

Philippine Rheumatology Association holds consolidated Special Interest Group (SIG) Meeting on Osteoarthritis, fibroMyalgia and Geriatric Rheumatology (OMG)

By: Gerald B. Natanauan, MD

Philippine Rheumatology Association (PRA) held a one and a half-day consolidated special interest group (SIG) meeting last September 28-29, 2019 at Makiling 1, Park Inn by Radisson at North EDSA, Quezon City.

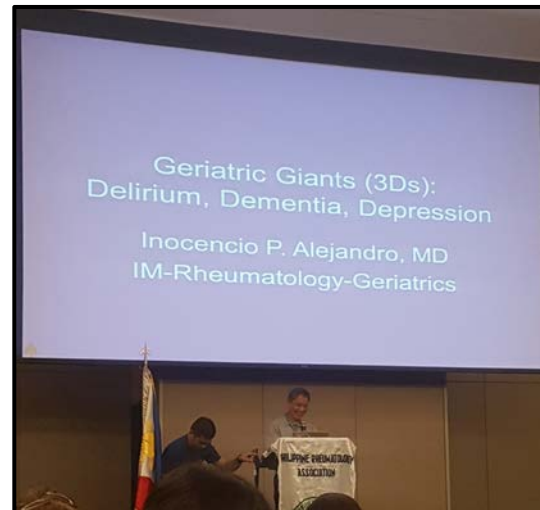
The program started with welcome remarks from PRA president Dr. Julie T. Li-Yu followed by the meeting overview by the Continuing Medical Education (CME) chair, Dr. Emmanuel C. Perez.

Dr. Sheila M. Reyes gave the first lecture on "Frailty in the Geriatric Arthritic Patient", emphasizing the importance of realizing the impact of frailty in a geriatric arthritis patient, taking on priority issues on management.



Dr. Julie T. Li-Yu, PRA president, delivering

her welcoming remarks.



Dr. Innocencio P. Alejandro in his lecture on 3Ds.

Another informative lecture was provided by Dr. Innocencio P. Alejandro on the 3Ds in Geriatrics: Delirium, Dementia and Depression. His presentation highlighted the interaction among the 3Ds and chronic arthritis in the geriatric setting. The next lecture was a discussion on the medication management and polypharmacy in the elderly by Dr. Joseph Patrick N. Patricio.

A lunch symposium provided by Mylan on update on ESCEO guidelines on OA management was led by Dr. Ester G. Penserga.

The afternoon sessions began with a basic science lecture on by Dr. Patricia Pauline M. Remalante, which reviewed osteoarthritis (OA) pathophysiology

as it relates to chronic pain, and further discussions on new innovative treatment targets in OA. Following this, Dr. Lenore Rosario L. Lizardo presented an overview of the EULAR updates on OA focusing on translational research and clinical management.

Another relevant lecture was provided by Dr. Melissa L. Aquino-Villamin on quality of life issues in OA. An interactive session on the clinical approach to osteoarthritis came in next with the multidisciplinary team consisting of Dr. Michael Thomas E. Salvador (rheumatologist), Dr. Charles Abraham C. Villamin (orthopedics) and Dr. Svetlana Olaso (physiatrist) as panelists. A dinner symposium followed which addressed the role of biologics in geriatric rheumatology.



An interactive session with the multidisciplinary team: Drs. Michael Salvador, Charles Villamin & Svetlana Olaso on clinical approach to OA.

The following day focused on fibromyalgia, with the 2 lecturers, Drs. Aime D. Fabila and John Elmer C. Quilisadio reviewing the spectrum of rheumatic diseases associated with fibromyalgia, reiterating its impact on patient outcomes, as well as providing recent updates on fibromyalgia management.

The program ended with closing remarks from the PRA president Dr. Julie T. Li-Yu.

'Only in the darkness can you see the stars.'

- Martin Luther King Jr.