

University of Santo Tomas (UST) Hospital IM-Section of Rheumatology celebrates Musculoskeletal (MSK) Week 2019

By: Honey Jirl Badiang, MD

The UST Section of Rheumatology celebrated MSK week at the Gazebo function room, Clinical Division building of UST Hospital along España Blvd in Manila, last October 23, 2019 from 9:30 AM to 12 PM.

The program started with a prayer and followed by the Philippine National Anthem. Following welcome remarks from Philippine Rheumatology Association (PRA) president Dr. Julie T. Li-Yu were a series of brief presentations on various musculoskeletal conditions.



Dr. Julie T. Li-Yu, PRA president, welcoming the participants.

Dr. Bethlehem Mula introduced the speakers and the topics to be discussed. In between presentations were some icebreakers to make the activity more congenial and fun.



Dr. Mula introducing the speakers.

Dr. Gerald Natanauan presented generalities on arthritis, focusing on their risk factors and an overview on management.



Dr. Natanauan shared a brief lecture about arthritis.

Dr. Dominic Dela Cruz presented the topic of Osteoporosis. He further explained the indications of Bone Mineral Densitometry (BMD) as a tool for the diagnosis of osteoporosis.



Dr. Dela Cruz spoke about osteoporosis.



The only product that's worth investing in is a fully functional musculoskeletal system. It's no luxury but rather a basic necessity that's within everyone's reach.

- Pete Egoscue

Ms. Bernadette Platon of UST Hospital Dietary services shared her knowledge on nutrition and bone health, emphasizing the importance of calcium on our diet.



Ms Platon shared about nutrition and bone health.

A Q&A session ensued with a lively interaction regarding issues about arthritis and bone health, as these would pertain to the lay community.