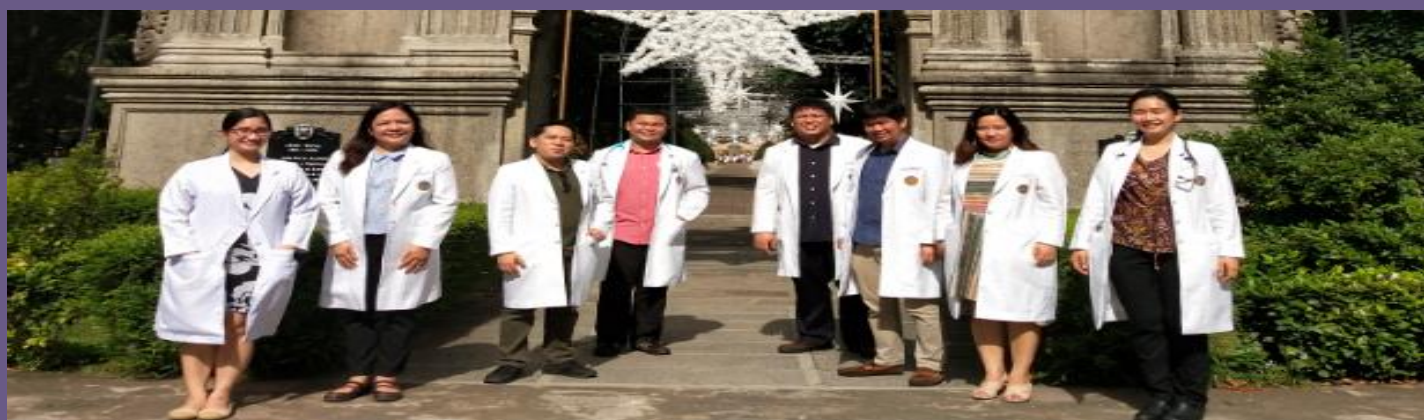


Rheumatology Educational Trust Foundation, Inc. (RETFI)

University of Santo Tomas Section of Rheumatology
Manila, Philippines



Year-end Report 2018

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**#voicesoflupus
#voicesforlupus**

On a beautiful Sunday, 11th of February 2018, the Lupus Inspired Advocacy (LUISA) in partnership with St. Luke's Medical Center (SLMC) and University of Santo Tomas Hospital (USTH) conducted the "Living Well with Lupus Workshop" at St. Luke's Medical Center Quezon City CHBC Auditorium. The workshop is the culminating event for this year's National Lupus Advocacy Week (Presidential Proclamation 1435) decreed beginning February of 2007. With the #VoicesOfLupus and #VoicesForLupus as recurring themes in all multimedia formats. This activity was fully supported and conducted under the auspices for the Rheumatology Educational Trust Foundation, Inc. (RETFI).

Living Well with Lupus

By Francis Martin T. Cuenco, MD



... For the patients and caregivers, the workshop was an opportunity to be their catharsis. It also gave them a chance to meet and hear other lupus patients and their stories and strategies to cope with their disease...



UST Rheumatology



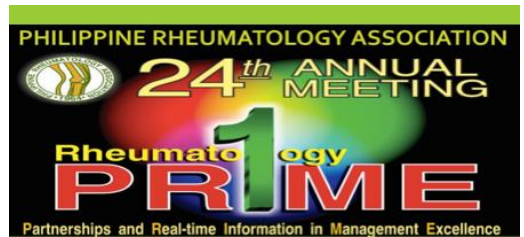
was highlighted in the successes of Dr. R. Molina in his original research presentation, “Gastrointestinal Flares among Filipino Patients with Systemic Lupus Erythematosus; A Case Series” and Drs. F. Cuenco, “Acute Pulmonary Arterial Hypertension in a Patient with Systemic Lupus Erythematosus” and R. Bayson, “Severe Keratoderma Blenorrhagicum Simulating Psoriasis in Reactive Arthritis: A Case Report.” Among other winners for Best Images were Drs. V. Santos, M. Bayo-Ang and R. Bayson.

Prior to the business meeting, first year fellows, Drs. R. Bayson, F. Cuenco, M. Frio and R. Navarroza were inducted as clinical members.

Showcasing the latest in modern Filipiniana fashion, PRA members attended the opening ceremonies at the Ruby Ballroom. After the processional march, the oath taking of the new Fellows and Diplomates



commenced, among which, were Drs. C. Bernal, J. Patricio, L. Lizardo, M. Salvador, M. Edar, E. Fernandez, L. Salvador, E. Veñegas and I. Esquibel. USTH Pediatric Rheumatology was also awarded their training program accreditation certificate. The night's guest speaker was APLAR president-elect, Dr. Syed Atiqul Haq.



Fellowship Night
“Living La Vida Rheuma”



By Dr. Mika S. Frio

PRA 24TH ANNUAL SCIENTIFIC MEETING February 15-17, 2018 Crowne Plaza Hotel

DAY 1 PRECONVENTION

From 15th to 17th of February 2018, Crowne Plaza Manila Galleria was the setting for the Philippine Rheumatology Association's 24th Annual Scientific Meeting. The first day's pre-convention offered two tracks, a Rheumatology Workshop for Nurses and Rheumatology for Non-Rheumatology Clinicians.

DAY 2

Among the day's lectures were the symposia on the Doctor-Patient Relationship, Maternal and Child Health Issues and Psychosocial Issues. The luncheon symposium was delivered by Dr. S. Navarra on Shared Decision Making: Holistic Approach to the Rheumatoid Arthritis Patient. The second day was also the avenue for the Patient Support Group meeting attended by 59 patients from different institutions.

DAY 3

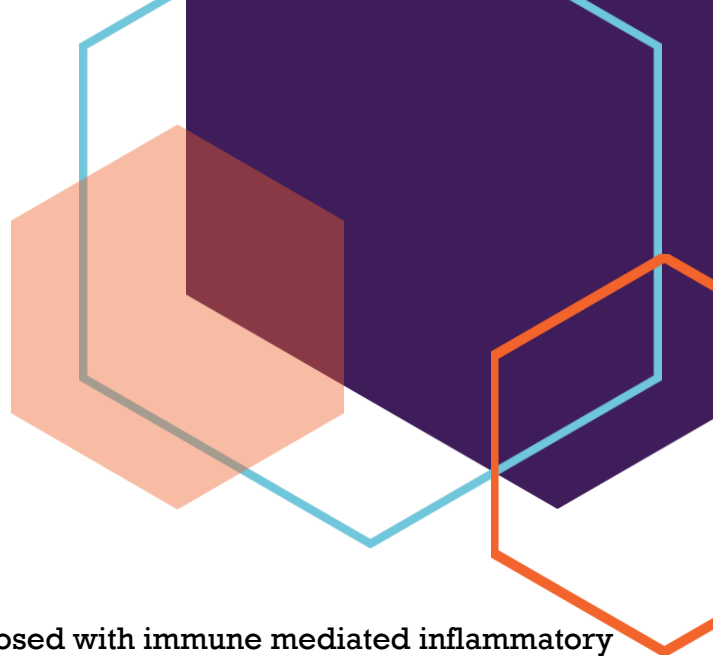
The convention continued the next day with a symposium on Rheumatology and Extra-Articular Systems. After lunch, APLAR Master and one of the foundations of Philippine Rheumatology, Dr. Tito P. Torralba gave “Vignettes in Rheumatology.”



IMMUNE MEDIATED INFLAMMATORY DISEASES (IMID) SUMMIT 2018

24 February 2018 □ Seda Hotel Nuvali, Sta.
Rosa, Laguna

Report by Dr. Ramon Miguel M. Molina



The growing number of patients being diagnosed with immune mediated inflammatory diseases is becoming more common with the improvement in diagnostic testing and better



understanding of these diseases. As such, **the Rheumatologist** plays a key role in managing these debilitating illnesses. Abbot pharmaceuticals recognized that the need for more rheumatologists also entails providing these specialists with a sufficient background of these conditions. Thus the **First Immune Mediated Inflammatory Disease Summit** was conceptualized in order to provide young rheumatologists in training a

review of the mechanisms, diagnosis, treatment and update on current guidelines for these conditions. In addition, a workshop was conducted on how to improve access to or our indigent patients.

The workshop was held last 24 February 2018 at the Seda Hotel located in Nuvali, Santa Rosa Laguna and was attended by rheumatology fellows from USTH, UP-PGH, SLMC, and MMC.

Speakers were Dr. Eric Jason Amante (PGH), Dr. Julie Li-Yu, the newly-elected PRA president, and Dr. Emily Ruiz-Jacinto, a Nueva Ecija based rheumatologist. (Photos below from left-to-right)



LUPUS *for the* INTERNIST

7:00 AM to 5:00 PM, Thursday 03 May 2018

Muralla Ballroom, The Bayleaf Intramuros, Manila, Philippines

Report by Dr. Francis Martin Cuenco

The Lupus Inspired Advocacy (LUISA) of Rheumatology Educational Trust Foundation, Inc. (RETFI) in partnership with Philippine Rheumatology Association (PRA) successfully held a post-graduate course last 03 May 2018 at the Bayleaf Intramuros. Appropriately themed “Lupus for the Internist” *highlights the multi-system nature of the illness, the course aimed to reinforce partnerships among physicians of various specialties in providing optimal healthcare for lupus patients.*



Prof Sandra V. Navarra giving an overview of lupus landscape in the Philippines



Prof. Daniel T.M. Chan giving a lecture on Pathogenesis of Lupus Nephritis



Dr. Neil Solomons discussing the role of CNIs in Lupus Nephritis

The faculty was spearheaded by Prof. Sandra Navarra, chief of Rheumatology at the University of Santo Tomas (UST) who was also the organizing chair and course director. International speakers Prof. Daniel Tak Mao Chan, Chief of Nephrology at University of Hong Kong and founding convenor of the Asian Lupus Nephritis Network (ALNN), Dr. Neil Solomons, chief medical officer of Aurinia Pharmaceuticals and UST nephrologist Dr. Stephanie Andres and Infectious Disease specialist Dr. Daisy Tagarda were also invited to share their expertise in their respective fields. Two stimulating panel discussions on a complicated case of pregnancy in lupus nephritis and a lupus with disseminated tuberculosis were presented by fellows Dr. Noreen Kintanar from St. Lukes Medical Center (SLMC) and Dr. Mika Frio from UST Hospital (USTH). Other speakers and panelists were Dr. Juan Javier Lichauco, Head Section of Rheumatology of SLMC, Dr. Charmaine Roberto (Jose R. Reyes Memorial Medical Center (JRRMMC), Dr. Melissa Aquino-Villamin (SLMC), Dr. Leonid Zamora (USTH), and Dr. Shiela Marie Reyes (Marikina Doctors Hospital). Culminating the course was a video-cast of Professor Murray B. Urowitz’ “Ten commandments in SLE management”, with key learning points summarized by Dr. Liza S. Traboco.

Dr. Julie Li-Yu, incumbent PRA president, gave a summary and rendered future directions for lupus education, reinforcing the un-met needs of Filipino lupus patients with need for more clinicians knowledgeable and adept in the specialized care of these patients.

Lupus is a serious, life altering, and potentially fatal disease that deserves more understanding and support. It's our responsibility to get involved and do whatever we can to help fight this unpredictable and misunderstood disease. – Julian Lennon, Lupus Foundation of America Global Ambassador



Photos Right-to-left: (1st) Dr. Mika Frio (above) presenting a case of difficult lupus with the help of our panel (2nd) namely Drs. Daisy Tagarda, Charmaine Roberto, Leonid Zamora, and Melissa Villamin



Photos from Right-to-left: (1st) Dr. Julie Li-Yu, president of the PRA, summarizing the post-graduate course and giving the closing remarks; (2nd) Dr. Leonid Zamora presenting on the new therapies on lupus; and (3rd) the doctors/attendees during the conference.



The day turned out very productive and educational, with a total 139 participants: 64 (47%) of whom were internal medicine consultants and trainees, 51 adult rheumatologists (37%), 10 pediatric rheumatologist (7%), 6 nephrologists (4%), 1 infectious disease specialist, 1 hematologist, 1 endocrinologist, 1 general practitioner, and 2 dermatologists.



LUISA CELEBRATES WORLD LUPUS DAY ADDRESSING FAQs (FREQUENTLY ASKED QUESTIONS) IN LUPUS

BY: RODEO V. NAVARROZA, MD

In celebration of **WORLD LUPUS DAY**

FAQs (Frequently Asked Questions) **in Lupus**

May 13, 2018 / 7:00-12:00 nn
14th Floor Auditorium I,
Cathedral Heights Building Complex
St. Luke's Medical Center-Quezon City

Registration is FREE.
Preregistration is required.
Please visit the link to register: <http://bit.ly/FAQslupus>
For inquiries, please call: Dr. Kintanar 099-85821675

An International Affiliate Of:
New York Presbyterian Hospital
Columbia University College of Physicians and Surgeons
Weill Cornell Medical College of Cornell University

On the 13th of May this year, the world celebrated Mother's Day in appreciation of the sacrifices our mothers made for us. But there was even more mark the day's importance, as we celebrated World Lupus Day. Thus, Lupus Inspired Advocacy (LUISA) of Rheumatology Educational Trust Foundation, Inc. (RETFI) organized the forum on "FAQs in Lupus", dedicated to our lupus patients and their caregivers, in order to increase awareness and empower them to take an active role in the management of their condition. The event was held at the Cathedral Heights Building, St. Luke's Medical Center, Quezon City, and was made possible with the combined efforts of rheumatology fellows, consultants and staff from University of Santo Tomas, St.

Luke's Medical Center, and Jose Reyes Memorial Medical Center. The activity aimed to address questions that commonly lingered in patients' minds

regarding various aspects of their condition. Participants were made to choose 2 out of 3 sessions beforehand, and an ice-breaker introduced each session for added fun. The closing remarks was delivered by no other than our very own Section Chief, Dr. Sandra Navarra, who inspired patients to soar like a butterfly despite their afflictions. Likewise, she reminded them to take an active role in the management of their condition – citing the important partnership between patients and physicians, and forums where doctors also continue to learn from their patients – a good reminder to treat the patient as a whole rather than focus on just the disease per se.

*"Words are drowned by the tide of gratitude that swells from my heart
As I cross the finish line of an arduous race –
A race against a terrible and treacherous enemy.
You have been my noble captain, my enlightened guide
A great sustainer of my failing strength.
With you let me share the laurels of victory –
For indeed they are your laurels as well.
More races lie ahead,
But with you behind me, in front of me, by my side,
I shall face them undaunted.
I shall fight in more battlefields, fight the common foe
With you leading the charge, I shall fight to the end
However we fight, my dear captain
WE SHALL WIN!"*

Excerpted from the book "Hope for the butterflies" authored by Drs. Laniyati Hamijoyo and Sandra Navarra, this letter from Melody - a lupus patient - to her doctor reflects the strength of the human spirit holding on to that hope...

APPLIED RHEUMATOLOGY MADE SIMPLE

(A.R.M.S.)

1:00 PM to 5:00 PM, Friday 18th of May 2018

LORMA MEDICAL CENTER, San Fernando City, La Union, Philippines

By Dominic S. dela Cruz, MD

University of Santo Tomas (UST) Head of Rheumatology and Course Director, Professor Sandra V. Navarra, and Dr. Joseph Patrick N. Patricio, Rheumatologist from Ilocos Training and Regional Medical Center, led the ARMS presentations, focusing on four main categories of rheumatic diseases from a non-rheumatologist's standpoint: 1. Ambulatory rheumatology, 2. Arthritis-rash syndromes, 3. Chronic rheumatic diseases and 4. Serious rheumatic diseases.



Prof Sandra V. Navarra giving a lecture on rheumatic diseases



Dr. Joseph Patrick N. Patricio discussing on chronic rheumatic diseases.



Up close with patient partner, Zeny and the participants at the workshop.

“The patient is the best teacher.”

This workshop couldn't be more interesting without the participation of two rheumatoid arthritis (RA) patients, Mrs. Zenaida “Zeny” Estrada and Miss

Eloisa Aguinaldo, both of whom had been patient partners for more than a decade. In their tireless efforts, despite their physical disabilities, they had been teachers to medical students and doctors for many years. They underwent formal training and became officially certified to teach musculoskeletal examination starting from the Rapid Musculoskeletal Screener. Their stories of despair, hope and triumph continue as they spread awareness of their disease. During the workshop, participants were given a chance to engage and learn musculoskeletal examination with the two RA patient-partners. Thirty doctors, mainly Internal Medicine consultants, successfully completed the workshop and received certificates of participation. Overall, the half-day event turned out productive, educational, fun and exciting.



Patient-partners: Zeny and Eloisa, demonstrating musculoskeletal screener



Patient-partner, Eloisa, teaching the participants on the physical findings of an RA patient.



The dynamic faculty and the participants in this year's Lupus Roadshow at San, Fernando, La Union.

The Lupus Inspired Advocacy (LUIA) of Rheumatology Educational Trust Foundation, Inc. (RETFI) in partnership with Lupus Academy and Ilocos Training and Regional Medical Center successfully held another Lupus Roadshow last 19 May 2018 at Lorma Medical Center, San Fernando City, La Union. The day turned out very productive and educational for the 102 participants who completed the course and the highly dynamic organizing team.

LUPUS ROADSHOW

8:00 PM TO 5:00 PM, 19TH OF MAY 2018

LORMA MEDICAL CENTER, SAN FERNANDO CITY, LA UNION

By Dr Bethlehem C. Mula



Left-to-right: Dr. Juan Javier Lichauco giving a lecture on Immunogenesis of SLE; Dr. Joseph Patrick Patricio giving a lecture on Many Faces of Lupus. Dr. Leonid D. Zamora tackling on lupus essentials; Dr. Laniyati Hamijoyo giving a lecture on Simplified approach to management of Lupus and Dr. Shiela Marie M. Reyes giving a lecture on Recognizing Mimics in Lupus.



Prof Sandra Navarra giving an overview on Lupus landscape in the Philippines.

We learned to:

- Appreciate the burden of illness of systemic lupus erythematosus (SLE) among Filipinos.
- Correlate immunopathogenesis of lupus with clinical and laboratory data.
- Describe the spectrum of manifestations and complications in SLE attributed to the disease and/or medications.
- Outline the diagnostic approach to SLE and recognize various conditions which may mimic SLE.
- Discuss practical approach and therapeutic advances in SLE management.
- Reinforce partnerships among physicians of various specialties in providing optimal healthcare for Lupus patients.



PHOTO GALLERY





FROM A SUCCESSFUL ROADSHOW
TO PURE FUN AND RELAXATION..





RHEUMINATIONS

The Things that Truly Matter

by Dr. Sandra V. Navarra

The patient is the best teacher. The Patient Partners® educational program actively involves patients with chronic inflammatory arthritis (RA, PsA, AS) who are trained and certified to teach musculoskeletal exam, and lupus patients who share their individual struggles and triumphs over their chronic condition. The program "doesn't force students to give patients a diagnosis, instead, it allows them to experience their patient's life and gain skills to be more effective caregivers" (Donald Kollisch) - these are valuable learnings which are not obtained from books or lectures even by esteemed professors. To share some feedback from appreciative medical students: "No matter how debilitating, these patients continue to live their lives to the fullest, transforming sheer disability to positivity" and "the program is not something I usually catch within the four corners of the classroom; from experiences like these I learn about the things that truly matter, inspiring us future doctors to strive hard in order to make our patients' lives comfortable as best as we can."

Each patient is a unique individual, and "time personally spent with the patient is the most essential ingredient of excellence in clinical practice" (Philip Tumulty). Voltaire (1694-1778) wrote "The art of medicine consists of amusing the patient while nature cures the disease", and modern-day Patch Adams reiterates "You treat the disease, you win or lose; you treat both the patient and the person, you always win no matter what the outcome". Emphasizing the importance of shared decision-making, Dave deBronkart (BMJ 2015) notes that "Medicine should let patients help improve care, share responsibility, and think for themselves." On a more socially collective setting, the PEARL® (People Empowerment for Arthritis and Lupus) and LUISA® (Lupus Inspired Advocacy) movements of Rheumatology Educational Trust Foundation focus on patient-centeredness as key to improved patient outcomes and achievement of optimal patient well-being. For these patients, life can be fulfilling despite a debilitating condition. "Ultimately, patients need to find their own solutions and motivation and must take responsibility for their health; we must empower them to do just that" (Martha M. Funnell, MS, RN). Even in the terminally ill, the patient's feelings deserve to take precedence over the actual diagnosis. Let me share my personal experience and humble tribute to a patient named Frederick: "No more biopsy please..." We sensed his frustration after the battery of tests, procedures and physician-specialists he had gone through... still without a diagnosis. Here was a young man at the pinnacle of his career, recently married and about to start a family, fully in control of his life ... until this illness. The months of hospital confinement was an intricate intertwining of extreme science and delicate art, a roller-coaster ride through major as well as seemingly trivial yet crucial decisions i.e. starting steroids despite failure to arrive at a definitive diagnosis, painstakingly explaining the need for intubation in a fully awake patient, distinguishing the fine line between aloofness, aggression, sedation and simple narcotic side-effects and/or drug-drug interactions, and finally insisting to transfer out of the depressing confines of ICU to a regular room where he can be with his loving family. It was a truly profound experience to witness this young man transform from the turmoil of uncertainties to anger to denial to stoic acceptance and valiant display of tranquility - despite being paralyzed from waist down! Wherever this ride takes us, it will ultimately be Frederick who will take control and make things happen in his time, in God's time."

We are forever students. Learn from, rather than dwell on, your mistakes. Attain the humility to accept that there will always be someone better than you, and that it can be a younger student. Some clinical pearls for the trainee: (1) The best time to make mistakes is while you are still under supervision of those who are more experienced, just remember not to commit the same mistake twice; (2) Make the most out of every patient encounter, no matter how toxic - especially the rare, complicated ones that make you a rheumatologist distinct from other subspecialists. The next chance to see a similar case will likely be in your clinical practice where you must establish your credibility as a rheumatologist; (3) I use the mnemonics "IAP" to guide trainees in making management decisions: **I**nitiative in self-directed learning, constantly search for relevant resources and references. **A**nticipate and recognize possible consequences of your decisions including drug side-effects and drug-drug interactions. **P**rioritize decisions such as medications over diagnostics, refrain from ordering a test unless it will impact your treatment decision. Earn and enhance your patient's trust and confidence by clearly laying out immediate, intermediate and long-term plans for every patient.

The Rheumatologist is an effective **communicator**, able to explain, provide clear instructions, and discuss with the patient and family, peers and other healthcare providers, all aspects regarding patient care, and willingly assumes the "captain of the ship" role when the situation calls for it. The Rheumatologist is also an effective **motivator** - ready to take on timely and necessary social responsibilities as well as initiate and support advocacies beyond the clinics e.g. disaster preparedness and caring for our Mother Earth.

As a Filipino rheumatologist, I believe these are the things that truly matter...

CONSIDER A CAREER IN RHEUMATOLOGY



- Join the roster of dedicated physicians who render competent care to **millions of Filipinos with rheumatic disease.**
- There are **only less than 200 practicing rheumatologists in the entire Philippines** who provide specialized care to patients with chronic disabling inflammatory arthritis and autoimmune diseases like vasculitides, rheumatoid arthritis and ankylosing spondylitis.
- LUPUS is becoming more common among Filipinos. It is often **the rheumatologist who is tasked to diagnose and oversee the management of this challenging illness.** Furthermore, UST Rheumatology is a key Lupus center having one of the largest lupus databases in the country.
- **Rheumatology** offers a wealth of **interesting patient-physician and physician-physician interactions** as well as **priceless learnings from individual patients** including the gratifying resolution of extremely painful conditions like gout, diagnosing enigmatic systemic vasculitides, and specialized use of new therapeutic agents which can dramatically and positively impact patients' lives.
- Learn **musculoskeletal ultrasound & bone densitometry** as add-on skills to supplement your professional practice.



Doc "STVN" & Rheumatology fellows

For further information, contact any Rheumatology fellow-in-training at: The Section of Rheumatology, Clinical Immunology & Osteoporosis University of Santo Tomas Hospital, España Blvd., Manila, Philippines 1008 Tel/ fax: (02) 7499746 / 7313001 local 2393 www.rheumacares.ph

The University of Santo Tomas Section of Rheumatology is currently accepting internists (Philippine College of Physicians [PCP] board –certified) for a 2-year clinical fellowship training, with the option to continue to 3rd year research fellowship.

- The **faculty** consists of 7 full-time (including 1 geriatric and 1 pediatric rheumatologist) and 6 part-time consultants – with subspecialty expertise in systemic lupus erythematosus (SLE), osteoporosis, crystal arthropathies, systemic vasculitides, and Molecular Medicine, as well as certification/ degrees in the related sciences of bone densitometry, musculoskeletal ultrasonography, clinical epidemiology and medical informatics.
- Bolstered by an active alumni group, the program provides continuing **mentoring and support** for the young rheumatologist in clinical practice – *beyond* completion of fellowship training – with continuing medical education programs including the **Applied Rheumatology Made Simple (ARMS)** module which reinforces the cooperative partnership of rheumatologists with non-rheumatologists in their area of practice, and the **Lupus Roadshow** which enhances the central role of the rheumatologist in the holistic "internal medicine" care of the lupus patient. The university setting with its strong under- and post-graduate curriculum in Rheumatology and well-established center for Rheumatology research including clinical trials, further provides essential foundation for those specially inclined toward academic and/or research career paths in Rheumatology.
- With established links for **international collaboration**, there are countless opportunities to meet and actively interact and/or train with world experts in Rheumatology.

I.M. In Charge

RHEUMATOLOGY SESSIONS AT THE 33RD UST IM POST GRADUATE COURSE



Figure 1 Photo courtesy of Dr. Hyacinth Zamora

"On Aches and Pains"

PRA president, Dr. Julie Li-Yu, delivered a talk on an integrative approach to musculoskeletal complaints.



UST Rheumatology Section Chief, Dr. Sandra Navarra, moderated the panel discussion on transition medicine.

Br Dr. Mika S. Frio

UST Rheumatology Fellows had the privilege of attending the UST/USTH Department of Medicine 33rd post graduate course last 11-12 May 2018. With the theme, "Caring for Traditionals and Millennials," the course was held in the BGPOP building of the UST. Among the sessions were an

integrative approach to musculoskeletal complaints and a panel discussion on transition medicine.

The afternoon of the 1st day of the course was opened by UST Alumna, Dr. Julie Li-Yu as she discussed basic approaches to common musculoskeletal complaints. The last session for the afternoon was a panel discussion moderated by Dr. Sandra Navarra on transitioning patients from paediatrics to adult medicine.

Arthritis and Non-Articular Surgery

8:00 AM to 5:00 PM Friday 25 May 2018

5th Floor, Multipurpose Hall, JRRMMC

by Annabel Joy Yap, MD

In celebration of the 20th Anniversary of the *Rayuma Klinik* and the holding of the 2nd Postgraduate Course of the Section of Rheumatology of Jose R. Reyes Memorial Medical Center (JRRMMC), as well as hosting the graduation rites of their rheumatology fellows, detailed and interesting lectures were held at the 5th floor of the JRRMMC building. Interesting and relevant topics were presented by leading experts in rheumatology, orthopedic surgery, cardiology and anesthesiology. A simple graduation rite for Dr. Michelle E. De Jesus, their second rheumatology fellow graduate, was shortly held and her certificate was handed over by Dr. Perry Pua Tan, Secion Head and Founder of Rayuma Klinik.

The overall conference was a multi-goal achievement with a full day of learning for all participants.



Photos (clockwise): Rheumatologists Dr. Leonid Zamora and Dr. Juan Javier Lichauco and orthopedic surgeon Dr. Charles Villamin presenting their expertise in their own fields.

UST Rheumatology joins I.M. MoRE: The USTFMS and USTH Department of Medicine Movement for Rehabilitation of the Environment

7:00 AM to 12:00 NN Sunday, 03 June 2018

Las Piñas-Parañaque Critical Habitat and Ecotourism Area

By Gerald B. Natanauan, MD

With the aim of promoting environmental awareness and socio-civic action, the USTH Department of Medicine Section of Rheumatology together with the UST Faculty of Medicine & Surgery actively participated in the clean-up drive at Las Piñas-Parañaque Critical Habitat and Ecotourism Area (LPPCHEA) on Sunday, 03 June 2018. LPPCHEA was established in 2007 and became known as the first critical habitat to be declared in the country. On March 15, 2013, it was recognized as a wetland of international importance (under Ramsar Convention). Thus, the Department of Environment and Natural Resources -National Capital Region (DENR-NCR) included the area among the critical habitats in the country requiring aggressive rehabilitation.



The USTFMS and USTH Dept. of Medicine participants including Rheumatology fellows.

Dr. Jude Guiang, Head of the Community Service at USTH was the over all in-charge of the activity. Meanwhile, Dr. Marilyn Ong-Mateo, Chair of the USTH Department of Medicine fully supported the said activity full of enthusiasm while fostering camaraderie among the medical consultants and trainees of the hospital. They strongly reinforced the importance of rehabilitation of the environment and put it into the conscious minds and efforts of the young doctors.

Overall, approximately seven sacks of garbage were collected by the efforts of the whole team. The contents were mostly plastics, styrofoams, left-away personal belongings like toothbrushes, plastic combs and some bottles.

"The future will either be green or not at all."

-Bob Brown

UST Rheumatology Lupus Clinics

23 June 2018

By: Mika Ana Sususco-Frio

San Vicente IC, UST Hospital

Another Lupus Clinics was successfully completed with the help of both graduating and new medical clerks, a postgrad intern, Rheumatology fellows and consultants, and support staff. A total of 43 patients came for consult on Saturday, 23 June 2018, at the University of Santo Tomas Hospital. Of these, there were 40 lupus patients with a variety of reasons for consult ranging from routine follow-up to disease flares, to adjustment in medications. In addition to the specialized medical services, light snacks (*yummy* chicken lollipop *and* cheese pimiento pds) kept everyone from hypoglycemia despite the extremely busy morning.



Patients with caregivers awaiting their turn for check-up share stories with each other, and with medical clerks who dutifully record their vitals.



Medical clerks are supervised by rheumatology fellows



We were blessed to have with us that day, all the way from the USA, Ms. Melanie Roda fondly called “Tita Lanie”, of ESEL Four Helping Hands – formed by Tita Lanie and 3 other wonderful ladies. With support of friends and family, she organized a benefit concert in Connecticut, USA, in loving memory of her daughter Ariane, and donated the proceeds to Lupus Inspired Advocacy (LUISA).

Ariane, diagnosed with Lupus at age 17, was a beautiful, intelligent, strong-willed young lady with a big heart, who remained cheerful and resilient

despite the multitude of medications, infusions and procedures that she had to undergo due to a stormy unpredictable illness. Although she succumbed to lupus last year at age 36, she devoted her life, lupus experience and career (she was a nurse) to helping doctors and scientists have a better understanding of lupus. With their love and support for Ariane, “Tita Lanie” and the rest of Ariane’s family through ESEL Four Helping Hands, decided to continue her legacy to help other lupus patients.

Special thanks to charming Guiane Fortich who paved the way to make this partnership possible.



Dr. Sandra Navarra with Ms. Melanie Roda (seated at right)

Special Thanks To:



In Partnership With:



Acknowledgment to the hard-working UST Rheumatology team: Consultants Drs. Navarra, Llamado, Ngo, Briones, Zamora, Yap-Edar; Fellows Drs. Santos, Molina, Cuenco, Frio, Bayson, Navarroza, Yap, Mula, Dela Cruz. Natanauan: Staff Robelle.

Philippine Rheumatology Association GOUT Special Interest Group Meeting & Symposium on “Synergy In Spondyloarthropathy”

June 30, 2018 – July 01, 2018, Bellevue Hotel,
Muntinlupa City

By Gerald B. Natanauan, MD

The Philippine Rheumatology Association (PRA) and the De La Salle University Medical Center (DLSUMC) successfully held the Special Interest Group (SIG) Meeting on Gout and Symposium on Synergy in Spondyloarthropathy on a one and a half-day activity from June 30, 2018 until July 01, 2018 at Bellevue Hotel in Muntinlupa City. The event was spearheaded by Dr. Julie T. Li-Yu, the PRA president together with Dr. Auxencio Lorenz A. Lucero, the Chair and SIG organizer, and Dr. Emmanuel C. Perez, the Continuing Medical Education (CME) committee chair.

Key renowned speakers were invited to discuss topics on gout and spondyloarthropathies. The first day started off with an interesting lecture on primers of the data privacy act by Dr./Atty. Ivy Patdu followed by the Thrifty Gene Hypothesis lecture of Dr. Jonathan Paul C. Consignado on the genetic evolution of gout.

Meanwhile, in the afternoon, several lecturers including Dr. Sidney Erwin T. Manahan, Dr. Lenore Rosario L. Lizardo and Dr. Emmanuel C. Perez extensively discussed on the management of asymptomatic hyperuricemia and was immediately followed by the lecture on treatment updates on gout by Dr. Ma. Eizelle M. Fernandez. Knowing how gout can affect other organ systems including the kidneys, a special interest lecture was conducted by a guest nephrologist from the National Kidney and Transplant Institute (NKTI), Dr. Arlene B. Lamban on her topic entitled ‘Treatment of Gout and Hyperuricemia in Chronic Kidney Disease (CKD) Patients’.



Dr. Arlene B. Lamban of NKTI discussing about treatment on gout & hyperuricemia among CKD patients.

The first day activity ended-up with other captivating lectures on recognizing and managing calcium pyrophosphate deposition disease (CPPD) by Dr. Andrei Rhoniel M. Rodriguez, approach in diagnosis and treatment of inflammatory arthritis in CKD and changing frontiers in the management of ankylosing spondylitis by Dr. Evan Glenn S. Vista & Dr. Bernadette Hazel M. Reyes.

The second half-day activity became dramatic as one of the invited speakers, Mr. Mark Ferrer, was indeed a patient himself with ankylosing spondylitis. He told his life journey and how he kept on surviving against all odds.



Mr. Mark Ferrer telling his day-to-day battle against ankylosing spondylitis.

The concluding lectures came from the PRA president herself, Dr. Julie T. Li-Yu on the underlying pathophysiology of axial spondyloarthritis (SpA) and advances in its management and from Dr. Juan Javier T. Lichauco on the underlying pathophysiology of psoriatic arthritis and advances in its management. An interactive discussion came thereafter also discussing future plans and activities of the organization. Overall, the SIG meeting was indeed a success and the number of attendees superseded the quantity in the previous meetings. The organizers were very thankful and look forward to more accomplishments. The next SIG meeting is under the theme, Osteoporosis: The Strength Within. It will be held on August 18-19, 2018 at Dusit Thani Hotel, Makati City in partnership with Makati Medical Center.



Dr. Julie T. Li-Yu, PRA president-second from the left with the invited speakers on SIG meeting on gout last June 30, 2018.

Special interest group (SIG) meeting is a priority activity of PRA in order to sustain, advance and promote knowledge, skills & research on the medical arts and sciences of rheumatology among its members, trainees and other interest groups. It is scheduled and planned accordingly by the organization within each year.

"Medicine is a science of uncertainty and an art of probability" - Sir William Osler

People Empowerment for ARthritis and Lupus



By: Bethlehem C. Mula

Many patients with chronic autoimmune inflammatory debilitating conditions like systemic lupus erythematosus (SLE), rheumatoid arthritis (RA), and

psoriatic arthritis (PsA) are unable to continue or acquire a college degree, diminishing their chances of gainful employment. The increasing costs of therapy further adds to their overall illness burden. Thus, the PEARL activity organized by Rheumatology Educational Trust Foundation, Inc (RETFI) last Sunday, 08 July 2018, invited the dynamic successful entrepreneur couple **Mr. Raymond Sison** and wife, **Joy Sison** of **Below SRP** to share their experience and some trade secrets in an "Online Business Talk".



Held at St. Luke's Medical Center (SLMC) Quezon City, and ably hosted by Dr. Katrina Joy Chua, the activity started with a "warming up" Zumba participated by all, followed by an opening prayer led by Dr. Mika Frio. The patients got to know the new Rheumatology fellows who will continue to care for them: from University of Santo Tomas Hospital (Drs. Dominic Dela Cruz, Bethlehem Mula, Gerald Natanauan, and Annabel Yap) and St. Luke's Medical Center (Drs. Nicolo Badillo and Brigitte Yu) - who rendered a chorus to the applause of the audience.

Raymond and Joy Sison then proceeded to conduct a lively and interactive session emphasizing that *"Everything Big Starts with Something Little"* and anyone who is willing to take the risk can always start with whatever they have **in their own homes**. For instance, patients with SLE and RA should tap their potential of starting a small business- an online business perhaps - which enables them to generate income from home, without the stresses of traffic or reporting to offices. They thus become their own "boss". In addition, the couple further reiterated how their steadfast faith in God have kept them together as a family through the thick and thin of managing their growing business. The open forum was facilitated by Rheumatology consultant Dr. Evan Glenn Vista, and event



SLE and RA patients having their exercise



Mr. Raymond Sison and Mrs. Joy Sison sharing "online business" experience

coordinator Robelle Tanangunan.

Free-flowing refreshments

consisted of sandwiches provided by SLMC, and the all time favorites chicken lollipop and Turon provided by RETFI. The entire morning activity were thoroughly enjoyed by to be worthwhile, productive, and fun for everyone.



ACKNOWLEDGEMENTS

This event would not have happened without the tireless efforts of RETFI president Dr. Sandra Navarra, and the selfless generosity of RETFI benefactors, PEARL supporters St. Luke's Medical Center, University of Santo Tomas Hospital, Philippine Rheumatology Association and the hardworking fellows and staff of UST Hospital and SLMC. Truly a job well done - straight from the heart!

Applied Rheumatology Made Simple (A.R.M.S.) Educational Program

28 July 2018, Cavite Medical Society Building, LTO Compound, Palico 4, Imus, Cavite

By Rodeo V. Navarroza, MD

The Applied Rheumatology Made Simple (ARMS) is an educational program intended to increase awareness among primary care physicians in recognizing and managing various rheumatic diseases. Last 28 July 2018, another ARMS workshop was held at Cavite Medical Society Building located at LTO compound, Imus, Cavite. The event was made possible through the initiative of the Rheumatology Educational Trust Foundation, Inc. (RETFI) in partnership with Cavite Medical Society.



Dr. Sandra Navarra giving lecture to participants during the ARMS workshop held on 28 July 2018 at Imus, Cavite.

The ARMS program is being headed by Dr. Sandra Navarra as the course director. Faculty members include Dr. Eizelle Fernandez and Dr. Lisa Traboco. The program consists of a series of lectures which emphasizes on four main categories of rheumatic diseases: ambulatory rheumatology, arthritis-rash syndromes, chronic rheumatic diseases, and serious rheumatic diseases.



Participants in the workshop composed mostly of physicians involved in primary care.

Twenty nine physicians from different healthcare institutions in Cavite participated in the activity. The program is composed of a series of lectures about rheumatic diseases that are commonly encountered in the primary care setting.

Dr. Sandra Navarra taught the participants about common rheumatic diseases in the outpatient setting. She emphasized the importance of diligent history taking and meticulous physical examination, as well as the practical approach to these disease conditions in order to minimize expensive ancillary tests that may not be helpful in the management of patients. She also discussed those common serious rheumatic diseases and the warning signs that they need to be recognize, and refer these patients to a rheumatologist for specialized care.

Dr. Lisa Traboco discussed about various diseases presenting with arthritis with extra articular features and gave some pointers on the approach to diagnosis of these cases. Afterwards, Dr. Eizelle Fernandez gave a very interesting discussion on the management of chronic rheumatic diseases.



Ma'am Zeny enthusiastically demonstrating the rapid musculoskeletal screener as the audience actively participate.



Participants get a chance to interact with Ma'am Eloisa to better understand patients with chronic rheumatic diseases.

A workshop with patient partners was held in between lectures to educate the attendees about the basics of physical examination in patients with rheumatic diseases. This was facilitated by our veteran patient partners, namely: Mrs. Zenaida "Zeny" Estrada and Mrs. Eloisa Aguinaldo. They demonstrated to the audience the rapid musculoskeletal screener in order for them to recognize the key clinical findings seen in rheumatic diseases. Participants were later given the chance to

interact with our patient partners. This enabled them to have a deeper understanding about the challenges that a patient with chronic rheumatic diseases may encounter in the course of their disease.



Left to Right: Drs. Lisa Traboco, Eizelle Fernandez, Sandra Navarra, faculty members of the ARMS workshop, together with Dr. Carolyn Enriquez, President of the Cavite Medical Society.

A summary of the topics was then given by Dr. Navarra. In addition, she gave a take home message about caring for our environment which is equally as important as caring for the health of our patients.

The value of experience is not in seeing much, but in seeing wisely.

-Sir William Osler

Rheumatic diseases may not be as common as other diseases a primary care physician may encounter in his or her daily clinical practice. But activities such as this would definitely give them a meaningful experience and increase their awareness about these disease conditions. As Sir William said, "The value of experience is not in seeing much, but in seeing wisely."



**Philippine Rheumatology Association
In partnership with Makati Medical Center
Special Interest Group (SIG) Meeting
“Osteoporosis”**

August 18-19, 2018
Dusit Thani Hotel, Makati City

By Dominic S. dela Cruz, MD



The Philippine Rheumatology Association (PRA) and the Makati Medical Center, Section of Rheumatology successfully held the Special Interest Group (SIG) Meeting on Osteoporosis on a one and a half-day activity from August 18, 2018 until August 19, 2018 at Dusit Thani Hotel, Makati City. The event was led by Dr. Emmanuel C. Perez, the Continuing Medical Education (CME) committee chair and Dr. Augusto O. Villarubin, the Chair and SIG organizer.

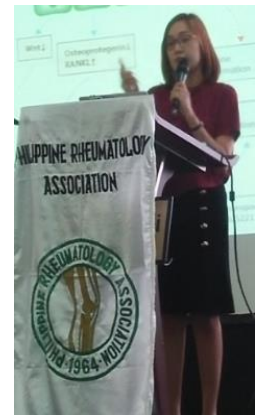
Key speakers were invited to discuss topics on osteoporosis. The first day started with a timely topic on “Mentoring our Millennials: Do they need a mother figure” by Dr. Cherry U. Taguiang-Abu discussed how to approach attitudes of millennial.



Dr. Cherry U. Taguiang-Abu (Left), on timely topic about Mentoring our Millennials. Dr. Miguel Antonio C. Cristobal (Right) shares about “Insights on the Pathophysiology” of osteoporosis.

In the afternoon, there are several speakers. Dr. Miguel Antonio C. Cristobal talked about “Insights on the Pathophysiology” of osteoporosis that is not just a hormonal disease, but an osteoimmunology is involved as a cytokine

interaction on osteoporosis. This is followed by Dr. Andrei Rhoniel M. Rodriguez partaken on “Utilization of Diagnostics: Urban and Rural”. He presented the burden of osteoporosis in the Philippines as one of the top disease. Shared that Osteoporosis Self-Assessment tool for Asian (OSTA) for osteoporosis is a useful screening in rural areas.



Dr. Andrei Rhoniel M. Rodriguez (Left) talk on “Utilization of Diagnostics: Urban and Rural”.
Dr. Sheila Marie M. Reyes (Right) discussing Approach to Glucocorticoid Induced Osteoporosis.

Increasing use and disuse of over the counter steroids, included on the discussion is the approach to glucocorticoid induced osteoporosis (GIOP) by Dr. Sheila Marie M. Reyes. She presented the ACR guideline, risk assessment and pathophysiology of GIOP.

Dr. Angeline Therese D. Magbitang-Santiago stressed on “Approach to Osteoporosis on Males” showing some prominent figures of man with stoop posture, disease burden and quality of life, effects of hormones and genetics.



Dr Angeline Therese D. Magbitang-Santiago (Left) on “Approach to Osteoporosis on Males”. Dr. Millicent Y. Tan-Ong (Right) lecture on “Therapeutics: Current and Future”

The first day meeting ended-up with other lecture on “Therapeutics: Current and Future” by Dr. Millicent Y. Tan-Ong, she presented several approach to therapeutics of choice on several patient scenarios.

Dinner symposium segued-way on “RA NarRative: The Patient’s Role in RA Management” by Dr. Even Glen Vista and “Therapeutic Approaches to RA Monotherapy or Combination Therapy?” by Dr. Sandra Navarra.

The second half-day of meeting is on “Shared Decision-Making in RA Management” by Dr. Jose Paolo Lorenzo and a fun, lively open forum facilitated by Dr. Michael Tee.



Special interest group (SIG) meeting is a priority activity of PRA in order to sustain, advance and promote knowledge, skills & research on the medical arts and sciences

of rheumatology among its members, trainees and other interest groups. It is scheduled and planned accordingly by the organization within each year.



**Philippine Rheumatology Association
In partnership with Makati Medical Center
Special Interest Group (SIG) Meeting
“Osteoporosis”**

Photo Gallery



UST Rheumatology at APLAR 2018



20th Asia Pacific League of Associations for Rheumatology Congress (APLAR 2018)

6-9 September 2018
Kaohsiung Exhibition Centre, Taiwan

13 September 2018 – by Dr. Mika Ana Sususco-Frio

UST RHEUMATOLOGY GOES TO APLAR 2018

What: APLAR 2018

Where: Kaohsiung Exhibition Center, Kaohsiung, Taiwan

When: 6-9 September 2018

“HARBOR CITY OF TAIWAN”

This 2018, the Asia Pacific League of Associations for Rheumatology Congress (APLAR 2018) was hosted by Kaohsiung, Taiwan. Five rheumatology fellows were privileged to attend the congress from 6-9 September, 2018 at the Kaohsiung Exhibition Center.

After a flight to Taipei Taoyuan Airport, the fellows took the Taiwan High Speed Rail to Kaohsiung.

“Ni Hao,
Kaohsiung”



UST Rheuma Fellows during the opening ceremony

PRE CONGRESS 05SEP18: GRAPPA ADJACENT TO APLAR

Upon arriving in Kaohsiung, the fellows attended the GRAPPA Adjacent to APLAR Meeting



Fellows with Prof. Laniyati Hamikyo (UST Rheuma Alumna) from Indonesia



Fellows at the GRAPPA Adjacent to APLAR Meeting with Prof. David Wei and other GRAPPA members

at the 38th floor of 85 Sky Hotel. Lectures were delivered by Group Research and Assessments for Psoriasis and Psoriatic Arthritis (GRAPPA) members and Spondyloarthropathy experts from around Asia-Pacific.



Fellows with UST Rheuma Alumni

DAY 1: OPENING CEREMONY

After distribution of registration kits and nametags, the fellows gathered for a quick photo session with UST Rheuma Alumni. The opening ceremony started soon after with the ceremonial passing of the gavel from APLAR president Kazuhiko Yamamoto to president-elect Syed Atiqul Haq. Cocktails were served at the Welcome Reception at the exhibition hall during the formal opening of the exhibits.



Fellows with APLAR president Prof. Kazuhiko Yamamoto



The APLAR Philippine Delegation



Fellows with Voice of APLAR Editor in Chief, Prof. Prakash Pisupati

DAYS 2 – 3: CONGRESS SESSIONS AND POSTER PRESENTATIONS

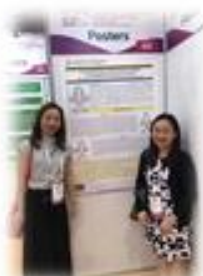


The following days saw the congress sessions in full swing. Of particular note was the plenary session chaired by Prof. Sandra Navarra on genetics in autoimmune disease and lupus nephritis, with a lecture by Prof. Michelle Petri.

The fellows were privileged to present the were on display during chance to interact with from Asia Pacific.



abstracts of interesting case reports. These coffee breaks and provided the fellows with other rheumatologists and researchers



DAY 4: CLOSING CEREMONY

After the last of the sessions were discussed, the fellows attended the closing ceremony on the last day. As the flag was passed to the Australian Rheumatology Association, an invitation to APLAR 2019 in Brisbane was issued.

ACKNOWLEDGEMENTS

The UST Rheumatology Fellows would like to thank Rheumatology Educational Trust Foundation and Abbvie.



PEARL'S GOT TALENT REVEALS PATIENTS' HIDDEN TALENTS

By Rodeo V. Navarroza

A unique People Empowerment for Arthritis and Lupus (PEARL) program was held on a bright Sunday of October 7, 2018. Instead of the quarterly lay fora, a show entitled PEARL'S GOT TALENT was held as a venue for patients to showcase their unique talents. The four corners of the Cathedral Hall Building Auditorium of St. Luke's Medical

Center in Quezon City was filled with chilling echoes and wonderful melodies.

Three esteemed judges evaluated the performers. These were: Drs. Leonid Zamora, Sheila Reyes, and Gerald Natanauan. Although doctors by profession, they are nonetheless veterans and gurus in the performing arts (in their own special way). Dr. Nicolo Badillo was the master of



PEARL's Got Talents Master of ceremonies, Dr. Nicolo Badillo, with the panel of judges, (left to right) Drs. Gerald Natanauan, Sheila Reyes, and Leonid Zamora.

First to showcase his singing talent was Mr. Virgilio Ganigan, who sang Celeste Legaspi's *Ikaw Lamang ang aking Iibigin*, a song that brought the millennials giggling. Ms. Mirna Guerra screamed at the top of her lungs while showing us some of her signature movements while she performs *Dancing Queen* by Abba.

The mother and daughter tandem of Ms Karen and Juliana Mercado sang *Never Enough*, because indeed Loren Allred's performance in the *Greatest Showman* was never enough for them. Ms. Zeny Estrada gave us another round of all-original rap song, this time accompanied by beat boxing. Arjhay Tejares brought us back from antiquity by singing a very good rendition of *Without You* by AJ Rafael.



Ms. Zeny Estrada (left) hears comments from judges after performing her rap song while Arjhay Tejano (right) sings a hit RnB music.

Khandis Kheanna Dy, despite being a little girl, sang with a very powerful voice that sent shivers down on everyone's spine with her version of *Bituing Walang Ningning* by Sharon Cuneta. Ms. Janet Leabres sang Carpenter's *Need to be in Love*, which made our Sunday more relaxing.



Khandis sings Sharon Cuneta's *Bituing Walang Ningning*, while Mr. Virgilio Ganigan performs Celeste Legaspi's *Ikaw Lamang ang Iibigin*.

Despite strong associations with violence and misfortunes in karaoke bars, Mr. Ricardo Michael Ong did not hesitate to sing Frank Sinatra's *My Way*. Thankfully, no one was harmed after his performance. This might have been mitigated when Ms. Regilyn Palana expressed her strong faith when she sang *Jesus sa Buhay Ko*. Ms. Raven Rivera confidently sang Alicia Keys' *If I ain't got you* with her soft and sweet voice. Also confidently showcasing her singing talent was Ms. Daisy Cabugao, who outperformed Melissa Manchester with her own rendition of *Looking through the Eyes of Love*. Last but not the least, Ms. Ronalyn Cadiva beautifully sang Little Mermaid's soundtrack *Part of your world*.



Mother and daughter Karen and Juliana Mercado sings *Never Enough*, while Ms. Mirna Guerra sings and dances with *Dancing Queen*.

The Queen Bee Dancers showcase their dancing talents to the tune of *Give Love* which made the talent show more diverse. Although not part of the competition, some patients performed intermissions to fill the gap in between segments of the show.



The competition was definitely tight, but winners have to be chosen. After intensive scrutiny by our esteemed judges, those who made it to the Grand Finals were: Arjhay Tejares, Karen and Juliana Mercado, Daisy Cabugao, and Reggie Palana.

More than 60 patients and companions attended the event. PEARL activities are organized through Lupus-Inspired Advocacy (LUISA) of the Rheumatology Educational Trust Foundation, Inc. This was made possible through the combined efforts of Rheumatology fellows, consultants and staff of University of Santo Tomas and St. Luke's Medical Center.



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.



Contestants, judges and the master of ceremonies of PEARL'S GOT TALENT gather upstage for a picture-taking.

CLIMATE CHANGE AND HEALTH

By: Richelle Joy Bayson, MD



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.



'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

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.).



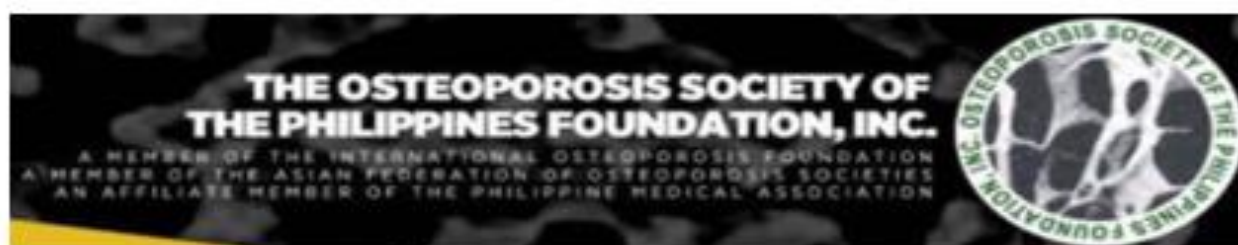
Hence, as individuals, we can help make a difference by finding ways on how to **REDUCE** carbon gas emission, which in turn may ripple to others in producing major co-health benefits. Dr. Dimapiles showed simple and practical tips on how to conserve mother nature which we can apply in our everyday lives. 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.



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.





**20th ANNUAL SCIENTIFIC MEETING
INNOVATIONS IN OSTEOPOROSIS AND BONE HEALTH**

October 15, 2018

Luxent Hotel Timog Ave., Quezon City

By Dominic S. dela Cruz, MD

The Osteoporosis Society of the Philippines Foundation, Inc. had conducted the 20th Annual Scientific Meeting. The event was led by Dr. Julie Li-Yu, Dr. Theresa Marie Valdez-Faller, Dr. Lyndon John Llamado and organizing committee.

Key speakers were invited to discuss topics on innovations in osteoporosis and bone health. The programme started with a topic "Metabolic Bone Disease: A Year on Review" by Dr. Monica Therese Cating-Cabral (Endocrinologist) showed reviews of journal and updates on future treatment.



Dr Julie Li-Yu (left) President, OSPFI, giving her welcome remarks. Dr. Monica Therese Cating-Cabral (Endocrinologist) (right) showed reviews of journal and updates on future treatment.

Several speakers, Professor Cynthia Palmes-Saloma (Molecular Biologist) talked about "Vitamin D Receptor Polymorphism and Vitamin D

deficiency". She gives emphasis that Vitamin D receptor gene is polymorphic in different individuals. This is followed by Dr. Mark Anthony Sandoval (Endocrinologist) discussed on "Osteocalcin as a Multitasking Hormone". He presented data that low osteocalcin is associated with progression of prediabetes to diabetes.



Dr. Professor Cynthia Palmes-Saloma (Molecular Biologist) (left) Dr. Mark Anthony Sandoval (Endocrinologist) (right)

Dr. Delfin Tan (OB Gynecologist). He presented "Updates on the treatment of Postmenopausal Osteoporosis". As lessons learned, treat the menopausal women, do not focus on osteoporosis alone, rebuild the confidence in menopausal hormone therapy (MHT), progestins and estrogens are not all graded equal.

Lunch Symposium on the topic of "Treating Osteoporosis Beyond the Primary Disease" this is

also followed a lecture on "Capture the Fracture through the Fracture Liason Service" by Jose Antonio San Juan (Orthopedic Surgeon). He present his study regarding awareness and treatment following fragility fractures of the hip, with a conclusion that only 20% of patient received osteoporosis treatment.



Dr. Delfin Tan (OB Gynecologist) (left) on "Updates on the treatment of Postmenopausal Osteoporosis"
Dr. Jose Antonio San Juan (Orthopedic Surgeon) (right), on the topic of "Treating Osteoporosis Beyond the Primary Disease" and "Capture the Fracture through the Fracture Liason Service"

Three Orthopedic Surgeon shared "Fracture Liaison Service (FLS) Hospital Experience" by Dr. Irewin Tabu (University of the Philippines), Dr. Charles Villamin (University of Santo Tomas), Dr. Arturo Canate (Philippine Orthophedic Center), everyone shared their experienced regarding FLS, challenges, how to improved FLS.



Dr. Irewin Tabu (University of the Philippines) (right), Dr. Charles Villamin (University of Santo Tomas) (left), Dr. Arturo Canate (Philippine Orthophedic Center) (center) shared "Fracture Liaison Service Hospital Experience"

Dr. Allan Lanzon (Rheumatologist) shared updates on "Osteoporosis and Diabetes". He emphasized that Diabetic patients has higher predisposing factor to develop osteoporosis.



Dr. Allan Lanzon (Rheumatologist) shared updates on "Osteoporosis and Diabetes"

Dr. Leilani Mercado-Asis (Endocrinologist) on "Drug Holiday Issues and Dilemmas". She emphasized on osteoporotic drugs, the period of time, who, when and how long drug holiday should be and high risk patients should continue treatment after adequate duration of treatment.



Dr. Leilani Mercado-Asis (Endocrinologist) (left), on "Drug Holiday Issues and Dilemmas" Dr. Agnes Bueno (Psychiatrist) (right) on Intimacy Issues in the Elderly

Dr. Agnes Bueno (Psychiatrist) on Intimacy Issues in the Elderly. The talk turns out to be an ice breaker when she gives clinical scenarios on sexual issues of elderly.



Last part of the program is the induction of new members led by Dr. Julie Li-Yu.



Awarding of Certificates and Photo Gallery



**Philippine Rheumatology Association:
Special Interest Group Meeting on Second Line Treatments For
Difficult-to-Manage Rheumatic Diseases**
24 November 2018
Manila Diamond Hotel

By Bethlehem C. Mula, MD

The Philippine Rheumatology Association (PRA)) successfully held the Special Interest Group (SIG) Meeting on Second Line Treatments for Difficult-to-Manage Rheumatic Diseases on November 24, 2018, Saturday, at Manila Diamond Hotel. The event was headed and formally opened by Dr. Julie T. Li-Yu, the PRA president. An important part of the meeting was the interim report on the Prevalence of Rheumatic Diseases in Hospitals with Rheumatology Fellowship Training which was facilitated by Dr. Evan Glenn S. Vista.

Subsequently, the morning session was jump-started by Dr. Bernadette Heizel M. Reyes who lectured on Quick Teaching and Rapid Evaluation Method in Rheumatology Training Program. She elaborated some tools and techniques on how to be effective medical educators to the present generation. This was followed by an interesting talk on Plasma Rich Protein Therapy for Osteoarthritis and Soft Tissue Rheumatism by Dr. Eric Jason B. Amante. To end the morning session, another lecture was delivered by Dr. Bernadette Heizel M. Reyes on Tofacitinib, an oral Janus kinase inhibitor for the treatment of rheumatoid arthritis.



Dr. Julie T. Li-Yu, PRA president delivering her Opening remarks.

The afternoon activity became a lot more exciting as Dr. Michael L. Tee discussed the Biologics for Primary Vasculitides followed by a discussion on the use of IVIG in SLE and other rheumatic diseases by Dr. Pauline Remalante. It was emphasized that IVIG might play a role in thrombocytopenic SLE patients who failed to respond to conventional treatments, however, recent studies were still insufficient to support its use

in other rheumatic conditions such as Scleroderma and Anca-Associated Vasculitis. Other interesting topics discussed during the afternoon session were Therapy for Scleroderma Lung Disease by Dr. Ester Penserga and Decision Aids in Rheumatology by Dr. Lia Palileo-Villanueva.



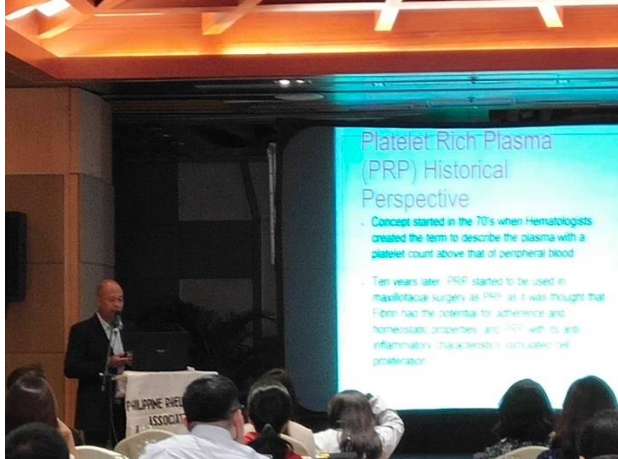
Dr. Bernadette Heizel M. Reyes discussing about Quick Teaching and Rapid Evaluation Method in Rheumatology Training Program.



Dr. Pauline Remalante discussing IVIG in SLE and other rheumatic diseases.

The last lecture was delivered by Dr. Iris Isip-Tan, an endocrinologist, *Dok Bru blogger* and social media influencer. She had a prolific discussion on the essentials of

Social Media and Medicine and was able to impart her journey of becoming an accomplished health informatics experts advocating patient education and health literacy.



Dr. Eric Jason B. Amante discussing Plasma Rich Protein Therapy for Osteoarthritis and Soft Tissue Rheumatisms.



Dr. Iris Isip-Tan discussing on “Social Media and Medicine: Does this mix match current Healthcare needs?”

To wrap up the one-day activity, Dr. Evelyn O. Salido acknowledged everyone who attended the final Special interest group (SIG) meeting for 2018. She ended her talk by reiterating the objectives of the meeting, to sustain, advance and promote knowledge, skills & research on the medical arts and sciences of rheumatology among its members, trainees and other interest groups. With these, everyone is looking forward for the upcoming meetings that will be scheduled by PRA in 2019.

People Empowerment For Arthritis And Lupus (PEARL) Holds Annual Christmas Party for 2018

December 09, 2018

14th Floor Auditorium, CHBC, St. Luke’s Medical Center, Quezon City

8:00AM – 11:00AM

By: Gerald B. Natanauan, MD

The annual Christmas party of People empowerment for arthritis and lupus (PEARL) was held at the 14th Floor Auditorium, CHBC, St. Luke’s Medical Center (SLMC), Quezon City from 8:00 am until 11:00 am in cooperation with SLMC and Rheumatology Educational Trust Foundation, Inc (RETFI).

The activity started with a warm up exercise, a Christmas Zumba which set the mood for a happier & livelier event. After which, an opening prayer was offered as a form of thanksgiving for another year of success & unending support for the organization. This was followed by remarkable performances of Ms. Girlie Dumlao and Kathleen League through a soulful song “Sa Araw Ng Pasko”. A captivating dance number “Kiss Me” by Ms. Sherylou Sison came afterwards.

The first game ‘musical chairs’ gave the participants an additional thrill in the party. Another two intermission numbers came next with the astounding performances by Ms. Daisy Cabugao & Mr. Virgilio Ganigan through the rendition of “Sana Ngayong Pasko” and an upbeat dance number by the Queen Bees “All I Want For Christmas Is You”. Mr. Jamier Navarro and Sofia Nicole Lopez also showcased their talents through a song performance. The second game of the party was the classical ‘Pinoy Henyo’, a guessing game which comprised of two groups.





The participants doing the Christmas Zumba

The half day activity was not complete without showing the unique talent of Ms. Zeny Estrada in doing her rap. A song number by Keon Driz followed thereafter.



A surprise heartfelt song performance by mother & daughter, Ms. Karen and Juliana Mercado.

The over-all program was spearheaded by Rheumatology fellows from SLMC and USTH. The master of ceremonies was Dr. Nicolo Abadillo from SLMC. Other fellows who helped in the preparation were Drs. Mika Frio, Bethlehem Mula, Kaye Chua, Brigitte Yu, Mardi Dañez, Dominic Dela Cruz, Annabel Yap, Francisco Cuenco, Richelle Bayson, Rodeo Navarroza and Gerald Natanauan with the overall consultant and adviser, Dr. Sandra Navarra

The activity ended-up with a song from Rheumatology fellows entitled “Christmas In Our Hearts”. The participants thoroughly enjoyed the half-day activity filled-up with fun & excitement.



The dance group “Queen Bees” performed ‘All I Want For Christmas’.



The group picture as they posed before the end of the program.

The year 2018 is about to end but the people who attended the party will leave in their hearts forever the joy, camaraderie and friendships this holiday occasion is bringing every year.

Other staffs who also put their invaluable support for the said event were: Ma’am Robel, Louie, Haydee, Grace, Irene, Gile, Romelie and Frances with Sir Marlon, Carlo and Barry.



The PEARL staff members in a candid photo.

A total of 122 participants attended the Christmas PEARL, Get Together and Thanksgiving 2018. The supporters and advocates of this organization are looking forward to more fruitful years.

“In a Community of Caring, we believe the quality of caring we give to our parents, to our brothers and sisters, to our families, to our friends and neighbors, and to the poor and the powerless endows a life, a community with respect, hope and happiness.”

- Eunice Kennedy Shriver



The Christmas season is a festive commemoration of the birth of Jesus, our Savior. We celebrate Christmas these days through joyous gatherings and gift-giving similar to what the shepherds and the three kings who witnessed Jesus's birth did years ago. We focus our attention to the children as they remind us of the simplicity and serenity of the infant Jesus.

Because of this, the Section of Pediatric Rheumatology of the University of Santo Tomas Hospital celebrated Christmas through a party dedicated for children diagnosed with chronic rheumatologic conditions, particularly those with Systemic Lupus Erythematosus and with Juvenile Idiopathic Arthritis. This activity has been a Christmas tradition by the section spearheaded by the chairman – Dr. Christine Bernal. In fact, Dr. Kathryn Yee-Lim and Dr. Ma. Theresa Collante (Training Officer of the Section) – both previous fellows and graduates of the training program – attended the said activity in support of the section's annual custom in providing joy to these brave angels.

Last December 9, 2018, 30 children, together with their companions, ushered the Christmas season with a festive get-together at Shakey's E. Rodriguez, QC. The program started with a prayer led by Anthony Catubig, a patient who has regularly attended the party for the past years. This was followed by an opening message by Dr. Bernal.

Captain Shakey's (the mascot of the establishment) subsequently entertained the children with a dance number.

To showcase the children's talent and to show the world that they are more than their diagnosis, three cute little lupus warriors namely, Joannah Grande, Aryanna Pendre, and Lime Ramos presented a K-pop dance number. Cristel Espiritu, a known lupus patient with impressive dancing moves, likewise danced to a famous Korean beat together with her sister. Marian Rodas, another lupus patient, on the other hand, left the audience in awe with her singing voice and ukulele skills.

Sumptuous lunch food was served for everyone. The famous Shakey's pizza, fried chicken, spaghetti, and caramel bars provided satiety to 30 little tummies that day. Unlimited ice cream was popular not just for the children, but for the adults who are kids-at-heart. An ice cream cart was provided by Dr. Sandra Navarra, the co-founder of PEARL (People Empowerment for ARthritis and Lupus) as a treat to the patients and their companions.

The children enjoyed playing the various games together with their pals – old and new-found friends, alike. They had fun playing paper dance, pass the message, longest Merry Christmas, and the C Game. The children's companions also took part in playing Hip-Hip-Hooray. Prizes were abundant, not just for the winners, but for all children who participated in the games. Raffle prizes were also given to lucky attendees.

In the spirit of gift-giving, the children were given loot bags containing candies and some school supplies. Ultra-comfy blankets and yummy chocolate were distributed to all children provided by Pacific Concorde Container Lines, Inc. It is a private company who chose our patients to be their benefactors for their Christmas outreach program. The children were also handed cute stuffed toys courtesy of LUISA (LUpus InSpired Advocacy), a non-profit, non-government organization that provides support to patients braving a war against lupus.

Prior to the day of the party, LUISA already gave stuffed toys to the patients at USTH Joint and Bone Center and at the USTH OPD. These were the patients who for one reason or another could not come and participate in the Christmas party. It was indeed a fun-filled, heartwarming day for our little community of children with lupus and arthritis, their family, and the USTH Pediatric Rheumatology doctors. Everyone was quite hesitant for the occasion to end since they immensely enjoyed the company and camaraderie of the other patients, their families, and the doctors who understand and support them in their health journey. Everyone went home with smiles on their faces and love on their hearts while excitedly anticipating the next Christmas get-together come 2019. ■

ACKNOWLEDGEMENTS:

- Dr. Christine Bernal
- Dr. Sandra Navarra
- Pacific Concorde Container Lines, Inc.
- LUISA (Lupus Inspired Advocacy)

PHOTOS (Left to Right, Top to Bottom): Anthony Catubig leads the group in prayer; Dr. Bernal welcomes all the attendees in her opening message; Captain Shakey's greeted the kids who were excited to meet him; Kids showcase their talent through a dance number; Dr. Bernal gives instructions for the children who will play in the parlor games; A lucky child at the OPD gets to pick a stuffed toy that he wants; Kids receive their stuffed toys from LUISA





Professor Marco Amedeo Cimmino, Course Coordinator and one of the resource speakers

Radio-Rheumatology course through imaging in rheumatology

Rheumatology is a subspecialty in Internal Medicine encompassing autoimmune diseases, arthritides, and various musculoskeletal disorders. Comprehensive history and physical examination is imperative when dealing with this wide array of diseases. Furthermore, in the era of modern medicine, translational research helps to better understand the pathogenesis of different rheumatic conditions and development of personalized care for patients.



Professor L. Stigaglia, the President of Italian Society of Rheumatology talks about erosions

Diagnostic imaging, like conventional radiography (X-ray), ultrasonography (US), computed tomography (CT), magnetic resonance imaging (MRI) and nuclear imaging are some of the modalities used to aid in the diagnosis and management.

To develop the knowledge and skills of a rheumatologist in imaging the UST Rheumatology trained specialists attended a Radio-Rheumatology course held in Camogli, Liguria, Genoa, Italy last December 11-13, 2018. A series of lectures were complemented by case discussions and practical (skill) sessions.

Radio-Rheumatology Course Workshop 11-13 December 2018 Camogli, Liguria, Genoa, Italy

EDUCATIONAL COURSE

SIR 2018



RADIO-RHEUMATOLOGY, course of diagnosis through imaging in rheumatology

Camogli (GE), December 11-13, 2018
Course Coordinators:
Marco Amedeo Cimmino, Giacomo Carlsch



Dr. Maria Sheila Leynes shared her interesting case and diagnostic dilemma, a patient with lytic lesions.



The Philippine delegates headed by Prof. Sandra Navarra (Left photo L-R: Dr. Lorielyn Salvador, Dr. Leonid Zamora, Dr. Ma. Theresa Collante, Dr. Maria Sheila Leynes, Dr. Mary Flor Joy Edar, Dr. Sorrah Fiel Briones, Dr. Joenavin Ngo and Prof. Sandra Navarra)



In between sessions, the UST Rheumies explore Camogli shores, savoring the cool winter breeze.

The course, organized by Italian Rheumatology Society (SIR), was composed of modules on basic imaging techniques including principles and clinical applications in rheumatology. The speakers are from different parts of Italy and are experts in rheumatology and/or radiology. Attendees were Italian rheumatology specialty fellows and delegates from different countries. The Philippine delegates were very fortunate to attend this kind of congress as it is rare to find programs tackling the utility of imaging techniques specifically for the different rheumatologic conditions such as rheumatoid arthritis (RA), spondyloarthropathies (SpAs), osteoarthritis (OA), microcrystalline arthritides and vasculitides, where imaging can play a vital role in the diagnosis and management. Recognition of principal lesions like synovitis, erosions, and bone marrow edema were highlights of discussion. Synovitis can be diagnosed clinically, by imaging or by biopsy. Erosions are best appreciated with conventional radiography, while bone is best seen by

MRI. The use of US in the early diagnosis and monitoring of treatment response was highly emphasized including its adaptation to clinical practice. Other modalities like dual energy CT scan, PET scans, high resolution peripheral quantitative CTs and microvascular imaging using videocapillaroscopy for various related systemic autoimmune diseases were also valuable in certain cases. At the end of the daily lectures, inter-active practical (skills) sessions on US and MRI were conducted, reinforcing the knowledge gained throughout the day.

December is the last month of the year, but learning never stops. As our dear Professor Navarra always reminds us: "We are forever students...", and to quote Benjamin Franklin "An investment in knowledge pays the best interest," it is now time to pay it forward and share the knowledge to our peers. On behalf of all the UST Rheumatologists, we wish you a Merry Christmas and a Happy New Year. Cheers!



Reported by:
Lorielyn A. Salvador, MD

