



# Rheumatology Educational Trust Foundation, Inc. (RETFI)

## University of Santo Tomas Rheumatology

### Manila, Philippines

Year end Report 2017

## Rheuma goes Veggie.

By Vivian Santos & Richard Pelo

The University of Santo Tomas (UST) Rheumatology organized a forum on the benefits of being vegetarian, featuring a lecture on EATING HEALTHY by UST Rheumatology fellow, Dr. Vivian D. Santos. The forum was held at **Caffé Dolce**, a vegetarian comfort food located along Banawe Street, Quezon City. Present in the lecture are rheumatology consultants Dr. Sandra Navarra,



Dr. Evan Vista and Dr. Joenavin Ngo, rheumatology fellows from USTH (University of Sto. Tomas Hospital) and SLMC (St. Luke's

Medical Center), UST Department of Medicine chair Dr. Marilyn Ong-Mateo, endocrinology consultant Dr. Mary Jane T. Ngo and the research and nursing staff of USTH HRU (Human Research Unit) from USTH JBC (Joint and Bone Center). The event was graced by no less than the chairman of the S.E.E.D. Institute Philippines Mr. Anthony Abaya and Tzu Chi foundation representatives Joan Quizon and Christine Diaz.



Mr. Anthony Abaya, chairman of the S.E.E.D. Institute Philippines, discussing his upcoming book entitled "SAKIT IWASAN, KALUSUGAN TIBAYAN, BUHAY PAHABAIN" with Dr. Sandra Navarra, chairman of the USTH Section of Rheumatology, and the USTH Rheumatology fellows

## I have Lupus, I am Beautiful

EMPOWERING LUPUS WARRIORS

By Imee Lynne Esquibel

Lupus-Inspired Advocacy (LUISA) Philippines in cooperation with UST Hospital Section of Rheumatology, Clinical Immunology and Osteoporosis sponsored the recently successful workshop for lupus patients entitled "I Have Lupus, I am Beautiful". This was held at the Conference Rooms of the Clinical Division Building in the morning of January 21, 2017.



Ms. Kayla Malupa and Representative Emmeline Aglipay-Villar, two beautiful and inspiring lupus warriors graced the event and delivered inspirational talks.

The workshop was aimed at empowering lupus patients into confidently beautiful ladies through inspirational talks, sharing tips on how to do make up themselves and through experiencing actual makeovers. Over 80 lupus patients joined the event. For half day, the serious conference rooms were transformed into a busy place for beauty queens. Three guests of honor graced our presence in the person of Representative Emmeline

Aglipay-Villar an advocate for community development and sustainable livelihood projects of DIWA party-list, Mrs. Kayla Malupa, beauty queen, lupus patient and advocate, and Ms. Rona Pena a renowned make-up artist.



Clockwise from Top Left: Rep. Emmeline Villar delivering her inspirational talk. Ms. Rona Pena, demonstrating her make-up skills on a lupus patient. Mrs. Kayla Malupa, empowering the attendees

## “Gabay ni Lola: A Community Development Project” of Asian Medical Student’s Association (AMSA)

By Lorielyn Salvador



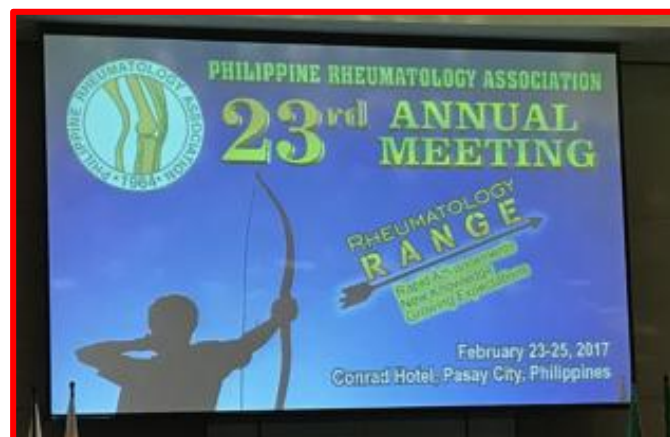
“Gabay ni Lola” an outreach program conducted by the Asian Medical Student’s Association in partnership with UST Rheumatology. Seen here are the organizers (UST AMSA) with the rheumatology fellows.

On 28 January 2017, the Asian Medical Student’s Association (AMSA) of the University of Santo Tomas

in partnership with UST Section of Rheumatology conducted a community development program entitled “Gabay ni Lola” of the Little Sisters of the abandoned elderly in San Juan, Metro Manila. The activity consisted of elderly fall risk and education, including tips and ways on fall prevention, engaging in exercise, and familiarizing with osteoporosis and osteoarthritis. A total of 26 volunteer students and 40 elderly participated, in addition to the faculty, speaker and doctors from Section of Rheumatology.



UST Rheumatology Fellows, Drs. Lorielyn Salvador and Elaine Venegas sharing practical tips on osteoporosis and osteoarthritis for



## Rheumatology RANGE: Philippine Rheumatology Association 23<sup>rd</sup> Annual Meeting

By Eizelle Fernandez

The Philippine Rheumatology Association (PRA) 23<sup>rd</sup> Annual Meeting was held last February 23-25, 2017 at the Conrad Hotel in Pasay City, Philippines. The theme for this year’s convention was “Rheumatology RANGE: Rapid Advancements, New Knowledge, Growing Expectations”. The convention, for the first time had three separate tracks for its delegates. The organizers structured the event this way in order to



cater to the differing educational needs of the participants.

The scientific sessions in track 1 started on the afternoon of Feb 23 and ended on the afternoon of Feb 25. Track 1 was attended mostly by PRA members but also open to non-PRA members. Track 2 ran from February 23 afternoon to the whole day of February 24. The topics for this track were carefully chosen to address the needs of



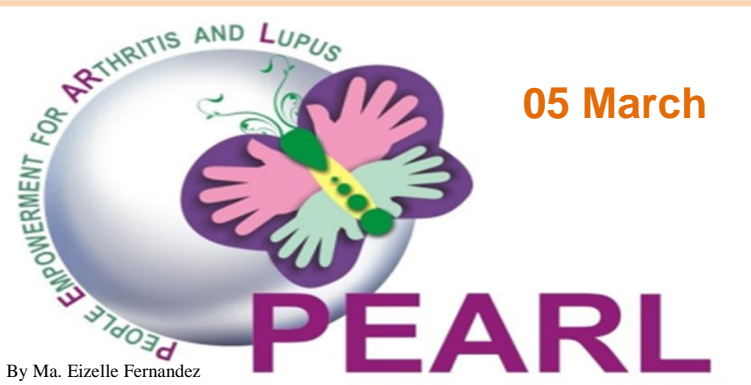
Philippine Rheumatology Association Regular Members

general practitioners, family physicians, internists and specialists who also render care to patients with rheumatic diseases. In the third track, a set of lecture was conducted for invited patients with rheumatic diseases.

To cap off the event, a fun fellowship night was held on the night of Feb 25 with a theme of 80s Rock where PRA members came in their most glamorous costumes. The party was even made enjoyable by the dance number of Rheumatology fellows-in-training from the 5 training institutions and the performance of Mr. Randy Santiago. Indeed it was truly a successful and educational event for PRA.



UST Rheumatology during the recent PRA Convention



2017 at St. Luke's Medical Center, E. Rodriguez, Quezon City was heralded by the key motivator and mentor, Dr. Sandra Navarra. PEARL was set up by RETFI through the dedicated partnership of the University of Santo Tomas (UST) and St. Luke's Medical Center (SLMC) Sections of Rheumatology.

The PEARL forum started off with the usual Zumba routine for the patients and doctors. Dr. Lorielyn Salvador later on discussed about the Philippine Charity Sweepstakes Office (PCSO) current drive to help and fund charity cases. Furthermore, Dr.



Fellows and Consultants of UST Rheumatology strike a pose with Prof. Tito Torralba during the Fellowship night.

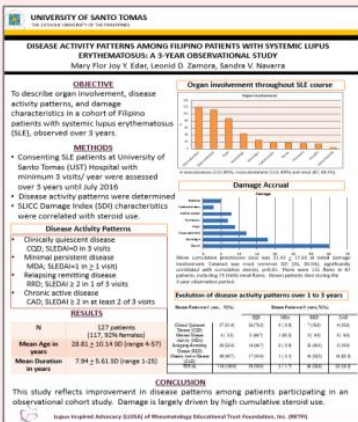
Ramon Miguel Molina presented the Department of Health's (DOH) current goals of All for Health Towards Health for All Campaign and how a survey of the burden and costs of common rheumatic illnesses can potentially help in the healthcare budget of the government.

## 12<sup>TH</sup> INTERNATIONAL CONGRESS ON SLE & 7<sup>TH</sup> ASIAN CONGRESS ON AUTOIMMUNITY

By Elaine Venegas

The 12<sup>th</sup> International Congress on SLE and 7<sup>th</sup> Asian Congress on Autoimmunity is an educational event that catered to the learners 'continuing education in the field of rheumatology, immunology, nephrology, dermatology and autoimmunity who share the common goal of exchanging knowledge. Through this congress

## Poster Presentations from University of Santo Tomas Hospital, Philippines



experience participants were able to tailor individual curricula to meet the needs of international clinicians of all levels of experience.



## PARTICIPANTS from THE UNIVERSITY of SANTO TOMAS, PHILIPPINES

List of participants from University of Santo Tomas include Drs. Edgar Ramiterre, Caroline Arroyo, Millicent Tan-Ong, Cheryl dela-Cruz Tan, Helmar Soldevilla, Marian Galdones-Velasco, Leonid Zamora, Aime de Asis Fabila, Mary Joy Flor Edar, Elaine Venegas, Bryan Paras, Miguel Molina and Vivian Santos.

## POSTERS

1. Disease activity patterns among Filipino patients with systemic lupus erythematosus: A 3-year observational study

2. Contributors to disease flares among Filipino patients with SLE

3. Correlations of histopathology with clinical manifestations in lupus among Filipinos

4. Renal activity and damage incur highest medical costs among Filipino patients with systemic lupus erythematosus

5. Predictors of end-stage renal disease in Filipinos with lupus nephritis.

6. Characteristics and risk factors for tuberculosis infection among Filipino patients with systemic lupus erythematosus

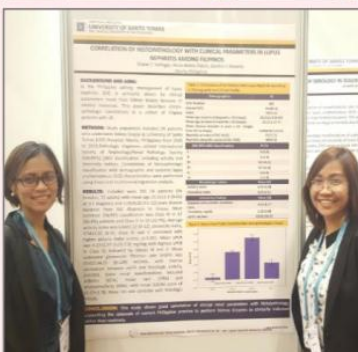
7. Gastrointestinal flares among lupus patients with SLE: A case series

8. Protein-losing enteropathy and fulminant intestinal vasculitis in a Filipino lupus patient: A case report

9. Familiarity and concordance of presenting manifestations among Filipino patients from lupus multiplex families

10. Reasons for hospitalization among Filipino patients

## Poster Presentations from University of Santo Tomas Hospital, Philippines





systemic lupus erythematosus

11. Risk factors for herpes zoster infection among Filipinos with systemic lupus erythematosus: A case-control study
12. Highest frequency of clinic visits and hospitalizations in SLE compared to other rheumatic diseases: 8 year census of a tertiary rheumatology center.

## Conversation with TM Chan 陳德茂

01 April 2017  
EDSA Shangri-La, Manila

By Bryan M. Paras,



The UST Rheumatology Fellows along with Dr. Sandra Navarra met with an iconic nephrologist, Prof. Daniel TM Chan last 01 April 2017 at the EDSA Shangri-La Manila to exchange insights and inputs regarding his upcoming institutionally funded research collaboration for the Asian Lupus Nephritis Network.

## Welcoming the incoming fellows

By Imee Lynne Esquibel

On April 28, 2017, The Section of Rheumatology conducted a meeting at the *Luck Garden Seafood Restaurant in Banawe Quezon City*. It was headed by the Section Chair, Dr. Sandra Navarra and were attended by junior consultants – Drs. Leonid Zamora, Mary Flor Joy Edar, Lorie Lynn Salvador, Eizelle Fernandez, and Elaine Veñegas as well as the rheumatology fellows in training and incoming pre-fellows. The meeting commenced with the orientation of the incoming fellows with the USTH Rheumatology Fellowship training program discussed by

former chief fellow *Dr. Lorie Lynn Salvador*. She emphasized on the need for more rheumatologists especially on the far-flung and remote areas of the provinces. There are only 157 rheumatologists nationwide that cater to the needs of the country's 103 million population. Thus, there is so much more room for a whole lot.



First Quarter updates of the rheumatology 9<sup>th</sup> year census, the lupus database and activities were tackled in this lunch meeting at Luck Garden, Quezon City

## TMConnect®



Learning from the Expert  
UST Rheumatology Fellows had the opportunity to learn directly from Prof. TM Chan regarding his experience in the management of lupus nephritis

## Basic Science Updates on SLE

By Imee Lynne Esquibel

Dr. Leonid Zamora delivered a lecture on basic genetics and science of SLE lifted from the studies presented by Prof. Virginia Pascual from the recently concluded Lupus Congress in Melbourne Australia. In her study, she highlighted the potential role of the interferon

and plasmablast signature as a biomarker for developing SLE.



**Dr. Leonid Zamora**

A junior consultant at the University of Santo Tomas Hospital section of Rheumatology, and is currently doing masters in molecular biology at St. Luke's Medical center.



**Dr. Virginia Pascual**

A practicing pediatric rheumatologist interested in basic and translational immunology. She is the Director of the Centers for Inflammation and Genomics at the Baylor Institute for Immunology Research in Dallas Texas.

# Views and Visions in Vasculitis

By Rodeo Navarroza

Last May 6, 2017, the Philippine Rheumatology Association, in partnership with St. Luke's Medical Center, successfully held the joint sessions on Continuing Professional Development (CPD) and institution based lecture series on vasculitis by the Special Interest Group (SIG) at Henry Sy Auditorium of St. Luke's Medical Center-Global City. The said forum was attended by both practicing and in-training Pediatrics and Adult Rheumatologists.

The day's activity consisted of a brief musculoskeletal ultrasound workshop in the morning facilitated by SLMC consultants: Drs. Juan Javier Lichaucao, Aileen Uy-Agbanlog, and Melissa Aquino-Villamin. The session was filled with exciting lectures on the advances in vasculitis diagnosis and management and capped off with the fellows presentations of rare vasculitis cases seen at the SLMC.



USTH Rheumatology Fellows  
with Dr. Julie Li Yu



Dr. Lichauco on shoulder and elbow  
ultrasound

## UST Rheumatology Participates in PCP Convention

By Richelle Bayson

The Annual PCP Convention was held on May 7-10, 2017 at the SMX convention center. The first day of the event was the preconvention which started with a seamless registration process. Delegates were also instructed to vote immediately after they have registered, hence garnering the highest voter turnout in the history of PCP. Later in the afternoon, the conferment of diplomates and fellows ensued. Among the rheumatology fellows who were conferred as PCP fellows were Dr. Lorielyn Salvador, Dr. Elaine Venegas, Dr. Bryan Paras, Dr. Richard Pelo, and Dr. Imee Lynne Esquibel. Another highlight of the event was the awarding of Dr. Alora as a PCP Exemplar.

On the first day of convention proper, the 90<sup>th</sup> alumni homecoming of the UST Department of Medicine was



Prof. Tito Torralba, awardee for his lifetime contribution to the Department of Medicine with Dr. Marilyn Ong-Mateo, current Medicine Department Chairman along with UST Rheumatology during the 90<sup>th</sup> Anniversary of the Department

held at Vikings Venue Mall of Asia. Alumni for different sections of the department attended the event. Dr. Tito Torralba was awarded for his lifetime contribution to the Department of Medicine. Rheumatology had a special role during the convention as wet clinics were held on the second day. Dr. Evan Vista facilitated the event which was attended by dozens of interested internists. Patient partners were also present to teach participants on the basic musculoskeletal physical examination.





L-R : Asst. Prof. Susan G. Petilla, UAP, Dr. Bryan M. Paras, Dr. Lorielyn A. Salvador, Dr. Lyndon Q. Llamado, Ms. Elyn Centeno, Robelle Tanangunan, Dr. Julie T. Li-Yu, Dr. Elaine T. Venegas, Dr. Vivian D. Santos, Dr. Maricar A. Bayo-ang, Dr. Ramon Miguel M. Molina, Rev. Father Jesus M. Miranda Jr., O.P., Ph.D. and Asst. Professor Maria Cecilia A. Tio Cuison, MA.

## 18<sup>th</sup> Dangal ng UST Awards

### *“Gurong May Dignidad, Turong May Kalidad”*

By Vivian Santos

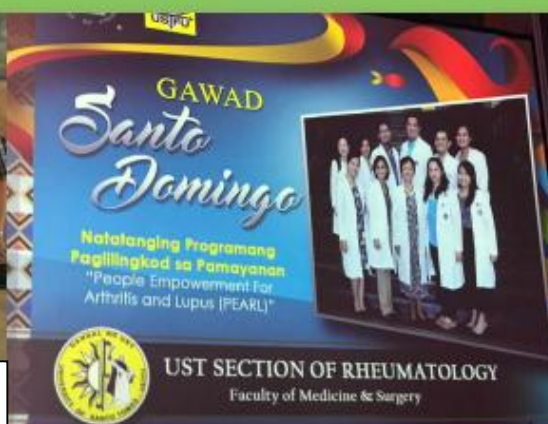
Every year, the University of Santo Tomas gives honor and recognition to their Tomasian faculty and mentors who have demonstrated exemplary service through teaching, research and community service, thereby uplifting the quality of education in our country.

With this year's theme, “Gurong May Dignidad, Turong May Kalidad”, the annual awarding was held last May 11, 2017 at Saint Martin de Porres Medicine Hall. The “Gawad Santo Domingo” award for Community Service recipient for this year has been conferred to Faculty of Medicine and Surgery Section of Rheumatology in recognition of its People Empowerment for Arthritis and Lupus (PEARL) which aims at strengthening the support group of patients with systemic lupus erythematosus and those with different types of arthritis.

## UNIVERSITY OF SANTO TOMAS SECTION OF RHEUMATOLOGY



UST Rheumatology Photo Op with patient partner representative, Ms. Elyn Centeno bearing the Gawad Santo Domingo Award.



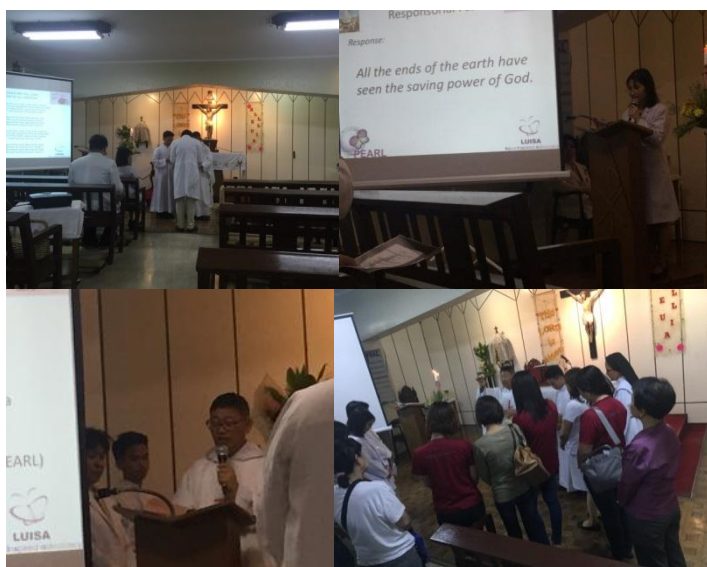
## Thanksgiving Day

By Ramon Miguel Molina

On 13 May 2017, the Section of Rheumatology, Clinical Immunology and Osteoporosis held a thanksgiving mass at the Clinical Division chapel for having earned the prestigious Gawad Santo Domingo in the annual Dangal ng UST Awards for its outstanding community service to rheumatic disease patients.

The mass was followed by an educational lecture on lupus by none other than the lupus expert, Prof. Sandra Navarra. This was held at the Angelo King auditorium just across the Clinical Division chapel. The lecture was delivered in place of the regular Saturday Rheumatology Conference as well as to commemorate the recent World Lupus Day (May 10).

Finally, the last activity for the day was the monthly free lupus teaching clinics where indigent lupus patients were seen for follow-up. Medical students and junior interns participated and learned about this interesting disease and the basic principles of management.



Thanksgiving Mass sponsored by UST Rheumatology held last May 13, 2017

## Back to Basics with Rheumatology; 1<sup>st</sup> post-graduate course Makati Medical Center, Section of Rheumatology

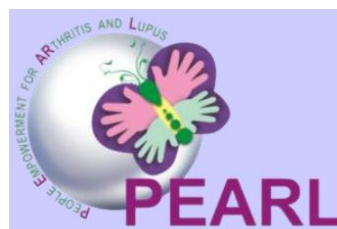
By Francis Martin Cuenco

May 25, 2017, the rheumatology fellows of USTH attended the 1st post-graduate course of the section of Rheumatology of Makati Medical Center entitled "Back

to Basics with Rheumatology". It was held at 8<sup>th</sup> floor Auditorium of Makati Medical Center. It was an opportunity especially for the new fellows to learn fundamental concepts in Rheumatology. It was also a chance to be acquainted to other rheumatology fellows and rheumatology consultants of different hospitals. Dr. Jose Paulo P. Lorenzo, section head of Rheumatology, and Dr. Noel R. Rosas, chairman of department of medicine of MMC, welcomed the participants of the post-graduate course.



Rheumatology Fellows at the Makati Medical Center's First Rheumatology Post-Graduate Course



11 June 2017  
By Mika Ana Sususco-Frio

The 2<sup>nd</sup> quarter PEARL was again held at the St. Luke's Medical Center Cathedral Heights Building with over a hundred attendees both patients and rheumatology staff. The half day affair spanned 5 segments which comprised of practical self-help skills (Bag folding, segregation, Meralco watch, lupus/arthritis kit) and group sharing.



Of course the event will not be complete without the usual morning warm up Zumba routine for the patients and the staff as well as the overflowing giveaways and raffle prizes.



Above: Prof. Sandra Navarra joining in on the Zumba fun with rheumatology fellows and patients.  
Below: June birthday celebrants gather round



## Fight like your world depends on it

Ramon Miguel Molina & Francis Martin Cuenco

Ten years later, the sequel to the Inconvenient Truth finally premieres on Philippine soil, entitled: “An Inconvenient Sequel: Truth to Power”. The red carpet premiere of this much-awaited documentary was organized and presented by

The Climate Reality Project Philippines, Rappler and MovePH, and The Climate Change Commission. True to the advocacy to save the earth and battle climate change, 35 individuals led by the University of Santo Tomas & St Luke’s Medical Center Sections of Rheumatology headed by Prof. Sandra Navarra attended the screening to show support to the cause - these climate activists having been influenced by none other than Prof. Navarra herself. Joining the climate change band wagon were Prof. Isaias Lanzona of UST

Medicine, 4 medical residents, 3 medical clerks and one 3<sup>rd</sup> year medical student who have become inspired to continue and spread the advocacy. Notable personalities and advocates at the event included Mr. Rodne Galicha – country manager of Climate Reality Project, and Ms. Vernise Victorio – Climate Change Commission Vice-Chairperson.

The documentary reinforced the urgent call to create personal, community and global solutions to climate change and global warming which is increasingly being felt throughout the world, wreaking havoc and destruction as well as deaths through natural calamities which are becoming more often and more serious.



The UST Section of Rheumatology along with guest advocates for climate change awareness. Photo courtesy of Francis

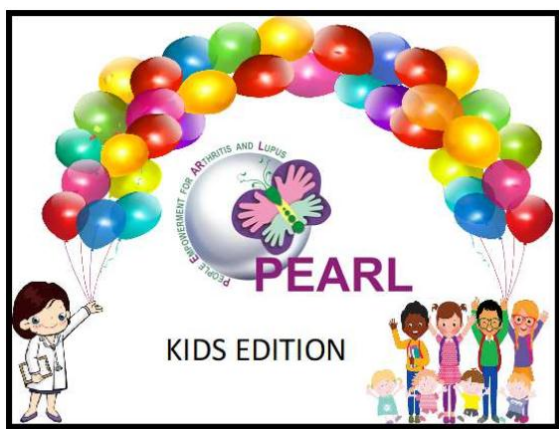
In this movie, former United States Vice President, Al Gore narrates the challenges that his team had faced since his early years as a climate change activist from the 1980s up to the dramatic outcome of the Paris Agreement on Climate Change in 2016 where they faced intense opposition from leaders of some developing countries who rely heavily on fossil fuels. Yet again, advocates against climate change face another resistance as the current US president had terminated ties with the Paris Agreement. In the end, Al Gore sends a deep message to continue to *fight like your world and the future generation depended on it!*

## “PEARL: KIDS AND TEENS EDITION”

20 September 2017

Mika Ana Sususco-Frio

Learning to live with a chronic condition can be very challenging for a child, for parents, for siblings and for friends. Children with chronic illnesses are more likely to experience frequent doctor and hospital visits. Treatments and hospital stays may be frightening, lonely or painful. Children with chronic illnesses may feel “different” than other children. Their activities may be limited, and, in many cases, their families must change how they live to accommodate the child.



In tribute to the children and their families, the quarterly People Empowerment for Arthritis and Lupus (PEARL) activity was a showcase of talents entitled, PEARL: Kids and Teens Edition. St. Luke's Medical Center, Quezon City's Cathedral Heights Building Complex held this quarter's PEARL affair focused on coping with chronic illness in childhood and adolescence.

The event was kicked off with a message from Pediatric Rheumatologist, Dr. Christine Bernal. Games and raffles then followed. The patient participants were able to showcase their many talents.



*Tiffany giving an inspirational message*

*"Live your life as you want it to be and just remember that you just have SLE." – Tiffany Uy*



*Adult and Pediatric Fellows Tribute*



*Heal the World with Teacher Cathy*



*Getting to know each other with Maricar*



A final pose from the attendees of the Special Interest Group forum spearheaded by Philippine Rheumatology Association (PRA) President Dr. Hazel Manapat (centermost, 1st row) in cooperation with Jose R. Reyes Memorial Medical Center Section of Rheumatology.

## **"Arthritis and Infections Diseases"** A Special Interest Group Forum

**Jose R. Reyes Memorial Medical Center  
(DOH Convention Hall)**

**15 September 2017**

Vivian D. Santos

The second special interest group (SIG) forum this year was held at the Department of Health (DOH) convention hall last 15 September 2017 with particular focus on arthritis and infectious diseases. The highlight of the SIG



was the case discussion and expert advice from distinguished panelists comprising of Dr. Julie Li-Yu (rheumatologist), Dr. Carlo Angelo Borbon (orthopedic surgeon), and Dr. Mario Panaligan (infectious disease specialist).

# UST LUPUS STUDY GROUP

By: Richelle Joy Bayson, MD  
18-19 September 2017



The University of Santo Tomas Rheumatology takes pride in being the premiere lupus center in the country. It boasts of a large cohort of lupus patients included in its ever growing database, a rich source of scientific data for research on this challenging disease.

## UST Lupus Study Group in Action...



Last September 16-17, 2017 the group embarked on an overnight study group to improve the data capture process in the current database and tracked each individual cohort, with both ongoing investigation and those for finalization of manuscripts.



## Osteoporosis Society of the Philippines Foundation, Inc.

In celebration of its 19<sup>th</sup> Annual Scientific Meeting, the Osteoporosis Society of the Philippines Foundation Inc. hosted a 3-day international course on bone densitometry in Acacia Hotel Manila last October 9-11, 2017. With the International Osteoporosis Foundation and the International Society for Clinical Densitometry, the conference included 4 courses, Osteoporosis Essentials, Vertebral Fracture Recognition, Pediatric Bone Densitometry and DXA Body Composition Analysis. A choice between clinician and technologist tracks was made available to participants. OSPFI president, Dr. Julie Li-Yu, started the plenary sessions with an overview of osteoporosis. With Professor John Carey of Ireland and other esteemed clinical densitometrists, participants were led through the sessions on densitometry, diagnosis and management. Interspersing his lectures with humorous anecdotes, Prof. Carey was able to capture his audience through fast-paced though detailed discussions on the merits of uses and technical considerations in densitometry. On the afternoon of the 3<sup>rd</sup> day, onsite examination was held for clinical densitometry



# LUISA & PEARL Christmas 2017

*3 December 2017*

*14<sup>F</sup> CHBC, St. Luke's Medical Center Quezon City*



The last installment of the quarterly PEARL took place at the St. Luke's Medical Center, Cathedral Heights Building Auditorium where a total of 181 registrants with over 128 patients attended the gathering. The PEARL Christmas party kicked off with the usual Zumba warm up led by the Rheumatology fellows and staff. An opening prayer was delivered by medical resident (NAME) and a brief welcoming remarks to officially open the event was given by UST rheumatology fellow, Miguel Molina. The energetic RA bumblebees immediately gave their performance with a group number singing "Ang pasko as sumapit", a solo by patient partner Ms. Daisy Cabugao and an on-the-spot rap rhyme by Ms. Zenaida Estrada. The Party was filled with fun and games from Pinoy Henyo, Pass the Christmas Message, and Christmas minute to win it entertained the ever willing audience participants. After which, the Rheumatology fellows of UST, SLMC, and JRMMC gave their 90's throwback dance number from Macarena, Backstreet Boys, Spice Girls, to Mambo #5. Of course, the singing butterflies, consisting of Karen Mercado, Kathleen Maneclang, Katrina Hizon, and Keon Dizon also showed off their vocal prowess in their solo song numbers. Notable performances consisted of a dance number by the RA queen bees with Prof. Sandra Navarra as guest dancer and the surprise intermission by Rheumatology consultants: Drs. Sandra Navarra, Lyndon Llamado, Paul Santos-Estrella, John Paul Consignado, Marian Galdones-Velasco, Leonid Zamora, Mary Flor Joy Edar, Lorielyn Salvador and Ma. Eizelle Fernandez – dancing away to the popular kid's song "Baby Shark". Raffle prizes, giveaways, and rummages also filled the halls of the 14<sup>th</sup> flr auditorium.