



CLIMATE CHANGE AND HEALTH

by: Richelle Joy Bayson, MD

Prayer for Our Common Home
by Pope Francis

All-powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty.

Fill us with peace, that we may live as brothers and sisters, harming no one. O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes.

Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction. Touch the hearts of those who look only for gain at the expense of the poor and the earth.

Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light.

We thank you for being with us each day. Encourage us, we pray, in our struggle for justice, love and peace. Amen.



During the Saturday Rheumatology Conference held last 13 October 2018, Dr. Paolo Andrei Dimapiles, a Senior Medical Resident of University of Santo Tomas Hospital (USTH), gave a talk on the impact of climate change to human health. He emphasized that climate change affects the social and environmental determinants of health such as clean air, safe drinking water, food security and shelter. Human activities, particularly the burning of fossil fuels, produce carbon dioxide and other greenhouse gasses which trap heat in the atmosphere, thereby making the earth’s surface become warmer. As a result, sea levels are rising, glaciers are melting, precipitation patterns are changing, and other extreme weather phenomena are occurring. Also, with the rising heat index, levels of ozone and other pollutants are also increasing, thus exacerbates cardiovascular and respiratory diseases. Further, the variable rainfall pattern affects the supply of fresh water and leads to drought and famine in extreme cases. Floods had also taken a toll on frequency and intensity as what we have experienced during Ondoy in September 2009, Habagat in August 2012, and Yolanda in November 2013. Climatic condition also heightens waterborne diseases as well as diseases transmitted by different vectors like mosquito and snails (i.e., Dengue, Malaria, Leptospirosis, Schistosomiasis, etc.).



'IF WE DESTROY CREATION, CREATION WILL DESTROY US'

– POPE FRANCIS



Attendees: Dr. Julie Li-Yu, Dr. Marilyn Ong Mateo, Dr. Joenavin Ngo, Dr. Sorrah Briones, Dr. Marian Galdones, Dr. Leonid Zamora, Dr. Mary Flor Joy Edar, USTH Rheumatology Fellows, SLMC Rheumatology Fellows, IM Residents and Medical Clerks

Hence, as individuals, we can help make a difference by finding ways on how to **REDUCE** carbon gas emission, which in turn may ripple to others in producing major co-health benefits. Dr. Dimapiles showed simple and practical tips on how to conserve mother nature which we can apply in our everyday lives. In coordination with USTH Internal Medicine (IM) Department and Section of Rheumatology, the outgoing IM Clerks, headed by Queenie De Leon, made a video clip on how to help mother earth by utilizing the stairs (instead of elevators), sharing of cars, avoid using plastics or styrofoam, minimizing food waste, and conserving paper, water, and electricity. The IM Clerks also showed, through posters, their support in choosing planet over plastic.



PLANET OR PLASTIC?



The talk was ended with a quote from Jane Goodall which says: *“You cannot get through a single day without having an impact on the world around you. What you do makes a difference and you have to decide what kind of difference you want to make.”*



Meanwhile, during the second part of the conference, Dr. Julie Li-Yu (Head of Joint and Bone Center, USTH) introduced the new Lunar iDXA machine which is now being offered at Joint and Bone Center, 2nd floor of USTH Main Building.



Lunar iDXA with Pro Package specifications

Software Features:

- AP Spine
- Dual Femur
- Forearm
- Trabecular Bone Score (TBS)
- FRAX® Fracture Risk Tool
- Total Body Composition
 - Total Body and Regional Tissue Quantitation
- Full Pediatric Package
 - AP Spine
 - Femur
 - Total Body BMD
- Dual-energy Vertebral Assessment (DVA)
- Orthopedic Hip
- Orthopedic Knee

The Joint and Bone Center offers the following packages:

- Body Composition Alone
- Bone Mineral Densitometry [AP Spine + Dual Femur + Forearm] (BMD) + Trabecular Bone Score (TBS)
- BMD + TBS + Body Composition
- BMD + TBS + Vertebral Fracture Assessment (VFA)
- BMD + TBS + VFA + Body Composition
- Orthopedic Hip
- Orthopedic Knee
- Total Body Scan, Pediatric