

# PHILIPPINE RHEUMATOLOGY ASSOCIATION

## 31st ANNUAL Convention



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### A Landmark Gathering: PRA 2025 Convention in Palawan

The 31st Annual Convention of the Philippine Rheumatology Association was successfully held last February 26 to March 1, 2025, at the Citystate Asturias Hotel in Puerto Princesa, Palawan. This year's theme, "**INTERSECT: Internal Medicine & Rheumatology: Systemic Evaluation Recognition and Treatment**," set the tone for an enriching assembly of experts, practitioners, and researchers dedicated to advancing rheumatologic care in the country.

### A Comprehensive Scientific Program

The four-day event featured various interactive discussions that tackled emerging trends, clinical updates, and practices in rheumatology.

**Day 1** focused on basic rheumatology with the Fast Track Rheumatology Symposium. Notable

discussions included approaches to joint and back pain, as well as an overview of commonly ordered rheumatologic lab tests.

The Annual Research Forum brought into attention unique rheumatologic cases and innovative studies by USTH fellow presenters Dr. Catherine Garcia, Dr. Fayanne Lim and Dr. Norwin Bation.

The opening ceremonies commenced by conferring new members and fellows. The highlight of the evening was the Dr. Lourdes Manahan Memorial Lecture, which examined generational differences among physicians and their impact on PRA's future.





# INTERSECT

**Internal Medicine & Rheumatology:  
Systemic Evaluation, ReCognition and Treatment**

February 26 - March 1, 2025; CityState Asturias Hotel, Puerto Princesa, Palawan



**Day 2** began with a Fun Run and Zumba session, encouraging attendees to promote wellness and physical activity as part of a holistic approach to health. This day also gave focus on the common rheumatic diseases in primary care, including sessions on gout management, osteoarthritis and treatment beyond analgesics. Noteworthy topics addressed complications in steroid therapy such as adrenal insufficiency and osteoporosis. The day ended with a plenary session on cancer screening in rheumatic diseases, discussing the intersection between oncology and autoimmune disorders.



**Day 3** delved into work-related musculoskeletal disorders. Experts discussed soft tissue rheumatism, carpal tunnel syndrome, and workplace-related back pain. Another highlight of the day was the Tree Planting Activity, where delegates contributed to environmental sustainability efforts in Palawan, reinforcing the association's commitment to public health and ecological preservation.



**Day 4** explored immunosenescence in inflammatory rheumatic diseases and developmental issues in pediatric rheumatic diseases. As part of the convention's commitment to academic and clinical excellence, awards were presented to outstanding USTH Fellows. Dr. Kristin Medrano-Babad and Dr. Adrienne Katrin Guiang-Valerio were recognized for their Poster Presentation, while Dr. Jan Mark Antenor and Dr. Fayanne Lim were acknowledged for their contributions in Images in Rheumatology.

The convention provided a platform for rheumatologists, primary care physicians, and allied medical professionals to exchange knowledge, collaborate on research and explore treatment strategies.

Beyond the scientific program, social events like the Fellowship Night fostered good relations among delegates. The breathtaking beauty of Palawan provided the perfect backdrop for both professional engagement and relaxation.

With another successful convention in the books, the Philippine Rheumatology Association looks forward to another impactful year, as it continues to lead the way in advancing rheumatologic health in the country.

