



RETFI
(Rheumatology
Educational Trust
Foundation, Inc)

2015
Year end Report



**Mercy and
Compassion**



**PEARL &
LUISA at
Papal Visit**

18 January 2015



WE ARE ALL GOD'S CHILDREN

Written and Sung by Janna Rivera
Music by Noel Espinosa
Choreography by Mariela Ann
Video by England Barnes Sanchez

Performed by PEARL
(People Empowerment for Arthritis and Lupus)
Location at University of Santo Tomas, Manila, Philippines

Preparation for Papal Visit

Patients truly represented the **YOUTH - EMPOWERED** despite their chronic illnesses

We are all God's children and We are all the same...

PEARL (People Empowerment for Arthritis and Lupus)

It's to know and love and serve the Lord

Our faith voices, mend their broken hearts

Salamat POPE FRANCIS!

A **serene** way to live is "to **think**, to **feel**, to **do**, and all in **harmony**."

For **PEARL**, the **Pontiff's** visit was a wonderful and **blessed surprise**.

Clinical Problem Solving In **Arthritis** and **Lupus** A POSTGRADUATE COURSE

Saturday, 07 February 2015
7:00 AM – 5:00 PM
Marco Polo Hotel
Davao City, Philippines

Special session:

Case studies in SLE and lupus nephritis
12:30– 5:00 PM, Friday, 06 February 2015
Marco Polo Hotel, Davao City

201 registered participants

The Faculty
Including 2 International Experts

Plenary lecturers

Prof. Tito P. Torralba (University of Santo Tomas, Manila, Philippines)
Prof. Daniel Tak Mao Chan (University of Hong Kong, Hong Kong)
Dr. Sandra V. Navarra (University of Santo Tomas, Manila, Philippines)
A/Prof. Sargunan Sockalingam (University of Malaya, Kuala Lumpur, Malaysia)
Dr. Julie Li-Yu (University of Santo Tomas, Manila, Philippines)

Plenary Lectures

A.A. F. 54yo
July 16, 2013

ANA

Anti-Centromere
Anti-Sci-70
Anti-Th/TO
Anti-U1 RNP
Anti-U3 RNP (Fibrillar)
Anti-RNA Pol
Anti-PM/SCL

Anti-U3 RNP (Fibrillar) - Nuclear pattern
Phenotype:
- dcSSc
- Sensitivity 4-10%
- Specificity high
- PM
- Interstitial Lung Disease
- Cardiac and Skeletal Muscle Disease
- Renal Disease
- Prognosis poor
- Present in dcSSc <3%

Anti-RNA Polymerase III - Speckled/nuclear pattern
Phenotype:
- dcSSc
- Sensitivity 20-30%
- Specificity high
- Rapidly progressive Diffuse Cutaneous Disease
- Contractures
- Contemporaneous Cancer
- Renal Disease (50%)
- Renal Crisis (70-92%)
- Myopathy and Cardiac Disease
- Severe Lung disease
- GERD - "GAVE: Gastrointestinal Vascular Ectasia, "Watermelon Stomach"
- Prognosis poor
- Present in dcSSc <2%

Macapagal CL, Torralba TP. Data on file.

A/Prof. Sargunan Sockalingam

Advances in Therapy of Rheumatic Diseases

Updates on Gout Management

...and controversies

Prof. Daniel Tak Mao Chan

Practical approach to arthritis and rash

Updates in Lupus Nephritis Management

Updates in Lupus Nephritis Management







**Henshincon and PEARL at MOA
Arena March 21-22, 2015**



**UST Hospital Section of Pediatric Rheumatology
ACCREDITATION**
by the Philippine Rheumatology Association
May 14, 2015



The UST Section of Pediatric Rheumatology was established in 2006 by Dr. Christine B. Bernal. She is up to present, the Chief of Section. The Fellowship Training Program was approved by the UST Hospital Department of Medical Education and Research in 2013 and accepted its first fellow-in-training in the same year.



From L to R: Dr. Christine B. Bernal, Dr. Ma. Theresa M. Collante, Dr. Christina C. Abella, Dr. Josephine E. Abao-Lim, and Ms. Maricris C. Ocampo

A DECADE OF STRONG BONES, JOINTS & BONDS

The 10th year of the arthritis club marks the decade of rheumatology fellowship training at St. Luke's. It is with great honour that of the years of practice, we were opportune to be the trainees during this milestone of our arthritis club family. It is just timely that we review how much we, fellows, in behalf of our consultants, are grateful to have our patient partners, our real backbones, on our side as we learn and live the field of rheumatology.

Our group has shared so many joys and hardships along the way. Just by scanning through our pictures, we can truly say that our club has really gone through so much: 10 long, happy years. We have learned so much from each other. Our months are not complete without the lay forum, PEARL performances and concerts and of course, exercises. Every event that we do is always heart-warming. In 7 months of training, I have learned to love lecturing, teaching, dancing and practically do anything for our nanays, ayes and kuyas of the club. We are a family. And we are a family that will live for more than these great 10 years.

We were brought together by our mentors Drs. Sandra Navarra and Dr. Juan Javier Lichauco and all our graduates and teachers, and for this, we will be forever thankful. Creating an avenue for learning and sharing rheumatology, our training institution gave us a bond which is more than the strength of our bones and joints. The joy that we get as trainees with every lay forum lecture slide that we do and every zumba class we dance is something we are proud to have. Belonging to the arthritis club makes us the rheumatologist that we all should be: loving, caring and kind. We are celebrating not just 10 years of being together, but also and more importantly, 10 years of being a family. We may be weathered in time, most of us are actually, but we know that in our hearts, we are the old that is strong and that does not wither. Long live our arthritis club!

Words by Rhona Recto; Layout & Video by Lisa Traboco (First Yr Fellows)

LUPUS NEPHRITIS FORUM

SCIENTIFIC PROGRAM

24 July 2015
Henry Sy Sr. Auditorium
St Luke's Medical Center – Global City



THE ONES WHO ARE CRAZY ENOUGH
TO THINK THAT THEY CAN CHANGE THE WORLD,
ARE THE ONES WHO DO.
- STEVE JOBS

LUPUS
NEPHRITIS
FORUM

SCIENTIFIC PROGRAM

IPCIM VISIT AT JBC

For the 1st time the UST Hospital Department of Internal Medicine, conducted an **Intensive Preceptorial Course in Internal Medicine (IPCIM)**



Pope Francis @Pontifex · Jun 18

The earth, our home, is beginning to look more and more like an immense pile of filth.

RETWEETS
30,578

FAVORITES
27,635



6:00 AM - 18 Jun 2015 · Details





"Saving Mother Earth"

Wednesday, 23 September 2015
BCI Auditorium & Coffee Shop
University of Santo Tomas Hospital

Speaker-
Facilitator

Mr. Rodne R. Galicha



Philippine Manager

The Climate Reality Project/ The Climate
Reality Leaderships Corps
(Founded by Nobel Laureate & former US
Vice President Al Gore)

Organized by: **University of Santo Tomas (UST) Hospital** with **UST Faculty of Medicine & Surgery**, in celebration of **Medicine Week 2015**



Medical Students- 9
Junior Interns- 9
Senior Interns- 27
Residents- 99
Fellows- 43
Consultants- 3
Hospital Staff - 29
Participants





Save water



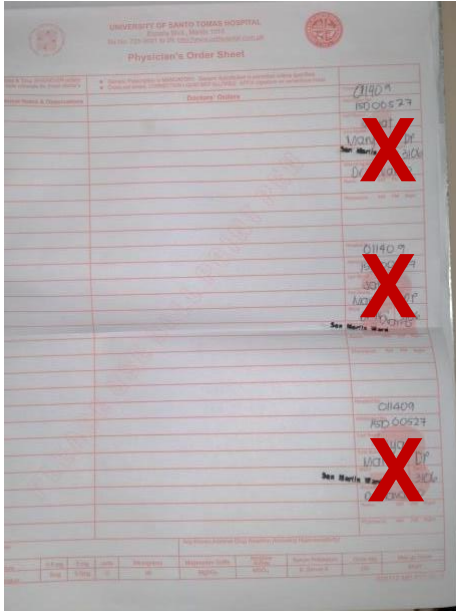

Don't waste food

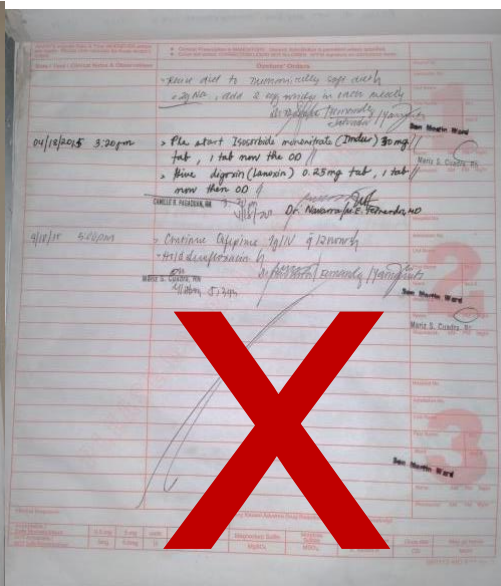


NO to styro & plastics!!!



Save paper, Save the trees!!!







Reduce
Reuse
Recycle
Repair
Refuse
Rethink
Reforest
Reconnect
Respect

ACT now...

Take the
challenge for
Climate Change

"The *earth* does not
belong to us but *we*
belong to the earth"





**Safeguard Creation.
Because if we destroy
Creation, Creation will
destroy us! Never
forget this!**

PSORPHIL Ohh 10!

A Decade of Breaking Barriers

HUG ME
I'm not contagious

PHILIPPINE RHEUMATOLOGY ASSOCIATION

PSORIASIS A JOURNEY OF HOPE

Rheumatology Fellows Go International



PEOPLE EMPOWERMENT FOR ARTHRITIS AND LUPUS

Patients go ...
Make Up Lesson
Baking
Zumba





Living Well Lupus
Conversations...

RETFI

- Continuously support education & training programs in Rheumatology
- Provides specialized care of rheumatic disease patients
- Support research projects in the rheumatic diseases

Your support and donations will be greatly appreciated.
Please address cheque donations to:

Rheumatology Educational Trust Foundation, Inc. (RETFI)
P.O. Box SM478
Manila, Philippines

or make deposit to each bank accounts maintained with the

Security Bank Corp (UST Branch)
Swift Code: SETC-PHMM
Pesos Savings Account No. : 0171-023583-001
Dollar Savings Account No. : 0171-023583-200

