees room during the*

*last annual reunion in Las Vegas was a vivid display of Philippine politics sans goons, guns and gold.*

*Lutong Macao* sounds to me grandiloquent! To read this one is

shocking. He must explain explicitly. I know he was not present in the convention.

I do not disagree of the author's vibe about Pilipino politics. As Pilipinos coming from a diversity of origin in the different islands of the country, these difficulties were products of the Pilipino psyche, *our*

*pride, our intelligence, our amor proprio our culture, our loss of face, and concern for our sign of weakness or surrender.* The latter are products of the myriads of small and separate unions of Pilipinos. It is our expressed manifestation of the ethnic and linguistic boundaries that separate us; our strong adherence to traditions and customs also blind us.

Oh yes, what the author is describing is typical products of the Pilipino psyche. Sorry, we are still Pilipinos.

The author's great articulations and literary display is however, too much, written to the extreme.

Yes, Pilipino's styles of politics are noted in many Pilipino organizations; there are shenanigans, cheating, vote counts irregularities, vote buying, irregular credentialing of voters, and other filth in the elections process --- yes, Philippine style politics.

I have seen these in my experiences, has written all about it, as I had been an unfortunate victim in the APPA election when I run for president.

I was not present in the pre-election caucus of officers and the few members of the advisory board. I learned later that the caucus was unofficial and not an extension of the board of trustees and to discuss who would run for president. The proceedings were just based on gentleman's agreement.

The election process at the board of trustees was done democratically. After the announcement of the name of candidate for president and

followed by request for other nominations there was no additional nomination made.

Dr Edgar Borda could have run still during the board of trustees' elections or any candidate for that matter. In other words the election was not *lutong macao*.

I am familiar with the desire to have a smooth, calm and friendly election for president. Both candidates were present in the caucus meeting and agreed with the lottery draw.

Based on the editorial mentioning about *oligarchy*, it is but proper to ask this question.

Was there any semblance of a *bête noire* of the oligarchic designs in the senior officers of the Foundation?

Finally with my 5 cents worth of opinion regarding this matter, I would say we must learn from the shortcomings, if there was any, in this election.

What transpired in the board meeting was perhaps a minor deviation to solve a problem. At the end of the day, let us accept it with grace, minimizing the negative impact or setback to our beloved Alumni Foundation for almost 45 years.

I have been enjoying the author's writings in the past. Keep up the good writings man!

I know the author is a prolific writer.

I suggest to have your effusive style and must be in tandem with an efficacious writings to move our Alumni Foundation forward.

**CESAR D CANDARI MD**  
FCAP *Emeritus*  
FEUDNRSMAF Board Trustee  
Henderson NV



CESAR D  
CANDARI MD

# LETTER TO THE EDITOR

The 35<sup>th</sup> FEUDNRSM

Alumni Foundation reunion and scientific meeting held at the Wynn's in Las Vegas with the Golden Jubilee celebration of the fabulous Class<sup>64</sup> and the Silver Jubilee of Class<sup>89</sup>



DANIEL  
FABITO MD

will no doubt could be easily considered in the annals of jubilee celebrations as one of the best if not the best and most enjoyable event. Sure, we have some unfortunate incidents that happened beyond our control but to me these were minor setbacks not significant enough to tarnish and weaken the overall success of the affair.

Doubling my role as convention coordinator and adviser to the overall convention chairperson, Dr Grace Obena, co-chairpersons Dr Victor Bonuel and Dr Melinda Fabito and the Class<sup>64</sup> Golden Jubilee coordinator, I felt I have orchestrated successfully the multi-faceted activities and programs in a clockwork precision starting many months before our Manila Trip last January 2014 and ultimately in July 2014 during the Las Vegas reunion. Of course I had the unwavering support and dedication of the FEUDNRSMAF Nevada Chapter headed by my wife, Dr Melinda Fabito, the convention chairpersons and Dr Hernani Tansuche, the chairman of the board of trustees who functioned as the CEO and COO during the complex,

difficult and daunting negotiations with the Wynn Hotel sales manager, catering, room accommodations and meeting rooms as well as audio visual requirements for the CME and social events. Indeed a lot of sacrifice, time, money, energy and other preparations were invested with no stone unturned to insure that fellow alumni will have a grand time during the Reunion.

During the Class<sup>64</sup> practice finale on Saturday afternoon at Palmer Room 2, I have given instructions to my fellow classmates that we will all assemble outside the Ballroom at 5:30 pm and line alphabetically with corresponding spouse. We will then be entering the Ballroom after all the guests are seated and we will be following the Silver jubilarians. When I arrived at the assembly area carrying with me the extra boxes of souvenir annual, class banner, golden medallions and our costumes ( tights, socks, sunglasses, black hats ) contained in a paper bag, I was told that the arrangements were changed to my surprise and without being consulted and that we will first enter the ballroom to secure our assigned seats and tables and then exit the Ballroom for the final entrance. I told Dr Tansuche that there are 46 golden jubilarians and so we need nine tables and there are 26 silver jubilarians and they need three tables. I was assured that the front tables were already assigned to the jubilarians. I entered the Ballroom to deposit the things that I was carrying and placed them in one of the assigned tables and went

out to join my classmates only to receive the bad news from Dr Ed Relucio and Dr Rene Enriquez of the boisterous drama that unfolded at the ballroom entrance. Dr Noli Guinigundo's open letter to Class<sup>64</sup> cited the class to have switched tables to the detriment of Class<sup>72</sup> and Class<sup>73</sup>. Of course, Noli does not know what he is talking about and indeed a preposterous assumption. How could Class<sup>64</sup> do any switching of tables when the jubilarians already have assigned tables. What happen per accounts of Dr Enriquez and Dr Gil Palacio was that #22 and #23 tables were inadvertently missed by the committee on seat assignments but were assigned to Class<sup>72</sup> and Class<sup>73</sup>. In fact his opening paragraph was also incorrect, saying that Dr Oscar Tuazon was trying his best to have everybody lined up before the Grand entrance. The incident with Dr Tuazon occurred at the first entrance.

I am quite saddened and disappointed to learn of the few minutes of unnecessary encounter of Dr Tuazon with the Golden Jubilarians and other alumni lined up at the first door entrance which elicited a barrage of complaints and indictment against his *unprofessional disrespectful behavior and rudeness*. I am sure he has his own explanation which may or may not support his flagrant display of his bellicose character. I had the occasion to talk to him twice and he was very apologetic of what happen. I encouraged him to write an article of apology to be published in the Ectopic Murmurs next issue and he said he will. What has been done

could no longer be undone. Actually Oscar is not supposed to be at the entrance because Dr Enriquez, Mrs Filipinas Enriquez, Dr Palacio and Dr Rhodora Palacio (Class<sup>69</sup> and members of the Nevada Chapter) were assigned to manage the entrance of the jubilarians and other alumni including collection of tickets and hand stamping before entrance. I believed Dr Tuazon was there voluntarily to help out but was overwhelmed by the situation and was insensitive to have taken over the duties of the assigned members. Nevertheless, let us give him a chance. He does mean well, dedicated and loyal to the Alumni Foundation. I know he will do a good job at the helm as chairman of the board for 2014-2016 since I was instrumental to have encouraged him to serve on the board many years ago. I hope my assessment and judgment of his leadership and capabilities will not fail me.

I humbly recommend for all of us to be forgiving and move on. Please do not let the incident deter you from joining us next year. Dr M Fbito, Dr Art Basa, Mrs Rica Basa and myself have been spending many weeks now doing site visits of the different hotels for possible venue of our Reunion next year in July 2015. We have arrived at two possible sites, Cesar's Palace on July 07-12, 2015 and Wynn Hotel on July 22-26, 2015. There are still many issues and negotiations that need to be discussed, secured and confirmed before the actual signing of the sales contract. You will all be informed once we have definite agreements.

If you really had a grand time last July, I promised you a more grand time next year.

**DANIEL FABITO MD FACS  
FPCS**  
Chairman *Emeritus*  
Las Vegas NV

## LETTER TO THE EDITOR

Having read NAPOLEON ABANDO MD's editorial *Solomonic Wisdom....Pilipino*



ALADIN M  
MARIANO MD

*Politics*, in the August 2014 issue of the **ECTOPIC MURMURS** regarding the way the new president of the FEUDNRSM Alumni Foundation was

*selected/ elected*, I salute him for a well-written response to the process resorted to by the majority of Board members. His article was full of wit, reflective of good composure, wisdom, verbal advantage and balance.

From here on, let us move on.

**AL M MARIANO MD<sup>72</sup>  
MHA FACS**  
Chairman of Surgery  
Alexian Brother Hospital  
Elk Grove Village IL

## LETTER TO THE EDITOR

I am honored and glad that three pillars of our foundation took time to read and write about my humble article, *Solomonic Wisdom or Pilipino Style of Politics* (August 2014 issue **ECTOPIC MURMURS**.

Their experiences in so many political arenas afforded them unsurpassed wisdom to be forewarned of impending but preventable imbroglio. After all, **foresight is visionary and hindsight is reactionary**. Unfortunately the mere intervention is a tacit acceptance of my point that some of our old nagging political practices are still with us.

We can grow out of this quagmire by allowing us to discern, analyze and evaluate issues and personalities for and by ourselves. As Dr Phillip Chua said this is an extraordinary measure that the elder members used and hoped that this would not be the norm; otherwise it will be interpreted as an oligarchic move which Dr Cesar Candari and I abhor. Dr Danny Fabito's point that Dr Ed Borda should have run for the executive vice president was indeed a statesmanlike alternative.

Further explanation is unnecessary, unless some of the *surprised and amazed* regular board members may say so. That is why *Eternal Vigilance is the price for Freedom*.

At any rate, we have installed our leaders. Let us all harness our energy and rally behind them. Many significant tasks need to be done. I am just a *lonely wolf howling in the wilderness*, but you can count on me as a loyal and trusted fellow *Tamaraw!*  
**NAPOLEON P ABANDO MD<sup>68</sup>**  
Woodstock IL



NAPOLEON  
ABANDO MD

## LETTER TO THE EDITOR

### FORGIVE ---WE MUST

Forgiveness is an act of love and understanding that grows and flows from the spirit of God within, releasing the burden of hurts and

disappointments --

- moving on to healing and peace. It is seeing beyond the illusion of guilt to the innocence that is innate in everyone. It is seeing them not according to what they did, but according to who they really are --- as God's children.

If they have acted unlovingly, they had fallen asleep to who they truly are, and if we respond similarly, we are choosing to be asleep too.

We let go of the past, for the past is over. We forgive ourselves and commit to do better. We forgive others and hope they will do better. We may not see the glow of love in our face as we forgive, but those who receive do.

At times when the situation seems so overwhelming to forgive, remember what Jesus said, *Father, forgive them, for they do not know what they are doing*,--- an expression of pure love.

God's unconditional love is our saving grace that allows us to extend our love and acceptance to everyone.

We may not perform great feats of physical strength, but we can perform amazing feats of spiritual power --- through forgiveness. Yes, the



ROSALINA  
L. ABBOUD MD

willingness to forgive is not easy. It takes practice --- a life-long endeavor, but doable with God's guidance and inspiration.

Let not the challenge of an otherwise perfect day overshadow the rest of the day, by holding a true picture of oneself --- a loving, calm, compassionate being infused by the Spirit.

We feel blessed as we replace unpleasant memories with loving and caring words and thoughts --- as we respond to others with love and compassion.

We gain a greater understanding of our own divinity and the divinity of all people.

All our actions are learning experiences. Each new dawn is a chance to bring out our best to oneself and others. As the wind caress and the sunshine warms our face, we feel His presence guiding us --- and we will never fail.

Hope springs eternal that we begin to awaken the *Christ* within each one of us, treating everyone and everything with love and respect, honoring and appreciating the wonders that God has created.

Much like the raindrops joining the ocean, forgiveness unifies our soul with God. It is only through the practice of forgiveness that the world has a real chance to heal and create peace.

What higher calling could anyone have than to love, accept and forgive the magnificent creations of the Master Creator?

**ROSALINA LIONGSON  
ABBOUD MD<sup>64</sup>**  
Rochester MN

## FAITH CORNER

REV MELVIN ANTONIO MD<sup>65</sup>

There seems to be some divisive issues that have arisen in our community these days. I thought perhaps this article can shed some light into how to carry on a harmonious

relationship with each other. In the Gospel of St Matthew, Jesus addresses what to do if a brother commits a wrongful act against you in the context of the church community. **Matthew 18: 15-22** In our contemporary culture, the following acts are more likely to happen: If another member of the church sins against you...just talk about them behind their back. If another member of the church sins against you...just call a bunch of people to complain about them. You may even collect a bunch of signatures much like recalling a candidate you do not like. If another member of the church sins against you...just send them a nasty email. Copy the Bishop or even the Pope while you are at it. If another member of the church sins against you, don't say anything. Just avoid them. Un-friend them on Facebook. And, if you cannot avoid them on Sundays, just leave the church. Do these sound like things Jesus would say? No, no, no and definitely not.

In the 18<sup>th</sup> chapter of the Gospel of Matthew, Jesus is telling us what our fellowship is to be like. Before we get too legalistic in interpreting the text

*continue to page 22*



REV MELVIN

## IceBucket Challenge

AL M MARIANO MD<sup>72</sup>  
MHA FACS

Defining when Life Begins and Ends.

Pouring ice-cold water onto ourselves is indeed a "bone-chilling" challenge. This has picked up steam nationwide with participation from regular folks,



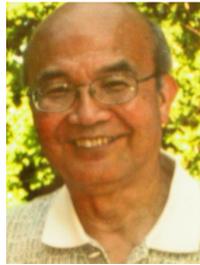
ALADIN M MARIANO MD

celebrities and even billionaire Bill Gates. Funds *have come from 1.7 million donors. The ALS Association (as of August 25) has raised \$79.7 million to combat Lou Gehrig's Disease since July 29, as the Ice Bucket Challenge continues to encourage people around the world to dump ice over their heads and send in money. This*  
*continue to page 17*

## MY HOMETOWN

RUDY BACOLOR MD<sup>63</sup>

It was a sunny afternoon with only scattered snow white clouds in the blue sky in the afternoon this past Labor Day, my wife and I attended the last community band concert of



RUDY BACOLOR MD

the summer at the open John E. N. Howard Band Shell, St Joseph MI. The St. Joseph Municipal Band Concerts are held from the last Sunday of June and weekly to last Sunday of August, courtesy of the Mayor, City Commissioners and tax payers of the city.

I think this is one of the hidden jewels of the city. The  
*continue to page 21*

## The Pilipino is Worth Fighting For

(Part 1 of 3 series)

CESAR D CANDARI MD<sup>61</sup>  
FCAP Emeritus, Henderson NV

Almost a year ago, I was gripped with writing commentaries on the degenerate situation and fledgling nation, our country the Philippines.



CESAR D CANDARI MD

Rolando M Solis MD<sup>63</sup> wrote in his Letter to the Editor (**ECTOPIC MURMURS** September 2013) stated... *The rampant corruption, neglect of the poor and class divisions remain unabated. Will there be an end to these? What else will it take? Will we ever learn?*

On the same issue of EC, I wrote in a commentary *We have*  
*continue to page 15*



**MY HOMETOWN IMAGES** Benton Harbor Lighthouse



Kate Upton, the jewel of St Joseph and three-time **SI** Swimsuit cover super model

## CME Corner

CELSO D DEL MUNDO MD<sup>62</sup>

The PMAC is the joint provider for the coming CME

for the FEUMAANI on October 4, 2014. It is a full morning of educational enrichment at Hyatt Regency O'Hare in Rosemont IL and

offers 2.5 CME category one credit by the ACCME. It is an educational activity directed towards primary care providers and other specialty involving case management and diagnosis of clinical issues in internal medicine hopefully to fill the gap of knowledge in this clinical areas.

It is a broad range of topics involving Infectious disease, psychiatry, chronic obstructive pulmonary disease, chronic renal failure and gastrointestinal disorders. It is imperative that a practitioner has an updated knowledge based on the latest guidelines set up by the College of Internal Medicine and achieves an optimum results in case management. Clinical strategies will be based on evidence medicine which is the gold standard in patient care. The attendee will be able to employ practice relevant new researches into clinical issues as elucidated by the panel of speakers.

The topics of the conference are based on previous audit of the past CME programs and thru individual members interest. These topics are all aimed to enhance clinical

*continue to page 14*



CELSO  
DEL MUNDO MD

## TENDERLY YOURS

NOLI C GUINIGUNDO MD<sup>62</sup>

I recently saw on TCM, an old 1943 movie filmed apparently prior to victory in Europe. The movie was about Hitler's children. The cast was led by Tim Holt of the cowboy fame that I never got tired of



NOLI  
GUINIGUNDO MD

watching during my elementary days. The lady was Bonita Granville who starred in several more movies but for some reason I never saw her anymore.

Both characters were Americans born in Germany. To the Germans, if you are born in Germany, you are considered German. This is regardless of your parents or grandparents. Both were educated in American schools, but when Hitler got into power, German teaching was always inculcated in the minds of the youth. Of course their loyalty is to the country and country alone and to Hitler, the Chancellor. He was elevated into power during my birth year. I am sorry to say. This brings me to the old cowboy movies my brother and I used to watch when we were still living in Sampaloc. Grand theatre was the usual venue of cowboy movies, sometimes double program at a reasonable sum of 85 centavos per person. Ditto with Cine Moderno in Bustillos where we watched for the bites of bed bugs; and if one was not careful also brought *surot* home. Cine National is on Manrique, between G Tuazon

*continue to page 15*

## I AM PROUD TO BE PILIPINO- AMERICAN

JOSE MARCO ANTONIO  
MD<sup>63</sup>

Washington DC

*Dedicated to our pioneers who pass the torch to our children to know and to generations to come.*

### Part III

Now let me impart to all of you as legal American citizen, I am very proud to be American. Our next generations and succeeding generations should not forget their

**roots.** To learn, respect and love the legacies of our roots, and hopefully they will not be stranded in any forest.

Let them know that in a larger sense their travels would not be easy for there are always winding roads, at times with detours; and climbing up the mountain tops would not be easy for all of them as survival of the fittest always applies. The challenges of courage, persistence, perseverance, and hard work are ingredients to reach the mountain top.

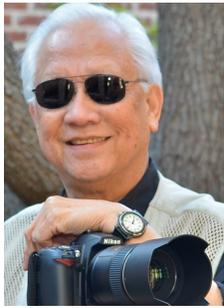
On their way to the mountain top the sceneries of **nature** will be beautiful, and breathtaking. Since, my childhood days I was Socratic, and my mother imparted to me few words of wisdom that along the way there would be beautiful roses (I said I love that), but you have to be very careful for every beautiful rose and stimulating

*continue to page 14*



JMT ANTONIO MD

# MORE OWL IMAGES



ROLANDO M  
SOLIS MD



## LAZY DAYS OF SUMMER

CELSO DEL MUNDO MD<sup>62</sup>

The days are sparkling bright, and  
the blowing wind is humid and  
sticky,

It's the hazy lazy  
days of  
summer, when  
days of frolic  
are clinging to  
end

Garden is still  
looking fresh,  
flowers still  
blossoms and fruits are ripe to  
pick,

The bright days are shorter, a sign  
that autumn is just ahead.

Summer is the time with energy,  
full of vigor and renewed  
strength.

From the dormant days of winter,  
and reincarnation from the days  
of spring,

Where there's romantic interlude  
between lovers with unfulfilled  
romance,

Sometimes daring and adventurous  
with heat of passion on hot  
summer days.

When audacious lovers, recaptured  
their unfulfilled romance,

During the heat of summer with  
passion, and boundless love,

The hazy lazy days of summer  
have all the pleasure of  
forbidden love,

A careless escapade that might  
haunt the rest of their life.

The fun and frolic during the  
carefree moment of bright  
summer evenings,

Is a like a magic so captivating and  
conducive to forbidden passion  
and pleasure.

Enjoy the fun and experience and  
all the excitement in heat of  
summer,

But set the limit, for there are more  
hazy lazy days of summer to  
come.



## Ice Bucket Challenge?



The FEUMAANI Green & Gold bowling team of Dr Gerry Guzman, Dr Celso Del Mundo, Gigi Guzman, Elvi Fernandez, Nanette Montellano, Dr Frank Montellano, and Dr Angelito Fernandez, among others, successfully defended its championship form during the recent August 2014 Philippine Medical Association in Chicago tourney held at Lisle IL.

With hundreds of thousands of people dumping ice water over their heads and donating more than \$100 million to the amyotrophic lateral sclerosis organizations since mid-July, this summer has seen an unprecedented burst of charitable donation advocacy.

The social media explosion that is the Ice Bucket Challenge has offered a powerfully uplifting sense of support and accomplishment.

The donations are perhaps equally uplifting — amounting to more than twice the National Institutes of Health's recent annual budgets for the disease in less than two months.

Truly amazing!

How about an **Ice Bucket-like Challenge** for **FEU-NRMF Institute of Medicine?** And for the **FEUDNRSM Alumni Foundation?** - cvr

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

**Student Achievement Award \$50  
FEU-NRMF Professorial Chair  
\$15,000**

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

**Indigent patients fund**

**Arsenio Martin MD**

**Scholarship Legacy Fund**

*Interested?*

*Please inquire with Cesar V Reyes MD  
[acvrear@gmail.com](mailto:acvrear@gmail.com) 630-971-1356*

## SEPTEMBER QUOTE

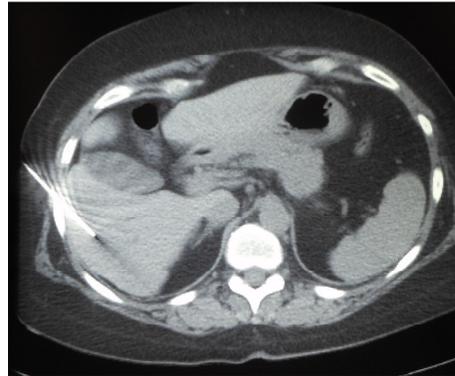
For I delight in loyalty rather than sacrifice, And in the knowledge of God rather than burnt offerings. **Hosea 6:6**

# CLINICAL IMAGES

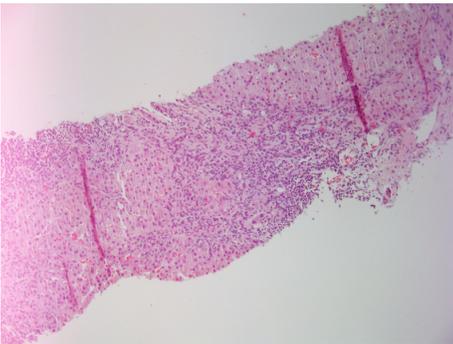
## IS CIRRHOSIS REVERSIBLE?



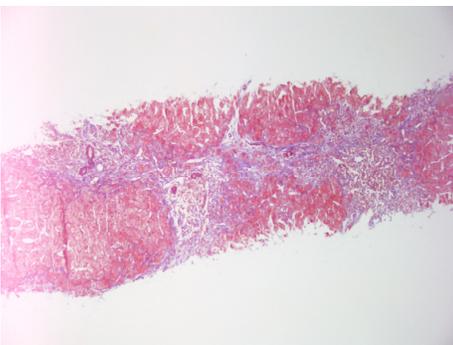
**Figure 1** – CT scan-guided core-needle biopsy of a cirrhotic liver in 2011



**Figure 3** - CT scan-guided core-needle biopsy of an apparently non-cirrhotic liver in 2014

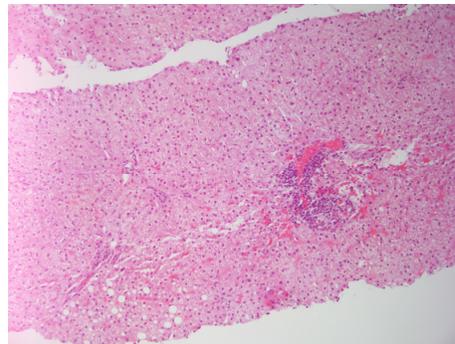


**A**

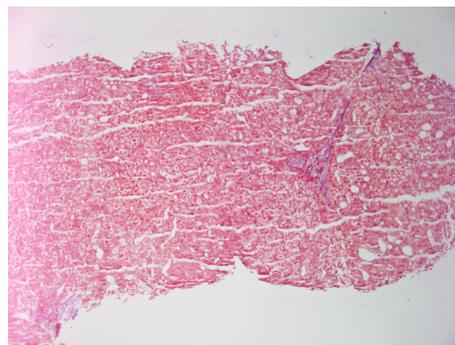


**B**

**Figure 2** – Chronic hepatitis, grade 2, stage 4, with micronodular cirrhosis, consistent with overlap syndrome liver disease (**A** - HE stain x 100 and **B** - Masson trichrome stain x100, respectively).



**A**



**B**

**Figure 4** – Chronic hepatitis, grade 0-1, stage 0, consistent with overlap syndrome liver disease (**A** - HE stain x 100 and **B** - Masson trichrome stain x100, respectively).

These images are from a pleasant 53-year-old female who complained in late 2011 of some gradual onset and developing fatigue. She was noted to have an elevated alkaline phosphatase which fractionated as of primary liver origin, associated with elevated *anti-mitochondrial* antibody and *anti-nuclear* antibody. Her history also included irritable bowel syndrome of primarily constipation and fairly controlled with MiraLax and high-fiber diet; along with Raynaud's syndrome and lactose intolerance.

Ultrasound revealed a heterogenous liver, consistent with chronic hepatitis and probable cirrhosis.

Computer tomographic scan-guided posterior segment of the right lobe of the liver with the position of the core needle beyond the capsule confirmed with repeat imaging was microscopically interpreted as an overlap syndrome of autoimmune hepatitis (AIH) and primary biliary cirrhosis (PBC) [**Figures 1 and 2**].

The patient was treated with imuran, prednisone, and ursodiol.

In 2012, with liver functions unimproved, follow-up CT scan-guided liver core-needle biopsy showed chronic hepatitis, grade 3, stage 4 and micronodular cirrhosis.

Shortly thereafter CellCept (mycophenolate mofetil) was added in the treatment regimen, minus immuran and prednisone.

Laboratory parameters were also closely monitored.

In 2014, the liver biopsy displayed chronic hepatitis, grade 0-1, stage 1, with minimal steatosis. Amazingly, the liver cirrhosis is reversed and gone! The liver function tests also normalized; and patient is doing well to date.

### **COMMENTS and LITERATURE REVIEW.**

Chronic hepatitis histologic grade and stage define the degree of inflammation with or without piecemeal or bridging necrosis, and the degree of fibrosis, respectively. The initial liver biopsy diagnosis (2011) in the index patient of grade 2 means that there is mild periportal inflammation and piecemeal necrosis or focal hepatocellular necrosis; while stage 4 indicates cirrhosis. The latter phrase of the diagnosis is a statement of probable etiology which is consistent with overlap syndrome liver disease.

The recent liver biopsy (2014) interpretation of grade 0 indicates that there is no/negligible inflammation, to grade 1 --- the presence of portal inflammation or lobular inflammation without necrosis. Stage 1 also proves few enlarged fibrotic portal tracts, but negates cirrhosis.

Liver cirrhosis is the final consequence of all chronic liver diseases. It has many possible causes, including alcoholic liver disease, non-alcoholic steatohepatitis (NASH), chronic hepatitis C (CHC), chronic hepatitis B (CHB), primary sclerosing cholangitis, autoimmune hepatitis, hereditary hemochromatosis, Wilson's disease, alpha 1-antitrypsin deficiency,

galactosemia, glycogen storage disease type IV, cystic fibrosis, hepatotoxic drugs, or toxins

Treatment for cirrhosis reversal is novel and of recent observation. Response to the therapeutic regimen is dependent upon the etiology. Reported instances with cirrhosis healing to date are NASH, alcoholic liver disease, CHC, CHB, autoimmune hepatitis, primary biliary cirrhosis, and the so-called overlap syndrome AIH-PBC.

With regards to the minimum diagnostic criteria for the AIH-PBC overlap syndrome, the presence of *anti-mitochondrial* antibody and histological findings of bile duct injury or loss in otherwise classical AIH is needed. The serum alkaline phosphatase level and the histological findings of destructive cholangitis indicate the strength of the association with PBC, for which the management strategy is focused.

Other histological findings may include portal or acinar granulomas, cholate stasis and nondestructive lymphocytic cholangitis.

The overlap syndrome is a clinical description rather than valid pathological entity; and the true nature is uncertain. It syndromes may simply represent a classical disease with variant or atypical manifestations. It could also represent a transition stage in the evolution of classical PBC or PSC in which mixed features are present during an early formative period. They could represent two diseases in the same individual, or they could be separate pathological entities with their own yet undiscovered

and distinctive pathogenic mechanisms

When immune suppressive therapy, either in the form of steroids and/ or Azathioprine, is utilized in some patients, steroids resistance or steroid intolerance may develop. These latter patients may also be unresponsive to steroids, or develop severe significant side effects to their use.

Alternative treatments must be used. Mycophenolate mofetil (Cellcept) [MMF] is a prototypical potent immune suppressive medication that is used in a wide variety of unresponsive autoimmune diseases, primary biliary cirrhosis, as well as post solid organ transplantation. Data is emerging to suggest that this medication may be used in selected patients with steroid resistance or steroid intolerance. The toxicity profile of MMF may include diarrhea, nausea, vomiting, leukopenia and anemia.

MMF in AIH has been the subject of a few small studies to date. In one report, successful treatment of one patient with MMF is described. In the second paper, the use of MMF is evaluated in seven patients with AIH. Of the seven patients included, three patients are intolerant of azathioprine and have elevated liver enzymes with a liver biopsy showing active inflammation despite prednisone therapy, while four have been on high dose azathioprine without complete normalization of liver function, and the liver biopsies show active disease.

All patients are given with MMF 1 g twice daily and are followed for a median of 46

months. Five of the seven patients display clinical remission within 3 months of treatment. The steroid dose is reduced from 20 mg per day to 2 mg per day within 9 months and the hepatic activity index falls from a median of 11 to 3 after 7 months of therapy.

More recently, a study of five patients with classical AIH, with either intolerance of or resistance to steroid therapy. All patients achieved clinical and biochemical response. But there is no liver biopsy follow up; however, in this study except in one patient who has a significant improvement in inflammation on MMF alone without any steroids.

In CHC with 13 studies reviewed of a total of 58 cirrhotic patients, the regression of cirrhosis is seen in a median of 64% (range, 33% to 100%) of patients with sustained viral response and viral suppression.

Likewise, in CHB, a similar sustained virologic response is noted, associated with histologic regression of cirrhosis in select patients.

From the above preliminary data, it is felt that MMF is a promising drug and should be considered in patients who are either resistant to, or intolerant of, standard therapy, including steroids and azathioprine. Before MMF is considered, every effort should be exhausted to reconfirm the diagnosis, confirm the compliance of the patient to standard therapy, optimize medical management with medical therapy, and give enough time for standard immunosuppressant medications to work.

In addition, patients should be informed that MMF therapy is not a standard approved therapy and all potential side effects should be explained to the patient in detail.

Treatments are empirical and highly individualized, but they typically include corticosteroids alone or in combination with low-dose ursodeoxycholic acid.

In **CONCLUSION**, accumulating evidence suggests that liver fibrosis is reversible and that recovery from cirrhosis may be possible. There is abundant clinical evidence in support of the idea of the reversibility of cirrhosis in patients with different etiologies of advanced hepatic disease including viral, autoimmune, and metabolic/ infiltrative liver disease. Likewise, there are clinical circumstances where an effective treatment for the underlying insult is available, remodelling of the scar tissue can occur and a return towards architectural normality has been documented even in advanced fibrosis and cirrhosis as illustrated herein with a patient of overlap autoimmune hepatitis and primary biliary cirrhosis.

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

**Cesar V Reyes MD**

## SEPTEMBER QUOTE

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

**Ephesians 4:31-32**

## OBITUARY

### CONRADO M YAP MD MHA FPCHA

Old classmate in FEU-NRMF medical school went to join our Lord in the Philippines according to Eddie Saw MD.



Conrado was a successful general surgeon in Quezon City and also successful businessman. He owns St Bernadette of Lourdes College of Nursing, a nursing school with a big four-story building at West Fairview in Quezon City. He also owned big market place nearby.

He was a good surgeon according to his students and residents at FEU Hospital where he was also trained.

His real estate building and nursing school is closed by to the FEU medical school, and is well managed by his capable wife, a nurse.

In the 10 years of my retirement, I met Conrado three times and his wife once in the Philippines. He was always cheerful and affable. He never came to the United States for postgraduate training. His life was always in the Philippines.

His father was a Chinese and mother was a Pilipina. He spoke

fluent Tagalog but poorly Chinese. His mother, a typical Pilipina, was very kind and generous and always invited us, his friends, to their house for dinner.

Conrado started with us in but graduated later than 1968. In my sophomore year, I transferred to UST.

I will miss him as an old classmate and good friend.

**ANTONIO ONG MD**  
Retired Neurosurgeon  
Honolulu HI

Conrado was the founding chairman and president of the St Bernadette of Lourdes College, an educational institution that provides excellent education and develops globally competitive professionals.

He was a faculty member at the FEU-NRMF Institute of Medicine, a surgical consultant to several hospitals in Metro Manila and a Paul Harris fellow of the Rotary International Foundation.

He is a diplomate of the Philippine Board of Surgery and a fellow of the Philippine College of Surgeons. He holds a Master's Degree in Hospital Administration from the Ateneo Graduate School.

He likewise authored and published papers on medicine and surgery.

A very well-traveled professional, he has made trips to the United States, Europe and Asia. He is a life member of prestigious professional organizations such as the Philippine Medical Associations, Philippine College of Surgeons and the Philippine College of Hospital Administrator.

He also had held several

positions in civic, and religious organizations, including the Rotary Club, Sinag Tala Toastmasters' Club, Barangay councilman, and the Knight of Columbus. - cvr

**CME Corner**

*continued from page 8*

competence, performance and patient outcomes which are one of the main goals of our CME activities.



**CEL SO  
CEL MUNDO MD**

The entire program has been published in the

recent issues of **PMAC News**, **FEUMAANI News** and **ECTOPIC MURMURS**. The speakers are Drs Sampath Kumar, Estelita Vallejo, Edgar Lerma, Wayne Gavino, and Hareth Raddawi.

We hope to see you and enjoy full morning of educational activity. Please make your reservation.

**I AM PROUD TO**

*continued from page 8*

aromatic scent there are usually plenty of thorns, beside some poisonous snakes and leaves. (I



**JMT ANTONIO MD**

said I do not like that for they hurt and are painful). My mother further stated to me that when you are materially wealthy you would have

plenty of friends, but when you are down, your so-called **friends** would disappear in the thin air.

Hence, be humble and learn how to sleep in the floor, or learn how to *mamuluktok ka* (assume fetal position) when you went down materially, but never give up for as long as you are healthy, health is wealth as she had informed me and that I should always pray.

Last and the least, we should never forget those who died, or those disabled when their blood were spilled in our Motherland, and in this great Country during the Civil War, in WWI, WWII, Korean, Vietnam, etc. Humbly I am really proud to be an American. This land of the free for all us I am really grateful whether you are educated or not, but as long as you play the rules and work hard, our brain-body mechanics would be able to tolerate with passion and enjoyment because opportunity never ends. When I first arrived here in 1965 I had first observed *the high dignity of labor*.

We did not have these graces when I was growing up. Let us be vigilant of our liberties, and obeying our Constitution, so the Federal and State Laws. Owing guns or weapons of mass destruction by killing our law abiding, and innocent peoples cannot be right! Owing gun/s and using it for self-defense, defending our Country, and for recreational activities should be the only purpose of owning guns that's from my own personal perspectives. Our unalienable Rights should not be trampled upon by anybody: friends and foes alike. We, the first generations for our children

were very proud when took an oath for our American Citizenship.

We must be proud immeasurably with the height and depth to be an American. History will attest that the American colonization and war with the Pilipinos, thousands had died not in vain. In a larger sense we have to be proud also for our contribution of human lives to this new Empire when our Pilipino soldiers side by side with the American fought and had died during the Japanese Imperialism, so as our contribution during Civil War, and conquering the west; and Mexican-American War beside the Korean, Vietnam, Iraq and Afghanistan wars as American citizens our forefathers before us had immensely contributed immeasurable without boundaries for our love to USA.

Our great contributions in science, technologies, medicine, etc, we are something to behold with the greatest pride as an American.

Again, I am very proud to be American with our blood that runs the legacies from our immortal seeds, and forefather's heroism. Some of you may have known that three years ago Pilipinos in every States of the Union must be proud that our contributions to this great country at last had been recognized by the US Senate Congress which passed and approved a resolution in October 5, 2011, designating that every October should be *Pilipino-American History Month*.

Please ask ourselves if we need this accolade like *African-American Month*? Are

majority of us with a cohesive force in politics, and other important agendas like in government affairs, business, education, science, mathematics like the Jews? Jews are the single minorities with strongest cohesive force that controls our economy and our Congress, including our Executive branch. Therefore, if our house is divided we will be weak to stand strong. Would all of you prefer to be like bamboo trees that sway according to the direction of the strong typhoon or wind? Remember the bamboo trees in your backyard back home, they continue to stand erect when that winds dies down for the resilient bamboo trees goes back in the original position when the wind calms down. Ideally I would prefer all Pilipino-American to be stronger with undying unified cohesive force not falling behind from other ethnic groups, because the European Caucasians are still the majority. Hence, it had been stated that majority rules in democratic form of government. If an African-American was able to become President, why not a second or third Pilipino-American generation to be a President of this great Empire?

To be continued.

## TENDERLY YOURS

*continued from page 8* and Bustillos.

Likewise, musicals were always featured at Cine Mactan on Legarda street.



NOLI  
GUINIGUNDO MD

The last time we went to see our old stumping ground was two years ago. Things had changed. My old school Mapa High School on San Rafael and Mendiola looked different and it got smaller. The high school was next to La Consolacion College where I enjoyed looking at the girls with their bright blue uniform. After a heavy rain, the *Macopa* fruits fall on our side of the fence and we had fun picking them up. I did not realize Dr Virgilio Magsino was one year behind me at Mapa.

Part of our inspiration in writing articles and poetries is our picturesque background, when we were growing up. The local color that we usually write in my poems are partly from the town of San Miguel ,Bulacan. Before I get carried away I would like to hang up and continue descriptions at a later publication.

It is nice to start talking outside the Alumni Foundation affairs for a change. Life keeps on going without much controversy, discussions, and arguments. Let us continue to pray so we will have harmony in our organization. Till next time, God bless you all.

## The Pilipino

*continued from page 7*

no easy answers to these queries.

*Corruption in Philippine government officials will never end unless radical changes prevail. A pitiful country I can cry for. I wish*



CESAR D  
CANDARI MD

*President Benigno C Aquino III could wake up and exercise his righteous power, that corrupt officials must face justice, that the guilty must be put to jail! I truly hope and pray that the present government of Noynoy shall not lose the battle against corruption and poverty.* Since the very beginning of his administration, I am a supporter of President Aquino.

You may have read or heard of the recent 5<sup>th</sup> State of the Nation Address (SONA, July 28, 2014) of President Aquino when he quoted his father. Here is what he said: *The Pilipino is worth dying for.* Followed it with *The Pilipino is worth living for.* Then, from him, *At idagdag ko naman po: the Pilipino is definitely worth fighting for."*

There was a prepared speech of his father former Senator Benigno Ninoy Aquino Jr that was to be delivered by him upon his arrival in Manila (August 31, 1983), after staying in the United States for three years, but it was not delivered as he was assassinated few seconds after he stepped down on the tarmac at the airport that now bears his name. This speech was posted by Malacanang in its website as part of remembering Ninoy.

It is interesting to note that this undelivered speech has the similarities to the recent SONA of President Benigno Noynoy Aquino III. Can we surmise that the incumbent President is experiencing the same as what his father had? He emphasized the reforms he is pushing now and sacrificing for the Filipino people.

To quote the undelivered speech of his father: *Three*

*years ago when I left for an emergency heart bypass operation, I hoped and prayed that the rights and freedoms of our people would soon be restored, that living conditions would improve and that blood-letting would stop.*

*Rather than move forward, we have moved backward. The killings have increased, the economy has taken a turn for the worse and the human rights situation has deteriorated...*

*The country is far advanced in her times of trouble. Economic, social and political problems bedevil the Pilipino. These problems may be surmounted if we are united. But we can be united only if all the rights and freedoms enjoyed before September 21, 1972 are fully restored.* In short Ninoy Aquino was seeking reforms and to have freedom for the Filipino people from the Marcos dictatorship.

In the SONA speech, although words are different, the incumbent President Aquino stated *The Philippines sank deep into despair because of dirty politics. Our trust in each other disappeared; the confidence of the world in the Philippines ebbed, and worst of all: we lost faith in ourselves.*

*It was at this juncture that we began our journey on the straight and righteous path.* Indeed, with the same aspiration as his father, President Aquino is aiming at reforms through good governance, transparency, and accountability among public servants to promote inclusive growth among Pilipinos.

President Aquino's SONA was 91 minutes long and garnered a total of 85 applause.

The Philippine Inquirer published a summary of his SONA. I will mention some features of the report.

After the usual greetings, he thanked foreign donors for their assistance during Super Typhoon Yolanda. He cited Albay's zero casualty during Typhoon Glenda; he praised Albay Governor Joey Salceda. He reported the arrest of those involved in the killing of Mayor Ernesto Balolong and businessman Richard King.

He enumerated government acquisitions to modernize Armed Forces — new helicopters, country's first landing craft utility ship BRP Tagbanua.

He reported that 1.65 million were employed from April 2013 to April 2014. He expects the completion of the Tarlac-Pangasinan-La Union Expressway until Urdaneta by this year, and until La Union by 2015. He enumerated more infrastructure projects such as:

Fix 108.8 kilometers of roads, bridges and landslide-prone areas damaged by Yolanda; and Continue to *Build Back Better* for those affected by Yolanda.

AFP modernization was, he considers, an important achievement: Two of 12 FA-50 lead-in fighter trainer jets coming in next year; the rest expected to be delivered by end of 2017; 17 refurbished UH-1 helicopters expected by September.

Other target military purchases: Brand-new 8 Bell combat utility helicopters, 2 antisubmarine helicopters, 10 AgustaWestland-109 helicopters, 2 light-lift aircraft, 3 medium-lift aircraft and radar

systems, among others. The acquisition of 50,629 M4 assault rifles is also expected in the next months.

Legislating pension reform in order to gain funds to hire more policemen and buy new equipment for PNP is a priority.

On Agrarian reform: completion of Cadastral survey by 2015 after 102 years. He will suggest legislation to extend delivery of notices of coverage.

On Bangsamoro, working on Bangsamoro Basic Law and push for its passage.

Columnist Mel Sta Maria reported that in a survey conducted by TV5, PNoy's speech was received favorably by 84% of the listeners and watchers.

Even oppositionists and critics had something positive to say. In a statement, Senator Ramon Bong Revilla Jr praised Aquino for ditching macho posturing and politicking in the SONA and focusing instead on his programs.

Revilla said the President could have accomplished more in the past four years if he had adopted a similar track since taking office in 2010.

Senator Jinggoy Estrada also praised President Aquino for spending much of his SONA enumerating completed projects and accomplishments.

Both are in prison.

Speaking of those corrupt Senators and other plunderers, the triumvirate, Senators Enrile, Estrada and Revilla were charged of plunder and are now in jail at camp Crame prison. Janet Napoles the queen of pork barrel scam is in jail. *Gigi* Reyes is in jail. This is only the beginning. The expectation is that many more will be charged

soon. No question this is the high water mark of President Aquino of his drive for honest government, getting rid of the mounting corruption scandals in the government. President Aquino is determined to turn the corner by instituting genuine, wide-ranging, meaningful reform, and acting on its belief that good governance is the bedrock of equitable progress. The Filipino people have their expectations of Aquino's administration to clean up the mess and to get rid of the cockroaches and the crocodiles in all levels of government in the Philippines.

To be continued.

## IceBucket Challenge

*continued from page 7*

did not come without detractors

from animal rights' supporter like Pamela Anderson and others of different views, including those against embryonic stem cell research.



ALADIN M  
MARIANO MD

McClaren and

Beeson commented that *much recent interest has focused on whether stem cell therapy could alleviate or even cure common degenerative diseases. This has been accompanied by debate on the ethics of destructive research on early human embryos. Stem cells derived from various sources raise different ethical issues, but their contribution to medical research could be immense.* While there are tailwinds for placental and adult tissue

sources, headwinds to embryonic stem cell research surfaced and related to an issue not dissimilar to debates between pro-life vs. pro-choice and questions related to the other end of the spectrum, end-of-life.

When life is defined as beginning at conception, rights are conferred at that time and had to be championed and supported. Similarly, end-of-life issues bring to bear the rights of those still *living* even in a *vegetative state* or, for any other reason, at the throes of death. In our healthcare system, private and public resources are at stake to fund efforts to support, terminate or prolong life. Reflexively, what then follow are moral values, religious overtones, socio-political agenda, personal upbringing and citizenship that stoke the fire of controversy. When does life really begin and when does it end, are questions that rise to a decibel of priority for society, whether personal or national.

This article is not about casting aspersions nor endorsing the merits of either side of the debate, a controversy aplenty. Rather, the goal is to give pause to the animus, make time for reflection and provide salutary perspective. Some may not like to hear the truth, but somehow, one needs to *tell how the cow ate the cabbage*, a Southern catchphrase. This subject is a difficult one to resolve in its entirety and we will not be able to *carry forests on my back* but at least let us put a *crack* on this *nut*. People have to muster gumption to tackle this dilemma of *when life begins and ends*. It is a

yeoman's task to venture on finding a balance among different perspectives, biblical or secular, cerebral or emotional they may be. That said, one recognizes the consequences emanating from issues about pro-life/pro-choice and life/death dilemma.

Consequences  
*Incidents of violence have included destruction of property, in the form of vandalism; crimes against people, including kidnapping, stalking, assault, attempted murder, and murder; and crimes affecting both people and property, including arson and bombings. In the U.S., violence directed towards abortion providers has killed at least eight people, including four doctors, two clinic employees, a security guard, and a clinic escort. Another abortion doctor, George Wayne Patterson, was shot and killed outside an adult movie theater in Mobile, Alabama on August 21, 1993, but authorities attribute his death to a botched robbery. Other links are accessible regarding the problem. End-of-life issues also affect society's responses to longer longevity that presents unprecedented ethical and fiscal challenge, rationing healthcare, hospice care, etc. Disregard for life may lead to the horrors and slippery slope of euthanasia and assisted suicide according to Krauthammer.*

Who defines?

All things considered, the trunk-of-the-tree origin of these conflicting positions stems from the question *when does life begin and end?* While progress in scientific knowledge, like ultrasound, helps us determine a

*functioning entity* in the womb, does life really begin *at conception?* Pro-lifers use biblical passages frequently to make the case for human life beginning at conception(28,29). Consider the following excerpts::

**Luke 1:39-44:** Mary's visit to Elizabeth: ... *And it happened, when Elizabeth heard the greeting of Mary, that the babe leaped in her womb; and Elizabeth was filled with the Holy Spirit. Then she spoke out with a loud voice and said, Blessed are you among women, and blessed is the fruit of your womb! But why is this granted to me, that the mother of my Lord should come to me? For indeed, as soon as the voice of your greeting sounded in my ears, the babe leaped in my womb for joy. ( Does heart beat, motor function like "fetal kick, response to pain sensation or Mozart effect in the womb constitute or define life?*

And for that matter, do dummy patient simulators with heart beat, etc, have life?

**Psalm 139:13-16** For You formed my inward parts:

You covered me in my mother's womb...My frame was not hidden from You, When I was made in secret....Your eyes saw my substance, being yet unformed....The days fashioned for me, When as yet there were none of them.

**Jeremiah 1:4-5** ...*Before I formed you in the womb I knew you; Before you were born I sanctified you;..*

**Psalm 51:5** Behold, I was brought forth in iniquity, And in sin my mother conceived me.

All the preceding verses confirm the omniscience,

omnipresence and omnipotence of God Almighty. They are related to specific people who were already born and were living. They did not define when life begins, as these verses also include the *period being yet unformed*, as yet they were none of them, *before formed in the womb*. It appears to be a stretch of one's imagination to assume that the preceding verses support that *life* begins at conception. Moreover, this extrapolation minimizes other verses that actually define it. Let us now consider the following and comments that follow:

**Genesis 2:7** And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.

Notice, that a fully formed Adam from the *dust of the ground* was still *non-living* until the *breath of life* got into him from God. Then, he became a *living* being. This is akin to a *still birth* baby who was not breathing and therefore *non-living*. Or, a fully formed baby immediately after delivery, cyanotic and not breathing, no life in it although with heart rate and brain activity, *non-living*, but after a few seconds, with or without resuscitation, started to breathe in natural air as an evidence of *life*. This also reminds us of patients that are *brain-dead*, in a vegetative state, with flat-line EEG, sustained only by life-supporting means like ventilator and/or therapeutic interventions. Yet, when ventilator is turned off, they do not breath spontaneously, no natural breathing and subsequently declared *dead*, ie, not breathing

or no breath of life.

Atmospheric air has to be breathe into, *before life begins*". It is arguable that by virtue of the oxygen derived from the mother, ie, fetal respiration, that this is *breathing*. But, this denies the biblical definition of *living*, viz, presence of functional lungs (mature or premature) that have to breathe in natural and environmental air. The breath cycle continues until the last breath at death. Breathing air defines and sustains life. *In with your very first breath, out with your very last*. Without this *breath of life*, a person is *non-living*, as in:

**Job 34: 14-15** If he should set his heart to it and gather to himself his spirit and his breath, all flesh would perish together, and man would return to dust. (Without breath, the flesh is dead).

**Ecclesiastes 12:7** Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it.

**Psalms 146:4** His spirit departs, he returns to the earth; In that very day his thoughts perish.

Also, notice the function of this *breath of life* to the *non-living*:

**Ezekiel 37 9-10, 13-14**  
**9** Then said he unto me, Prophecy unto the wind, prophecy, son of man, and say to the wind, Thus saith the Lord God; Come from the four winds, O breath, and breathe upon these slain, that they may live. So I prophesied as he commanded me, and the breath came into them, and they lived, and stood up upon their feet, an exceeding great army. And ye shall know that I am the Lord, when I have opened your

graves, O my people, and brought you up out of your graves, And shall put my spirit in you, and ye shall live, and I shall place you in your own land: then shall ye know that I the Lord have spoken it, and performed it, saith the Lord. (The word *spirit* comes from *ruwach* from 07306 in concordance meaning breath or wind).

Schwartz concurs, *there is nothing in the bible to indicate that a fetus is considered to be anything other than living tissue and, according to scripture, it does not become a living being until after it has taken a breath*.

Also, notice the following controversial verses:

**Exodus 21:22-24** If men fight, and hurt a woman with child, so that she gives birth prematurely, yet no harm follows, he shall surely be punished accordingly as the woman's husband imposes on him; and he shall pay as the judges determine. But if any harm follows, then you shall give life for life, eye for eye, tooth for tooth, hand for hand, foot for foot. (When the *child* is viable and delivered prematurely but *no harm* done, then compensation maybe sought by the husband since the fetus did not mature to full term; if any *harm* follows after birth as when the fetus perished, then life for life, etc. In this accidental death after birth, the key point is viability by natural means to exact redress at that time. Today, by artificial means, fetal viability can be extended as a dying person's life/ suffering can be prolonged. However, this example should not be used to justify voluntary/intentional abortion,

especially to viable fetus still in the womb).

**Numbers 5:11-31** ...*And he shall cause the woman to drink the bitter water that causeth the curse: and the water that causeth the curse shall enter into her, and become bitter. Then the priest shall take the jealousy offering out of the woman's hand, and shall wave the offering before the LORD, and offer it upon the altar: And the priest shall take an handful of the offering, even the memorial thereof, and burn it upon the altar, and afterward shall cause the woman to drink the water. And when he hath made her to drink the water, then it shall come to pass, that, if she be defiled, and have done trespass against her husband, that the water that causeth the curse shall enter into her, and become bitter, and her belly shall swell, and her thigh shall rot: and the woman shall be a curse among her people. And if the woman be not defiled, but be clean; then she shall be free, and shall conceive seed. This is the law of jealousies, when a wife goeth aside to another instead of her husband, and is defiled ...* (This is what is generally known by biblical scholars as an *adultery test* by ritual of intentional abortion performed by a priest through drinking *bitter/ curse water*. But this is not done anymore, even by priest; it has ceased a long time ago. Similarly, if Jewish priest discontinued this practice, all the more reason for this not be used to justify abortion by anyone, through pharmacological means.)

**Job 3:3, 10-11, 16** *Let the day perish in which I was born. ... Because it shut not up the*

*doors of my mother's womb, nor hid sorrow from my eyes. Why died I not from the womb? Why did I not give up the spirit when I came out of the belly? ... Or as an untimely birth I had NOT been; as infants which never saw light.* (According to Martin and Sielaff in their commentary, ...fetus was reckoned as **not having been** — and that is how God and the Bible defines the status of the fetus. I do not support the connotation of outright disregard for fetus nor should it be summarily disrespected. The alternative interpretation may well be that Job may just be too remorseful for his suffering that he wished **not having been**; this was Job's wish and not God defining the status of the fetus or how we should regard it.) From the same link, (which I could not confirm). An April 8, 2004 United Press International reported about this limitation: At what point is a human fetus viable? ... a government witness testified in U.S. District Court in Nebraska that a 20-week fetus can feel pain, suggesting the fetus is a living being. Neonatology specialists have countered, however, that a 20-week fetus cannot yet survive outside the mother's womb. ... [Dr. Avroy] Fanaroff 2 [notes], 'There may be a beating heart, there may even be some gasping attempts at breathing, but this is not a baby that can be resuscitated — it is not viable,' ... 'such signs of life typically 'last only seconds.' ...What, then, differentiates between live birth and viable birth? The maturity of the lungs, Goldsmith said. *It is the ability of the lungs to exchange oxygen and carbon dioxide*, he said,

which explains the reason why a non-viable fetus in 1973 can be a viable baby today. On viability. See <http://www.washtimes.com/upi-breaking/20040406-051104-8080r.htm>.

Difference in counting child's age among cultures In Jewish culture, ...*it is their day of birth (or the year in which they first exited the womb) that gives them a legal existence. Thus, for a man to be able to go to war he had to be twenty years of age, or a priest to commence his official duties had to be thirty years of age. These ages for legal purposes were always reckoned from birth, not from conception. The reason for this is plain. No one could be sure in all cases just when conception took place, and even if one knew the exact moment of conception, for legal purposes one had to wait to be born to enter human society.*

In Korea, China and East Asia, ...*the countdown of children's age does not begin with the birth of a child, like in the West, but starts in the beginning of the year, rounding up the time spent by a child in the mother's womb. In addition, people become older not on the day of birth, but on January 1st, according to the lunar calendar. For example, a child born in late December of 2013 will turn two on January 1st, 2014.*

**Summary** Now that the major elements firing the debate have been presented, the question still remains as to what the correct response should be? The decision to act, one way or another, for anyone at the crossroads of this question may still be problematic for any

particular set of circumstances. Without being facetious, when one reaches *the fork of the road*, Yogi Berra quipped, *take it*, but which side of the fork should one take? Even the advice from Apostle Paul about moderation (**Phillipians 4:5**) may not suffice to confer peace of mind. Raw courage is needed to face criticism of whatever action one takes, as there will always be "Cannon to right of them, Cannon to left of them, Cannon behind them Volley'd and thunder'd" as in **Charge of the Light Brigade** by Alfred Tennyson.

As one may now deduce, the operative word for when life begins and ends, is *natural*, ie, natural development to viability, not *ex-vivo* or *in-vitro*; natural breathing, not fetal respiration nor through artificial means; natural air, even augmented, but not artificial. How then should one respond to the biblical truth that breathing air defines and sustains life? *In with your very first breath, out with your very last.* The advice from Martin and Sielaff resonates well, *Children are an heritage of the Lord: and the fruit of the womb is his [God's] reward Psalm 127:3.* Adoption should always be considered, so someone else can receive the *reward* from God. Life is important.

Christians should respect it very highly. Not only should they recognize the sanctity of their own lives, but they should acknowledge that God has granted the same life to all in the world. All people should be honored and respected. This is a Christian duty which no one can deny. When the choice is between the life of mother vs.

the fetus, there should be no hesitation that life of the mother takes precedence; there maybe exception even on this that we may not know. As to rape and incest, adoption is a better alternative; here again, there can be exception and the victim needs tremendous emotional support to overcome an excruciating experience. A non-breathing baby just delivered and an adult who had a cardiac arrest should also be resuscitated to life. After sometime, how long artificial breathing should continue would depend on other factors, most especially the ability to be weaned off respirator and breathe spontaneously.

Currently, with technology, the status of brain activity helps in decision-making. Similarly, judgment has to be made regarding sources that potentiate stem cell research depending on overwhelming evidence for *overall good*. Failure to act can delay progress to the detriment of population that needed it most. Vaccine and immunization have detractors, yet society as a whole decided in favor of general use; again this has exception, especially invoking the 1<sup>st</sup> (religion) and 4<sup>th</sup> (privacy) amendments rights.

When it comes to "euthanasia and assisted suicide", our stance should be to advise against these methods. But, who will have the final say? Should it be the patient and/or immediate relative, society or the "death-provider"? Not privy to all the facts surrounding every case and in whatever action is decided by the "stakeholders", one should not be judgmental but, in love,

be commiserating and (sans approval) empathizing with the difficulties in arriving at any decision. True, one should not be dogmatic nor flexible every time and be mindful of the cautionary verses in

**Ecclesiastes 3:1-8 :**

"To every thing there is a season, and a time to every purpose under the heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; A time to kill, and a time to heal; a time to break down, and a time to build up; A time to weep, and a time to laugh; a time to mourn, and a time to dance; A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; A time to get, and a time to lose; a time to keep, and a time to cast away; A time to rend, and a time to sew; a time to keep silence, and a time to speak; A time to love, and a time to hate; a time of war, and a time of peace.

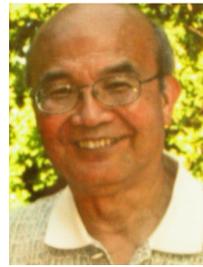
Defining when life begins and ends just opens doors. What action plan for any specific situation may still leave us with conflicted conscience and second-guessing. Hopefully, people will choose life and seek an obstetrician, rather than death from an obitriatrist (death-doctor). Flee from temptation. Decide we must, is an "ice-bucket challenge" for all of us.

See also <http://fact-s.net/2014/09/10/ice-bucket-challenge-defining-when-life-begins-and-ends/>

## MY HOMETOWN

*continued from page 7*

band consists of 50 members, most are artists in residence in the city; and others from the neighboring towns and cities. Some of the band members have been with band for 50 years.



RUDY BACOLOR MD

Sometimes guest artists are also invited to perform.

Each weekly performance starts with the national anthem; and the audience is invited to join the singing of the anthem. My favorite performances are the Independence and Labor Day repertoires. Before each day performance, the conductor usually asks the visiting audience to stand up and identify where they come from and I am surprised to know that a good number come from neighboring States and even from other countries.

My favorite pieces are the marches like the Stars and Stripes Forever by John Phil Sousa and the College Fight Songs. The latter are played coincidentally with the beginning of the football season.

During the school song rendition, respective alumni and fans stand up and join the singing of their fight song. With each title piece, the conductor also provides a brief history and commentary of the composer.

The setting is breathtaking and overlooks the bluffs, the Silver Beach Park and the Whirlpool Fountain; and the bridge crossing the St Joseph River as it empties into the lake;

and the historical landmark Lighthouse.

With the lake breeze blowing inland, the temperature during the 7:30 pm concert is usually quite comfortable at around mid-70's<sup>0</sup>F. With the backdrop of the spectacular setting sun across Lake Michigan and appropriate and timely musical score, it is almost heavenly spiritual.

My adopted hometown consist of twin cities of Benton Harbor and St Joseph. It is geographically located in the southwestern part of Michigan in the Berrien County. It is surrounded by several townships and smaller towns. It is about 100 miles east of Chicago with Kalamazoo about 50 miles to the east, the University of Notre Dame 45 miles south, and Grand Rapids 50 miles northeast.

Benton Harbor was a premier destination in the past but has gone down into disrepair, although it is now undergoing a rebirth with the development of the Jack Nicklaus designed championship golf course, the Harbor Shores, which has hosted two senior golf tournaments during the past 3 years.

Recently, a hotel/ condo complex, the Harbor Inn, has been completed; and residential cottage/ condos are being constructed south of the golf course.

St Joseph is a more progressive and vibrant community with excellent schools and other city amenities. To sports fans, it is better known as the birthplace of super model Kate Upton. But the silent benefactors of St

Joseph are the generous civic and business leaders who donate their time and financial resources for the betterment of the quality of life of all resident of the community.

My hometown is where I started my medical practice in internal medicine/ medical oncology. I was the first foreign-born physician in the area. This is the place where we raised our four children.

The main industries in the area are farming and tourism. The major crops are fruit farming and accompanying industries of wine making and canning.

With tourism growing, service industries such restaurants and fast food establishments have proportionately increased.

The major employers are Whirlpool Global Headquarters in Benton Township and Lakeland Medical Center in St Joseph.

My hometown is not only blessed with natural beauty but also a wealth of festivals and events especially in the summer as well as pristine beaches and municipal parks for picnics or sports activities.

The better known festivals of the area include the Blossom Time Parade in spring that coincides with the onset of flowering of cheery and apple trees, the Independence Day Parade, the Flag Day Parade in Three Oaks --- the biggest in the nation, the Cherry Festival in Eau Claire with cherry pit spitting contest, the Peach/ Gladiola festival in Coloma, and the Youth Fairs.

The area hosts annual arts festival with attendance by artists from all over the country.

We also have during summer the Farmer's Market on Wednesdays and Saturdays. We are likewise fortunate to have in our backyard a good university and colleges.

We have Andrews University in Berrien Spring, a favorite of international students.

Local colleges include Lake Michigan College and Southwestern College which offer bachelors degree and technical courses as well as masters degree in business thru Western University affiliations.

Additionally, we are fortunate to have a first rate health care facility in Lakeland Health Care, considered as one of the top100 hospitals in the country according to a national survey. It offers comprehensive and specialty care.

Our hometown is quiet and peaceful. Traffic is normally easy to navigate except during summer weekends and during festivals when more than half of the traffic is due to Indiana and Illinois bearing license plates, some of whom own million dollar vacation homes along the lakeshore.

This is the reason we returned to retire here after finishing my medical career in Muskegon MI.

This is the home of our three out of four children and seven grand children; one son and his family lives in Ann Arbor, and allow us to watch grandkid sports and school events and be a part of their lives as well as reconnect with old friends and former colleagues.

Life is good!

## FAITH CORNER

*continued from page 6*

however, we need to understand

the context in which the words were written. The gospel was written at a time when the early Christian community needed solid guidance as it

struggled with experiences of doubt, jealousy, anger, and other divisive issues that required resolution, pardon, and above all, restoration if it was expected to survive the times. Do these same circumstances apply to us today? Perhaps the placement of the text gives us the clue as to the intent of the Gospel writer. Just before these verses, Jesus speaks of God's great care and concern for *the little ones*. The popular thought is that Jesus is referring to innocent little children.

However, in Matthew's context, the phrase is better understood as describing the newest members of the church, those who are fresh to the faith and susceptible to being misled. In the case of our community, we cannot forget that our newest alumni are watching us closely and waiting how we resolve our differences as they decide whether to even join our associations or not.

God's persistent and tender care, Jesus says, is like that of the shepherd who leaves the flock in search of just one little one who is lost. It is all about seeking and restoring that one who is lost, like finding that lost coin or treasure in the field and restoring that prodigal son who

was lost and now is found. If God wills that not one little one should be lost, then the process outlined in our Gospel passage is not about punishment but about methodical, respectful, sincere, and always hopeful restoration. This approach is further validated in verses 21-22 when Peter gets legalistic, asking Jesus the number of times we need to forgive one another. Jesus says to Peter, *I tell you, forgive not seven times but seventy seven times*. The deep concern here and in so many other places in the Gospel is the preservation of a community that is at risk of falling apart because of fragile and broken relationships.

The words of Jesus force us to face our humanness. Martin Luther described our human nature with the words, *simul justus et peccator*, at the same time saints and sinners. We are therefore a community of people who can do something wrong, and when that happens and we're involved, we are to do something about it – namely to talk to the other person directly like a mature adult rather than behind someone's back. If that doesn't work, involve some others, not as a gathering of witnesses, but rather a way to involve and preserve the larger community that is affected by the dispute. If that does not work, then things are serious and the whole community is at risk.

Truthfully, I am not sure what treating the offender *as a Gentile and tax collector* means especially given how Jesus actually treated Gentiles and tax collectors with whom he shamelessly associated and

even took one of them to be his disciple.

The tensions and trials which arise from the transgressions we commit against one another have an impact not just on individual relationships, but on our community as a whole. The health, welfare, and possibly the survival of the whole community may well depend on the restoration of trust between two individuals who are at odds with one another. There is so much more at stake than the issues of one individual against another as others are drawn into the disagreement as witnesses for or against either side. In the Family Systems Theory, a phenomenon called Triangulation can easily result when one seemingly innocent bystander is drawn into taking sides.

The strongest argument for the prompt resolution of any conflict in any community is the promise that whatever is agreed upon by two people in conflict here on earth will be done for them by the Father in heaven. If that's not scary enough to spur a favorable resolution, this promise is further backed up by Jesus when he says, *where two or three are gathered in my name, I am there among them*. There is no question of agreement on this point. Jesus is really present, where two or three are gathered in God's name, not just where two or three agree in the name of Jesus, but where two or three are gathered, including the two who cannot listen to one another about a matter of sin and how to handle it. Jesus offers a simple guide to help us handle our humanity and its consequences. Far more



REV MELVIN  
ANTONIO MD

importantly, Jesus promises that he is present when we are gathered in his name.

## PRESIDENT'S MESSAGE

*continued from page 1*

The logistics for the FEUDNRSMAF Spring 2015 meeting and the 36<sup>th</sup> annual summer reunion and scientific convention will be announced soon.

As your President, I am inviting and rallying all alumni to join the 2015 winter *Balik-FEU* and annual summer reunions. Your presence in these reunions will help our Alumni Foundation raise revenues so we can continue to finance our major programs with the FEU-NRMF medical school.

We will also maintain civility and fair accommodation to all.

I am also deeply grateful to Dr Danny Fabito for accepting the summer 2015 reunion overall convention chairman, and for volunteering his expertise and experience on the matter.

**MANUEL A MALICAY MD  
FACP FASH**

## SEPTEMBER QUOTE

Come, let us return to the LORD. For He has torn us, but He will heal us; He has wounded us, but He will bandage us. **Hosea 6:1-3**

## NEW DELHI/ DUBAI TOUR

January 31- February 6, 2015

Six nights/ seven days  
Delhi, Jaipur, Fatehpur Sikri, Agra, Delhi; Tour to India-Dubai-Abudabi. \$700 land tour/ hotel for India; \$470 land tour/ hotel Feb6-8 Dubai-Abudabi.

For details: call Nida Hernaez MD 847-668-7385.

### ITINERARY

#### Day 1 January 31, 2015

Arrive Delhi, as per your flight schedule pick up from New Delhi airport and transfer to hotel, take rest, evening free. Overnight stay at hotel. Depending on our arrival time, we can also go for some short tour on this day.

#### Day 2 February 1, 2015

New Delhi is the capital of India. Perhaps one of the most interesting capitals in the world, with its mix of old and new. Delhi's place in the Indian history is depicted in its architectural heritage. Even today you can see the glimpses of history in its various monuments (or what's left of it) present around the city. Delhi has a long and fascinating history and there are plenty of things to see. There are structures in every nook and corner that speak of Delhi's heritage. There are cultural happenings all over the town that shout out for its deep-seated root.

After breakfast, day city tour to visit the historical and cultural marvels of Old Delhi. Today your tour will include the visit to Red Fort, Jama Masjid (India Largest Mosque), Additionally you can take a walk or Rickshaw ride through

the silver street of Chandni Chowk, visit Rajghat (memorial to Mahatma Gandhi). Return back to hotel, take rest, evening free to take walk tour around the popular streets markets called Janpath. Overnight stay at hotel.

#### Day 3 February 2, 2015

Delhi To Jaipur. After breakfast, day city tour to visit the historical and cultural marvels of New Delhi, today your tour will include the visit to India Gate, a memorial raised in honor of the Indian soldiers martyred during the war, Rashtrapati Bhawan, one-time imperial residence of the British viceroys, Humayun's Tomb (a World Heritage site), lotus shaped Bhai's Temple and Qutub Minar, built by Qutub-din Aibek of the Slave Dynasty,

Later after lunch, transfer to Jaipur [265 Km, 5 hrs.], arrive Jaipur and check in hotel, take rest, evening free, Overnight at Hotel.

#### Day 4 February 3, 2015

Jaipur is one of the finest planned cities of India, located in the semi-desert lands of Rajasthan. The city which once had been the capital of the royalty now is the capital city of Rajasthan. The very structure of Jaipur resembles the taste of the Rajputs and the Royal families. Shopping, Culinary Delights, History and Culture, Forts and Palaces, it has it all.

After breakfast, day city tour starting with an excursion to Amber Fort with an elephant ride, a visit to City Palace,

Jantar Mantar (a virtual

[250 Km, 5 Hrs.], on the way



Taj Mahal in New Delhi



Dubai City Bay Boat-like High Rise apartment

museum about the astronomical observatories built in 1700's), Hawa Mahal (Palace of Winds built of red and pink sandstone in 1799, a unique five-storey exterior with its 953 small windows called Jharokhas, evening free to relax or explore the old pink city markets. Overnight stay at hotel.

**Day 5 February 4, 2015**  
Jaipur To Agra. After breakfast, transfer from Jaipur to Agra

stop to visit Fatehpur Sikri, a World heritage site. This red sandstone city was built by the Mughal Emperor Akbar in AD 1564 in honour of the Muslim saint Sheikh Salim Chisthi. Fatehpur Sikri was intended to be the capital city but the shortage of water and unrest in the north-west made Akbar abandon it after 14 years. One of the major attractions of this city is the marble tomb of Sheikh Salim Chisthi, continue your drive to

Agra, arrive and check in hotel, take rest, evening free, Overnight at the hotel.

**Day 06 February 5, 2015** Agra is not only the erstwhile capital of Hindustan it is also the present tourism capital of the country. The city situated on the banks of the river Yamuna in the northern state of Uttar Pradesh, India, is located about 200 kilometers south of the national capital New Delhi. It achieved fame as the capital of the Mughal emperors from 1526 to 1658 and remains a major tourist destination because of its many splendid Mughal-era buildings, most notably the Taj Mahal, Agra Fort and Fatehpur Sikri, all three of which are UNESCO World Heritage Sites.

Early morning if interested you can visit the Taj Mahal at sunrise, (it opens at 6:00 A.M.) later after breakfast, day city tour to visit Red Fort (red sandstone Fort built by emperor Akbar in 1565), Itmad-ud-daulah (a mughal mausoleum also known as Baby Taj), Later in the evening transfer from Agra to Delhi [200Km, 3-4 hrs.], arrive Delhi and check in hotel, take rest, evening free, Overnight stay at hotel.

**Day 7 February 6, 2015** Delhi Departure. Morning at your leisure, later after breakfast, as per your flight schedule transfer to New Delhi Airport to take your flight for your onward journey.

Package Cost Includes (1) Accommodation in 05A/c Room in the above mentioned hotels for 10 pax, (2) Daily breakfast in all the hotels, (3) Rickshaw ride in Delhi & Elephant ride in Jaipur, (4) All pick up, drop, transfers and sightseeing as per itinerary by private Air Conditioned Chauffeur driven Tempo Traveller (mini-bus), including all toll tax, fuel, parking and driver charges, (5) Personal English speaking Tour, guide in each city during sightseeing, (6) All Monument entrance fee. (7) All applicable tax.

# **PMAC** medical mission, January 2015

## **Tacloban, Leyte medical mission**

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

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

**Fare** P3,473 (\$80)

**Hospital** Bethany Hospital of Tacloban (?)

**Billeting** Z pad Residencies

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

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

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

## **Calamba, Bay, Los Baños, Laguna medical, surgical, dental mission**

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

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

**Tuesday, January 27, 2015**, Calamba

**Wednesday, January 28, 2015**, Bay

**Thursday, January 29, 2015**, Los Baños

Dr Jose Rizal Provincial Memorial Hospital

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

Visit Calamba Rizal Family home

Visit at the IRRI UP Los Banos campus, Villa Escudero, Tiaong, Quezon,

Waterfall luncheon and Filipiniana stage presentation

## **Dapitan, Zamboanga del Norte**

**Saturday – Sunday, February 1-3, 2015**

3D2N Dakak De Luxe Full Package: P13,264 per person (\$294)

Historical shrine and favorite tourist destination

PAL air

River cruise lunch

Tour of Dr Rizal shrine and other sites

One buffet dinner

Dinner at Inato Lang, Dampa

Aqua Marine Park, Fantasyland rides

A visit to Gloria de Dapitan leisure complex

### **Laguna missionaries**

**Surgical leaders** - Luis

Mangubat MD, Leo Avila MD,

Eugene Salazar MD

**Anesthesia** - Emma Salazar

MD, Delilah Tapia MD, Yoly

de la Cruz MD, Lito Fajardo

MD, Nap Cuaresma MD,

Manny Sanchez MD,

Madhaviah Singa MD.

**General surgery** - C Cumba

MD, E Relucio MD, Reynaldo

Sarmiento MD, Barry Summers

MD, Luis Mangubat MD,

Francis Tapia MD, Richard

Zhou MD.

**Plastic surgery** - Jesse Corres

MD, and Jim Sanchez MD

(1/29/2015)

**Ophthalmology** - Eric Lohse

MD **Gynecology & Obstetrics**

- Susan Tan MD, Leticia

Claridad MD, Likang Chao

MD, Mario Reyes MD, M

Escalona MD, Ligaya

Marasigan MD.

**Internal medicine** - N

Bernardino MD, Juanito

Baladad MD, Rogelio Cave

MD, Jose Delfin MD, Lito

Fernandez MD, Malou Laya

MD, Leilani Mon MD, Richard

Mon MD, L Moreno, MD, S

Sevandal MD, Dionisio Yorro

MD, Virgilio Lopez MD, and Judy Wu MD.

**Family practice** - Aurora Atienza MD, R Escalona MD, Jose Guevara MD, Rogelio Liboon MD, Alfredo Sy MD, Zita Yorro MD, C Casaclang MD Israel Labao MD.

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

**Psychiatry** - Luz Cuaresma MD and R Escalona MD

**Pharmacy** - Marizon Relucio RPh, Mia Kim PhD

**Nutritionist dietitian** - Espie Vasallo

**Optometry** - N Cruz, L Cruz, Letty Tuazon

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

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

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

**Critical support** - Representative from the Laguna Association of the Midwest USA, Calamba Chicagooan Edna Pavel, Atty P Claridad, Engr Fred Tsai, Andy Abadilla, Jose Wijangco, Ester L. Azurin as local Calamba Bay and Los Banos liaison, Virgilio Villarruz of the Pugad Lawin Club of Calamba, Honor Cesar, Paring

Cesar Dan Nantes, Lydia Nantes Pepito Tiangco, Paula Tiangco, Cora Moreno, azon Reyes, Erlinda Casaclang, medical student Joel Rosiene, Alexander Frehse

## Dapitan participants

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

## Preliminary list of volunteers

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

### Tacloban

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

**Pediatrics** - Anita Avila MD, Gloria Reyes

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

**Optometry** - Narcing Cruz, Leo Cruz

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

## 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 the October 2014 issue

**October 3 2014**

Please address submissions to  
[acvrear@gmail.com](mailto:acvrear@gmail.com)

# FAR EASTERN UNIVERSITY MEDICAL ALUMNI ASSOCIATION in NORTHERN ILLINOIS

22<sup>nd</sup> Biennial Anniversary Autumn 2014 SCIENTIFIC SEMINAR

*Internal Medicine for Everyone & Induction Dance*

Saturday, October 4, 2014

Hyatt Regency O'Hare

9300 West Bryn Mawr Road, Rosemont, IL 60018

Telephone [\[800\] 233-1234](tel:8002331234) or [847] 696-1234

## Programme

- 7:30 am - 8:00 am *Registration, visit exhibits and displays*
- 7:50 am - 8:00 am *Opening Remarks*  
**Richard Mon MD, President**  
**Celso Del Mundo MD, CME Chairman**
- 8:00 - 8:30 am *Emerging Infectious Diseases*  
**Sampath Kumar MD**  
Advocate Christ Medical Center  
To be introduced by **Celso Del Mundo MD**
- 8:30 - 9:00 am *COPD Update*  
**Estrellita Velezjo MD**  
Advocate Christ Medical Center  
To be introduced by **Franklin Montellano**
- 9:00 - 9:30 am *Coffee Break, visit exhibits and displays*
- 9:30 - 10:00 am *Chronic Renal Failure Update*  
**Edgar V Lerma MD**  
Clinical Professor of Medicine &  
Nephrology  
University of Illinois at Chicago College of  
Medicine  
To be introduced by **Leilanie Mon MD**
- 10:00 - 10:30 am *Alzheimer's Disease Update*  
**Wayne R Gavino MD**  
Neurologist, Northern Chicago Suburbs  
To be introduced by **Conchita Gavino MD**
- 10:30 - 11:00 am *Coffee Break, visit exhibits and displays*
- 11:00 - 11:30 am *Disorders Often Misdiagnosed:  
Irritable Bowel Syndrome and  
Celiac Disease*  
**Hareth Raddawi MD**  
Advocate Christ Medical Center  
To be introduced by **Richard Mon MD**
- 12:00 - 3:00 pm *Coffee Break, visit exhibits and displays*
- 6:00 - 12:00 pm **FEUMAANI 22<sup>nd</sup> Biennial  
Anniversary Induction Dinner Dance**



SAMPATH  
KUMAR MD



ESTRELLITA  
VELEZJO MD



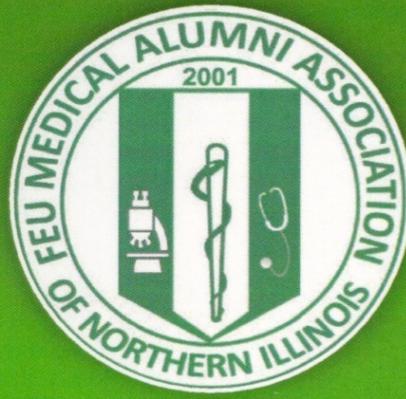
EDGAR V  
LERMA MD



WAYNE R  
GAVINO MD



HARETH  
RADDAWII MD



**FEU MEDICAL ALUMNI ASSOCIATION  
OF NORTHERN ILLINOIS**

*Induction of New Officers*

October 4, 2014  
6:30pm Till Midnight

*Hyatt Regency O'Hare*

9300 Bryn Mawr Avenue, Rosemont, IL. 60018

*Attire: FORMAL*

*Donation: \$75*

CONTACT PERSONS:

Dr. Richard Mon Tel.: 708-275-3167

Dr. Melinda Tolentino Tel.: 708.460.1942

**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 October 2014 issue

**October 15 2014**

Please address submissions to

**[acvrear@gmail.com](mailto:acvrear@gmail.com)**