



Intrinsic Murmurs

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THE OFFICIAL NEWSLETTER OF FEU-NRMF MEDICAL ALUMNI SOCIETY

Revisiting The Far Eastern University- Nicanor Reyes Medical Foundation Vision and Mission, Strategic Planning 2008

Jessica Ona-Cruz, MD

Members of the FEU-NRMF Institute of Medicine faculty and personnel recently revisited the FEU NRMF mission and vision by undertaking strategic planning workshop at the Microtel Inn, Baguio last June 6-9. The main objective of this activity is to develop action plans aligned with the three target areas of Training, Service, and Research. The session was opened by Dean Remedios Habacon with a brief talk on what a purpose-driven institution is all about. Strategic management, she stressed, centers on four critical questions which should challenge any institution- where we are, where we are going, where we should be going and how we will get there.

Dra. Rogelda Bongat, Chairperson of the Committee on Continuing Professional Development reviewed the institution's mission and vision and its key objectives which are as follows:

- 1-The provision of the highest level of academic standards and training for students (knowledge, skills and attitudes);
- 2-The incorporation in the curriculum, programs that will enhance ethical, moral, and spiritual values anchored on the principles of honesty, integrity, responsibility,

obedience, love and compassion; and programs that will enhance respect for the dignity of human life; and the instillation of leadership qualities and collegiality among the studentry;

- 3- The formulation of relevant and quality researches and community-oriented projects that will engender sensitivity to community concerns and social consciousness.

Assistant Dean Policarpio Joves presented a comprehensive and commendable overview of the current situation in the three areas. Highlights include situational analysis of trainees, trainers, training facilities and materials and governance. Important issues covered for trainees were statistics on student population, previous schools attended, criteria for admission, tuition fee rates (comparison with other schools), student performance on board or licensure examinations. For trainers, concerns included criteria for hiring, teaching competencies, commitment, promotions, management skills. Dr Joves also mentioned adequacy of training facilities, community outreach exposures and clinical

(continued at p. 6)



*The participants of the Strategic Management Seminar Workshop
held at Microtel, Baguio City , June 6-9, 2008*

PRESIDENT'S CORNER



Greetings to all 2008 Jubilarians who will be celebrating their anniversary come January next year. This practice has been acceptable for the past decade until some Golden Jubilarians hesitated to join this annual celebration that is already a year late. A move to correct this discrepancy by holding a December 2008 celebration for Class '83 and '58 then followed by the usual January 2009 celebrations was proposed and tried. Unfortunately, there was a clamor from a great number of US based Jubilarians to hold their celebration on a January instead of December, hence, the local society decided to abort this plan.

Going back to the usual January celebrations, we accommodated the request of Class '59 to celebrate their Golden Anniversary on January 2009 together with Class '83 and '58. With this event, Class '59 and the succeeding Golden Jubilarians will celebrate their anniversaries on the correct year. Somehow, we will likewise do the same with the other celebrating Jubilarians in the future.

Nevertheless, the organizing committee is doing it's best for a well organized Alumni Homecoming Celebration this coming January 14-17, 2009. See you there!

EDITOR'S NOTES



Greetings to all members of the FEU-NRMF community.

Somehow, a new group is taking over the realm starting from this issue of our newsletter. It's not real new because many of us have been members or contributors of the previous issues of the newsletter. As with the previous group handling our newsletter, rest assured that we will do our best to make our newsletter relevant and worth reading.

For this issue, we aim to give an update on what is happening in our beloved FEU-NRMF. It is worthwhile to know that the administration is doing its best to improve our alma mater, the achievements of its studentry and what its alumni is doing to help our alma mater... to be a source of pride to all of us.

As a tribute to this year's celebrating classes, we have articles from the Silver Jubilarians and Class '68. It is interesting how they reminisced the years past and how they are now. This is also an invitation to all to attend our alumni homecoming.

A new section starting this issue is a feature on our alumni who are not only successful in the medical field, but who also has contributed for the upliftment of the community and country, thus a source of great pride to our school and a good example to FEU-NRMF Community.

We hope to come out with 2 issues each year, one in June in time for the annual alumni homecoming in the USA and the other in December in time for our annual homecoming here in the Philippines.

We will be happy if any of our alumni will contribute an article to our newsletter.

1968: A Landmark Year

Cesar V. Reyes, MD'68

A year of contempt and wonder was 1968. Historians have also labeled and lavishly praised it as "a year of destiny," "ferocious, tumultuous, comic, tragic and outrageous," "a year that changed America," "a bitter vintage year," "a knife blade that severed past from future," "the year that the earth moved," "a year that shaped a generation," "the year the dream died," "the year that rocked the world," and "incredible, historic, wild, revolutionary, fun, psychedelic, loud, tragic, and profoundly important" to name a few.

To the members of Class'68, it was extraordinary, unforgettable, and the beginning of a lifetime of worth, dignity and nobility. For one thing, we graduated from medical school. What else could we have asked for? Not much more, perhaps. Now looking back many years later still gives chills and nostalgia, exhilaration and euphoria, all at the same time!

The Lessons of 1968

No year of the Vietnam War was more bloody than 1968. It began with the Tet offensive at the end of January, which continued on into February and was confronted with an all-out counteroffensive. The frenzy brought about what was later to be branded as the My Lai massacre of March 16th.

At the end of March, President Lyndon Johnson announced that he would not seek re-election that year. Through a grainy black-and-white television picture, he would pronounce these poignant words, "Accordingly, I shall not seek, and I will not accept, the nomination of my party for another term as your President..." The nation was stunned and astonished although millions of the young were overjoyed.

Another jolt came on April 4th with the assassination of Dr. Martin Luther King, Jr., in a Memphis motel balcony, followed by widespread blacks rioting in more than 100 cities, which became known to many as "the burning of America."

Two months later, Robert Kennedy, a leading Democratic candidate for the U.S. presidency, and the brother of previously assassinated President John F. Kennedy (JFK), was gunned down in a Los Angeles hotel. He was, according to experts, a worthy advocate of the ameliorative idealism that JFK and Dr. King had stood for.

In August, anti-war demonstration raged to a peak at the Democratic Party Convention in Chicago, where protestors gored heads on with police violence and brutality, as the nation watched on television.

Meanwhile, student revolts and disorders became widespread, highlighted at Columbia University in New York, in Paris, and in Mexico. In Mexico City, police killed more than 600 protestors.

Equally sad was the Dubcek uprising, perhaps one of the few bright spots for 1968, which aimed for socialism with human values in Czechoslovakia; but it was crushed by the Soviet and Warsaw Pact.

Later, Richard Nixon rose as the Republican presidential nominee and eventually edged out by a slimmest of margins, the then Vice President Hubert Humphrey in the November elections.

In December, Apollo 8 circled the moon and captured the beauty of the earth from heavens, probably redeeming some closure for 1968. Astronauts [Frank Borman](#), [Jim Lovell](#) and [William Anders](#) become the first men to see the [far side](#) of the [moon](#) and our planet [Earth](#) in their galactical togetherness. This sight inspired a reading by them of Genesis passages from the Bible.

A Pivotal Year of the Sixties

1968 was a year of unprecedented upheaval and change. Every established norm seemed to be questioned or was under siege. Men started to wear jewelry; women's skirts inched higher and higher. In the big cities, one could dial for a protest demonstration. Black asserted that they are beautiful, they grew Afros, and they raised their fists in defiance. The black salute was highlighted at the Olympics.

1968 was also a year of relatively low inflation and cheap cost of living; a first class letter cost six cents, gasoline 37 cents per gallon, a custom-made shirt less than \$7, a well-optioned automobile merely \$2500, and marijuana \$20 an ounce.

In 1968, one could get into trouble for hooking up a foreign attachment to the telephone, e.g., an answering machine. There was only one-distance telephone company, and if one did not like what Ma Bell provided, tough. Cable television was banned to protect broadcast TV. If one had a package that had to be somewhere by the next day, forget it.

Self service gas stations were illegal because there were fire hazards. The typical car got about 12 miles for the gallon and was made in Detroit. It had sloppy steering, soft suspension and bias-ply tires that wore out after 12,000 miles. Sure, there were a lot of little Volkswagen Beetles around, and a few of those funny-looking little Toyotas and Nissan (nee Datsuns), but mostly in weirdo California. Hondas were motorbikes, not yuppie sedans. BMWs were nowhere to be found.

If one wanted cash, one had to go to a bank, between 10 a.m. and 3 p.m. on weekdays, and stood in line for a teller. The 24-hour automated teller machine on the street corner was unknown. Unless one had \$10,000 to buy a T-bills, the most one could earn on one's savings was 5% or so. Money market funds had not been invented yet, and banks were forbidden to offer higher rates on CDs.

To travel long distance, one could choose between two, or sometimes three, airlines. One asked a travel agent what the price was, not what discount fares were available, but simply the price, the one set by the government. The roundtrip coach fare from New York to Los Angeles was \$2500 in today's dollars.

Unmarried couples staying in hotels had to pretend there were married. Sex between consenting adults was still illegal in numerous States. In many States, one could get arrested for displaying condoms and other contraceptives, or advocating their use.

Erotic films were just beginning to be tolerated in a polite society, helped along by the introduction of the movie rating system.

Homosexuals were known to exist but were not discussed in public. Most of them lived in fear of exposure, harassment and the loss of their jobs.

The revolution in women's role was only just beginning in 1968. Women still comprised only a few percent of the students majoring in engineering, law and business.

The maximum rate of income tax was 70%, compared with 36% now; and the IRS was no less fearsome than it is today. It was illegal to own gold, that's right, illegal.

It was also illegal for physicians to advertise. Splitting doctor's fees was not only unethical, it was also a ground for legal action. In medicine, amniocentesis for diagnosis of certain genetic defects or possible obstetric complications was first described. The Nobel prize for medicine was awarded for genetic code studies relative to its function in protein synthesis.

Our Alma Mater Turned 40!

1968 was our final year at FEU which celebrated its 40th anniversary since founding.

As we left her portals, Dean Lauro H. Panganiban also retired from the Institute of Medicine which he helped found 16 years earlier, and was conferred with the title of Dean Emeritus, and succeeded by Dr. Serafin Juliano.

After 10 years of student protests and litigations, the Spanish law was repealed and the new requirement for graduation was reduced to 12 units — five years too late for us!

The usual hurdles of water crises, typhoons, flooding, and electric brown-outs all came one after the other that year, forcing repeated suspension of classes at FEU.

The Quezon Boulevard overpass was finally completed but effaced and defaced the beautiful façade of our school.

Bonfire brightly lighted up the campus a few times to honor topnotchers in various government board examinations, including Drs. Ciprano Beredo and Chua Hong Ti who placed first and second, respectively, in the Philippine medical board examinations in medicine.

For excessive politics inside the National Union of Students, our FEU delegates led by Law senior Melanio Capistrano bolted out of the organization.

Nicanor Reyes Jr. was also sworn in as the acting university president, vice Dr. Teodoro Evangelista who went on sabbatical leave.

The commencement address entitled ***let us build more Camelots*** was a very timely advice of Rev. Fr. James F. Donelan, Ateneo de Manila University Rector, who served as our keynote speaker during the school year end annual ceremonies. He spoke of the legendary kingdom of bravery, courtesy and love. He then also freely quoted some beautiful lines from the song *Impossible Dream* and challenged the new graduates to find a similar place at least in their hearts to better the future, others' misery, and the mother country.



*Mini skirts swept the FEU campus,
and everywhere, and kept rising.
A ban to outlaw it failed.*

Up, Up and Away

Even without the Philippine Medical Board Examinations results in our pockets and as the song of the year joyfully proclaimed, some of us went "*Up, Up and Away*" to our prospective training niches in the United States in record numbers. The fly-now-pay-later fare was a sure, fast and easy way out of FEU and Manila. Our flight excursion usually encompassed a-day-or-two tour of Hongkong and Tokyo, and ended up at a port of entry by the beautiful Golden Gate Bridge, where we bid adieu to one another on our way to our respective new life and careers.

Post-script: Who were born in 1968?

Ceiline Dion, Lisa Marie Presley, Ashley Judd, Debra Messing, Noemi Watts, Toni Kukoc, and Sammy Soza were among my favorite people born that year.

The other side of the list included Timothy McVeigh, a disgruntled bomber who used tons of fertilizers to destroy a Federal building in Oklahoma City, and Mohammad Atta, the leader of the 9/11/01 terrorist pack that toppled Manhattan Twin Towers using passenger jet planes as missiles — both bringing forth the most heinous crimes against humanity ever.



*An enduring image of 1968 violence
as the Saigon police chief executes a Viet Cong officer in cold blood
was captured by photographer Eddie Adams.*

FEU-NRMF Institute of Medicine 51ST COMMENCEMENT EXERCISE

by:
Jocelyn Q. Gacasan, MD '93

The 51st FEU-NRMF Institute of Medicine annual commencement exercise was held at the Philippine International Convention Center on April 24, 2008. There were 125 Doctor of Medicine, 32 Medical Technology, 39 Physical Therapy, and 336 Nursing graduates. The graduation rites started with the graduates marching down the aisle followed by faculty staff and administration as the parents and guests excitedly awaited. A special part of the program was the tribute to the parents wherein a slide presentation, prepared by the graduating class, was shown with the song "Because You Loved Me" accompanied by a quartet.

Academic honors awarded include: **2 summa cum laude** - Bachelor of Science in Medical Technology, **7 cum laude** - Bachelor of Science in Nursing, and **6 cum laude** - Doctor of Medicine. Awardees for the **Most Outstanding Faculty members** were as follows: **Dr. Raquel M. Dela Cerna** (Senior Faculty, Clinical Category), **Dr. Linda D. Tamesis** (Senior Faculty, Basic Science Category), **Dr. Joel J. Javate** (Junior Faculty, Basic Science Category) and **Dr. Omar O. Ocampo** (Teaching Resident, Clinical Category).

Dr. Josephine Cojuangco-Reyes delivered a brief, but, heartwarming message. She started by announcing that she is the mother of four with 17 grandchildren and 8 great grandchildren. She also mentioned that she is now on her 25th year of serving the Foundation as Chairman of the Board of Trustees. She expressed her gratitude to the parents of the graduates, as well as the faculty staff, for being part of the graduates' success. She told the graduates that they had all the necessary ingredients of a quality education as she mentioned the recent success in all the 2007 licensure examinations, and FEU-NRMF Institute of Medicine having been awarded as the third among the top medical schools. She challenged the graduates, equipped with wisdom and knowledge coupled with gratitude to the Lord, to attain their potentials and aspirations. She then concluded by quoting the following poem on success written by Ralph Waldo Emerson:

Success

*To laugh often and much;
to win the respect of intelligent people
and the affection of children;
to earn the appreciation of honest critics
and endure the betrayal of false friends;
to appreciate beauty;
to find the best in others;
to leave the world a bit better,
whether by a healthy child, a garden patch
or a redeemed social condition;
to know even one life has breathed easier
because you have lived.
This is to have succeeded!*

"In deed, this event was a success! It brought joy to the many hearts that witnessed it..."

Revisiting The Far Eastern.....

materials for students. Standards of education highlights included trends in curriculum from 2001 in terms of incorporating social accountability, health curriculum integration and service delivery and the humanization of medical education. The FEU-NRMF position on the traditional-PBL spectrum of instructional approach was also presented. Dr.Joves also presented Information Management System updates , utilization of health services by students, faculty and personnel,as well as current status of research services and research outputs. Important governance issues mentioned were leadership and management skills, integration of standards in education, curriculum engineering, application of information management system to strengthen program and research development and adequacy of services to support training and the school population.

Workshop 1, conducted by Dr.J.Ona Cruz, is a force field analysis of the institution's strengths and weaknesses in training, service and research on four areas: man (trainers, trainee, personnel, heads etc.), method (implementation of policies and rules, the teaching of curriculum etc.), machine (equipment, physical plant, facilities etc.) and money (funds and acquisition and allocation). After identifying these points, participants proceeded to Workshop 2 (setting the milestones) in which the main task is the generation of strategic objectives that will diminish weakness and those that will bolster strengths.

The second day of the seminar started with Dr. Nolan Pecho presenting a consolidated list of the strategic objectives as follows:

TRAINING

TRAINOR

- a. Instill professionalism among faculty
- b. Enhance faculty development and skills
- c. Create a memorandum of agreement between grantee and institution
- d. Create an attractive incentive package

FACILITIES

- e. Attain a fully equipped institution
- f. Create a fully equipped library facilities
- g. Attain a full information management technology system

GOVERNANCE

- h. Create income generating activities
- i. Create awareness of fund availability and funding processes
- j. Increase awareness of school policies on faculty hiring and promotion
- k. Increase participation of stakeholders in formulation of development plan

- l. Ensure full productivity of all Dean's committee
- m. Foster better relationship between management and other stakeholders
- q. Establish efficient documentation and record keeping
- r. Improve dissemination of all information
- s. Attain an ideal faculty-student ratio
- t. Attain an ideal proportion between fulltime and part-time faculty
- u. Improve ratio of patient / student / trainer.

SERVICE

TRAINOR

- a. Instill professionalism among the staff
- b. Improve faculty development and skills for the delivery and integration of curriculum objectives with regards to services

FACILITIES

- c. To develop subspecialty clinics / centers
- d. Attain a fully equipped institution
- e. Attain a full information management technology system

GOVERNANCE

- f. To develop a more define faculty manual
- g. Safeguard the implementation of service policies and protocols
- h. Allocate funding for various service programs
- i. Allocation of funds for service areas
- j. Attain competitive rates in comparison with other tertiary hospitals
- k. Create effective marketing programs
- l. To provide psychosocial testing for the staff
- m. To develop training program for subspecialties
- n. Encourage patients to give feedbacks
- o. Provide continuing education program that will strengthen the service
- p. Create an attractive incentive package for trainors in service areas
- q. Expand junior interns clinical exposure
- r. Improve faculty / student ratio
- s. Maintain full accreditation by specialty societies
- t. Create income generating centers / areas
- n. Practice rational use of resources
- o. Make new faculty members aware of FEU-NRMF policies
- p. Improve delivery and integration of curriculum objectives

**Strategic Management Seminar-Workshop, Baguio City
June 6-9, 2008**



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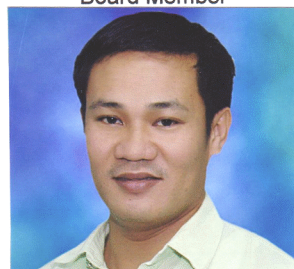
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THE MORAYTA THAT WAS OF FOOD & EATERIES

1. A famous American FOOD CHAIN set foot in 1982 in the Philippines and where else but at the center of the U-belt? FEU-NRMF Medical students whose classes start at 7 AM, would frequent this place reading their thick books in between sips of coffee. There was no Starbuck's coffee then.
2. Doctors and Medical students do not know of the Colonel's fried chicken yet. What they savor with gusto is this CHICKEN, bought at a store along side the hospital. The name of the store sounds like the hotel with a gallery.
3. The 1980's is the decade of set menus for breakfast. Tapsilog, tocilog and longsilog to mention a few. At the end of a meal and after a long loud burp, "GOOD-AH!" could be heard from the doctors. But a surgery resident's favorite breakfast is PAKAPLOG, a specialty of a carinderia just across the OPD'S doors.
4. Call it a specialty store cum restaurant, this STORE has supplied the needs of medical students/doctors of FEU-NRMF. Xeroxed notes & samplex are a medical student's best friend. This was also the first air-conditioned restaurant in Lerma Street. This would probably explain why med students frequent the place. Not to mention their food, of course.
5. "If Mohammad can't go to the mountain let the mountain go to Mohammad". This is the reason why you would see this ATTENDANT of the hospital, carrying plastic bags filled with ordered food, ready to supply the very busy interns, residents and even the faculty of IM.
6. Across the University is this famous ICE CREAM JOINT. Every FEU student has savored its delicious ice-cream concoctions. It actually has been considered a landmark in Morayta.
7. On pay day, you would see this RESTAURANT filled with blazer-adorned residents. If they are lucky, their consultants will pay the bill. The reason is the food— not the twin popsies but the twin porkchops served with vegetables and soup to match.
8. If doctors/students yearn for a hot steaming noodle soup to silence their grumpy stomach, they would go to the best NOODLE SHOP along Morayta. Actually, it is the only noodle shop in Morayta that I know of.
9. If the Japanese has KARAOKE, the FEU-Hospital Interns have this favorite MERIENDA, bought from a "fly-by-night" store near the hospital. It is made of glutinous rice on a stick.
10. And who would forget this JOINT, which was made famous by their ice-cold BEER? Male medical students frequent this place especially after a battle with the examinations. One surgery consultant has this to tell. Just before the finals in Pathology, his friends chided him to celebrate at this beer joint, since he would be exempted from the exam anyway. So they got happily drunk. The next morning, while strolling at the glass covered bulletin board of the Dept. of Pathology, only one student was exempted from taking the final exam. You guess it right— it was not his. After the exam, they were back to this beer joint, laughingly waiting for the results. You guess it right again – he passed.
Hardship and happiness describes the the 5 years of being a medical student and the additional 3-4 years of residency at FEU-NRMF, which was located then at Morayta St. (later renamed Nicanor Reyes St.). FEU-NRMF doctors can readily spring forth to the next days' duties even if it looked like there would be no tomorrow the day before. The reason—the food perhaps?

ANSWERS:

- | | |
|-----------------------------|-----------------------------------|
| 10. Fil-Foods Eatery | 5. Manang Candy |
| 9. Karyoka | 4. Nitz Restaurant & Xerox Center |
| 8. Shim – Shim NoodleHouse | 3. Pandesal – Kape – Itlog |
| 7. Mix and Match Restaurant | 2. Robina's chicken |
| 6. Pinky Pop Restaurant | 1. McDonald's |

FEUMED82: FIVE YEARS AND TWENTY

By Caesar Chips Preposi, MD
Batch 82

Twenty five years ago, a group of medical students from all over the country started their trek towards their dream here in Far Eastern University Dr. Nicanor Reyes Medical Foundation. All of them, kindred souls, searched for their youthful dreams and destinies while honing their medical skills and acumen. Countless hours and sleepless nights eventually led these candid young people to transform themselves into able medical doctors brimming with enthusiasm and ready to take on the world in the rarefied expanse of science and medicine.

FEUMED82 or the more fitting FEUNRMF Medicine Class of 1982 is a group of doctors rich in genius and skillmanship that is yet to be surpassed. It has spawned little giants in medicine, arts and letters. It is a class, all by itself, pun intended. The school provided a fertile ground not only for their lofty ideals and intellectual discourse but also for cultivating lifelong friendship and forging ties yet to be equaled.

Together, twenty five years hence, they came back, as one, back to where it all started from; marching like soldiers, shoulder to shoulder, to the beat of the same drum.

January 16. Day one, which started the celebration, opened with a sports fest. There was a mini golf tournament where bumbling and seasoned players took part in. There may have been a winner, but it really did not matter. Everybody won; everybody was beaming, exuberant in rekindled friendship and camaraderie.

January 17, morning. This morning looked like to be another winner. It opened with a mass. Side by side, they came to give thanks and pay homage for reaching another milestone in their lives—each to his own mantra or prayer – for even if they are not bound by religion, they are one in fraternity of purpose and brotherhood. A motorcade followed which ended at the school and even if it was relocated to a further site, it is still the school which nurtured these physicians.

January 17and 18. The second and third days witnessed the parade of the class' craftsmanship and intellectual prowess. One by one, the speakers, all from the same batch, seasoned by years of intellectual pursuits here and abroad, expounded on their medical know-how and scientific tour-de-force and transfixed their eager audience into lively discussions and discourse without hubris, without rancor and without attitude.

To name a few, out of Wake Forrest University , the head of Neurology, Dr. Cesar Santos was kind enough to lend his expertise in his field. Likewise Dr. Mark Heulitt from University of Arkansas , teeming with expertise expounded on respiratory challenges in neonates. Dr. Art Miranda, one of our able cardiologists, presented his treatise on coronary artery disease. Dr. Ma. Teresita Gabriel on the other hand wowed them with her dermatologic updates and interventions. Dr. Angel Respicio boned up on his dietary expose leaving us counting fingers for calories. Dr. Nenita Corpuz-Lennon, the illustrious doctor from California posited highlights of cancer research. Dr. Vincent Santangelo gave us a picturesque presentation on emergency preparedness. Dr. Louie Ortiz-Luis, on the other hand, amassed a trove of experience as a businessman and gave an impressive revue on entrepreneurship. Father Manuel Perez, SJ , MD , another doctor exemplar, essayed on the ethics of transplantation.

The panelists and the rest of the speakers, all qualified and experts in their fields spoke and mesmerized their audience with fire and enthusiasm – leaving them wanting for more. Their reservoir seemed bottomless.

The symposium ended rather solemn yet jubilant. They gave tribute to their mentors and teachers who provided as much countless hours of patience and guidance when they were just struggling in medical school. And yet, it transformed these doctors from sheer brilliance of oratory and discourse to the mundaneness and inanity of young children. They dined with their teachers and gave them a fitting tribute to the school that made them what they are now. They sang and danced, mentors and students alike, an eclectic mix; even Dr. Sison, the great man of Medicine gave an unforgettable rendition, so did Dr. Magkasi and the rest. With the rest of the FEUNRMF family present to witness the event, these young doctors gave their “Balik FEU- awit pasasalamat” a fitting gift and legacy to the school, a tribute of thanks for their years of toil and future of promise.

January 19. Today marked the culmination of the celebration, the grand ball. It was a balmy day and promised to be a momentous one. And, by all means, it delivered.

They came in droves. One by one, alumni from the school, donned their olden and golden garbs, paraded and strutted like geishas on fire, chatted and shouted and laughed like there was no end to this night. Everyone had a smile on their face and surely these doctors really knew how to party. Oohs and aahhs and hi's and hello's. Never mind the gray hairs, the dyed hairs, the no-hairs, the bulging tummies, the love handles, the wrinkled, the botoxed – everyone showed up and gave the party the life it needed. It seemed nobody sat because the dance floor was always full doctors dancing this-a- way and that-a-way.

It was retro! Never mind the gowns, never mind the tuxedos – all came , retro- afro wigs, alien wigs, clogs, muu-muus, elvis-look-alikes, flared bottoms and bell bottoms, peace signs and colored glasses, psychedelic clothes and vertigos, elevator shoes and togs, hot pants and chalecos, polka dots, flower power, “hagibis” outfits, “alien” copycats, marilyn-monroe-look-alikes, kanebos, transvestites,minis, maxis, and of course just plain old selves.

They forgot some faces, they forgot some names but they were all here. They may have forgotten some but they remembered their friends and comrades who have gone and passed away and in tribute, they showed them full of life as they were in their memories.

They came back and along with them their gift, like the magi of old, a gift to the school they loved, their song – so fitting, so emotional, and full of longing and remembrance. Each of these doctors sang, sharing their dreams, their days of confusion and their days of enlightenment.

Ever so thankful, each one left with a smile and a cornucopia of memories and mementos and a promise of coming back yet again. Each one left ever so thankful to the officers and core group which made this one of the most momentous alumni events ever. Each one left a little hurt for this is yet another parting and it came with the hope of seeing each other again in the future.

Indeed, nothing else mattered. Still in all, the group continues to shine and illumine the field of Medicine with gifted craftsmen and yet they are one, like soldiers marching side by side towards shared destinies, like flying geese egging on for miles and miles humming mantras only they could understand.

Yes, it had been five years and twenty but nay they shan't forget.

FEU-NRMF MAS Projects and Activities:

FEU-NRMF Medical Alumni Society Medical Indigency Fund Updates:

Through the years,the Alumni Society has continually supported underprivileged admitted patients through its indigency fund. In 2004, the society has released for this purpose a total of 66,000 pesos to benefit patients admitted in the various hospital departments. Contribution Of 137,000 pesos was given in 2005; 128,000 pesos in 2006 and 80,000 in 2007. To be able to maintain this noble activity, we appeal to all members to continuously support all activities of the FEU-NRMF MAS.

FEU-NRMF Medical Alumni Society Awardees for Most Outstanding Medical Graduates:

2000	-Gerson A. Criste.MD	2005	-Holden B.Castronuevo,MD
2001	-Ka Man Ng,MD	2006	-Melissa R. Cundangan,MD
2002	-Aileen Y.Sia, MD	2007	-Marlon D.Garcia,MD
2003	-Allyn H.DeJesus.MD		-Ma.Conchita Morabe,MD
2004	-Robert R.Arias,MD	2008	-Riavic Q.Fuentes,MD

Parenting and Practice: Striking a Balance

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FEUNRMF Department of Child Health

Balancing work and family requires constant questioning and decision-making. A parent has to work hard to support his family, at the same time, pursue a professional career. The demands of the medical profession make it more difficult for doctors to become ideal practitioners and parents without sacrificing one for the other. Yet, many in the field are able to strike that balance between being a parent and being a doctor at the same time.

Dr. Reynaldo B. De Vega convinced and inspired me to pursue a pediatric residency training program. Residency training is fulfilling and challenging, yet, it can be tiresome and at times, haunting. The every other day duties seemed endless. Tuesday and Friday staff conferences had to be prepared regularly. There were countless admission rounds, late endorsement rounds, sickening teaching rounds; history and PE, progress notes, discharge summaries all typewritten, referrals, updates and the unending errands of a pediatric resident; difficult patients, demanding consultants, defiant nurses, sleepy interns, a cold chief resident, thank God, I had very understanding and nice co-residents; unavailable laboratory tests, drugs and blood products, even the hospital bills of the patients; case and research papers and the scary diplomate exam to pass- all these the poor residents had to deal with.

I was just too lucky, my parents and grandparents were always there to help during my entire residency training. The weekends that I was away, they would bring my kids for a quick drive to either McDonald's or Jollibee or to Luneta Park for a stroll.

My Lola Taba would come daily for their morning bath and in the afternoon for their massage rituals. She and my mom would give endless tips on feeding, on the use of acete de manzanilla for colic and acete de alcanforado during cold weather, or a whisk of vinegar in the nose during a sudden rainfall, a bonnet to cover the fontanel and many, many more.

I marvelled at how my mother would carry and lull my son to sleep with relative ease. And when my dear husband was away, too, for a business trip, they would gladly and proudly attend to my kids' school activities for and in our behalf completely armed with a camera and handy cam.

My friends would always say my husband belongs to the few good men. Well, I have been truly blessed with a very understanding husband who supported me all the way until I passed the specialty board exam. He participated actively in raising our children, changing diapers and feeding them at night, quieting them down when they're crying and having tantrums.

At the end of my residency, however, I forego my intention of pursuing a fellowship training program after he "expressed" his desire to live a normal life. His message was clear. And like a dutiful wife, I obliged. It was the end of our discussion. After all, three years were long enough his wait.

It wasn't a difficult decision. I share the belief of many that nothing precedes over family. Remember, that our only REAL property is our family.

As my children grow older, I realized that their needs also grow, both for themselves, in their schools and in the home, as well. The demands for a parent to fulfill and satisfy these needs can be relentless. There are bills to pay, tuition fees to shoulder, school supplies, books and groceries to buy, a driver and nanny to pay, a house and car to maintain.

Meanwhile, my husband and I continue to pursue our own careers, he , in business, and I as a teacher and clinician. We continue to do other things that we love to do. Writing is something we share since our high school days. Art and music are something my whole family learned to appreciate.

Finding that niche is crucial to achieve success, not only in terms of finances, but for self affirmation, identity and most of all, happiness. I find joy equally from either a small or big professional fee, at the same time pursue other hobbies and advocacies without compromising my domestic role.

It takes a lot of practice and mastery to achieve our mindset goals. Over the years, I have learned to plan and manage my time. I do part time teaching (classes in Pediatrics at FEU-NRMF are in the morning, thank God!), go to my clinic 3 times a week (also in mornings) and spend a couple of hours in a private school before going home.

By the time my kids arrive, I have prepared dinner and would have become available for them. I have learned to do my grocery shopping in nearby supermarkets while en route to my next stop. I keep a schedule for my bank transactions, bills payment, car registration, yet, I still manage to have breakfast or merienda with friends. Parent-teacher conferences, family days, honor assemblies, and recitals are all musts for me and my husband. Parental involvement is crucial for our children's academic and personal success.

My kids have a reliable yaya of 17 years and whom I have trained to do simple errands and some cooking. My father had passed away, but still I count on my mother and my sister from time to time. Looking back, nothing can beat the expertise honed by the experience of our own parents and grandparents in raising children.

My husband has always been a reliable partner who doesn't mind going to the market, cook as the need arises, patiently waits for me during meetings, conventions and symposiums. Thanks to the technology of cell phone and e-mails, we always remain in touch. On lighter days, we meet up to do some art walk or grab a quick meal together or perhaps, coffee and cake at night. I sometimes wonder how he is able surprise me during special occasions!

No family is spared from troubles and problems. Many times, the children will not be able to understand why you have to do things, no matter how much time you give them and no matter how much you provided for them.

During their younger years, my kids would always ask what time and how late would we come home. Or whether they would wait or just give up and sleep. It broke my heart when my daughter expressed anger each time they would come home knowing fully well dad and mom were not around. They showed dislike on my weekend rounds or when my schedule will run in conflict with a planned activity.

Parents need to decide and make a choice when confronted with such issues. A flexible work schedule, some compromises and tradeoffs may be necessary to harmonize and normalize family situations. These may be difficult especially in the face of a demanding career.

Over the years, my children, now, all adolescents, have become more accepting, considerate and understanding.

Communication is the key in any relationship. Constant exchange of ideas and explanations can make children be more accepting and understanding of the family's situation and more importantly, the demands of being a parent who needs to work.

There are no secret formulas. There are no hard and fast rules. Do not believe in the "super mom" or "super dad" syndrome. No one has the monopoly of goodness, heroism and sacrifice in this world. One should never make unrealistic expectations. Instead, one should accept the many limitations and at times, frustrations.

Parents should strive to be the best that they can be. They should develop a system that will best work for them and their families. They should find a reliable network of resources to be at hand when the need arises.

Lastly, with Christ as the center in our life, the home and family filled with unconditional love, doctors-parents have all the reasons to succeed.

FEU-NICANOR REYES MEDICAL FOUNDATION

VISION

The Far Eastern University - Nicanor Reyes Medical Foundation, in the forefront of the pursuit of excellence in medical and paramedical education, quality health care services, and relevant research.

MISSION

As educational institution, we commit ourselves and our resources to the:

1. development of competent, caring, and compassionate health care professionals imbued with the highest ethical, moral, and social standards.
2. delivery of excellent quality health care services that will meet the needs of the community we serve; and
3. pursuit and completion of relevant research activities that will uphold health-related needs of our countrymen.

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I.M. EXTENSION and DENTAL CLINIC INAUGURATION
June 12, 2008

