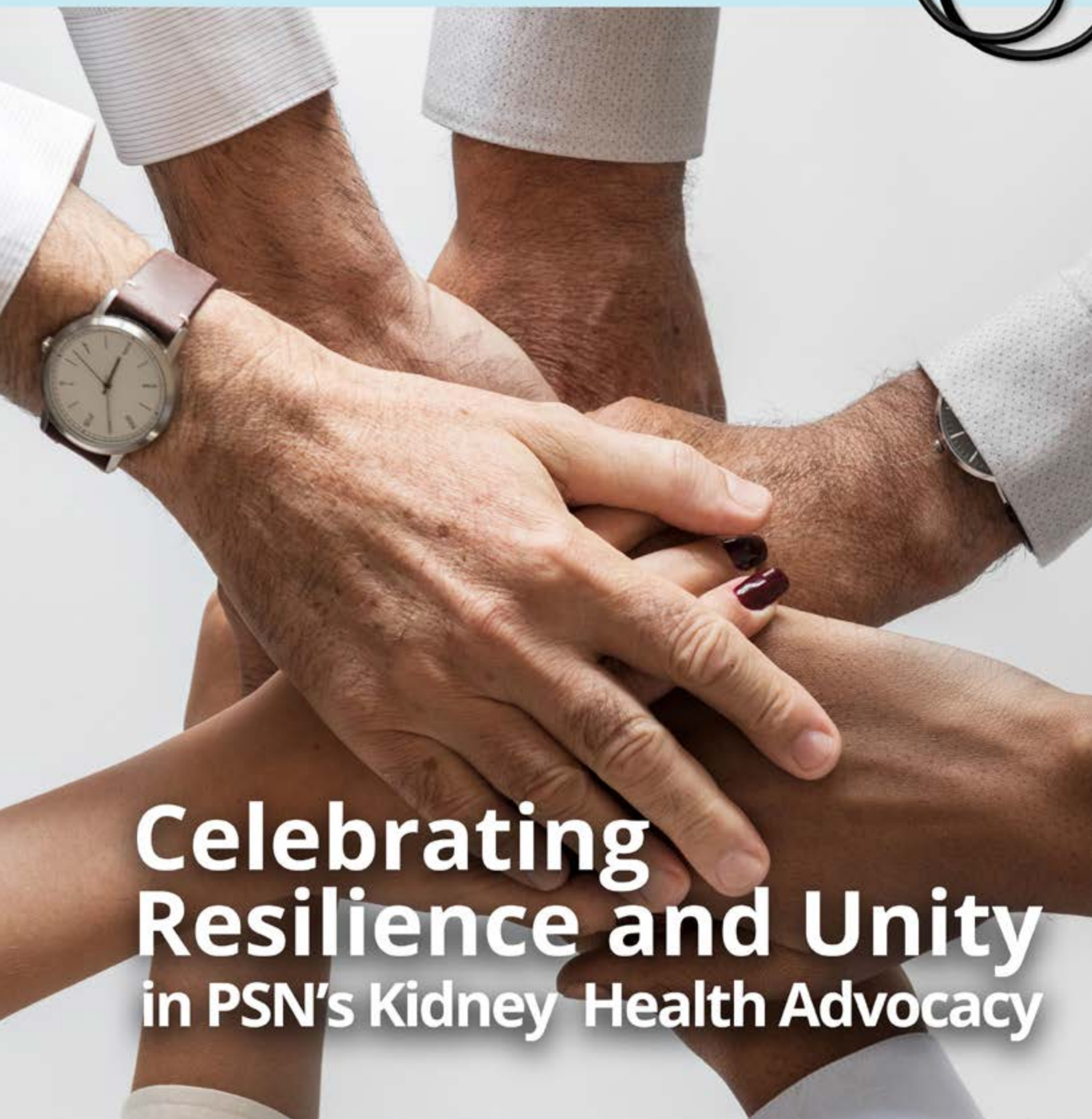


BROADCAST



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**Celebrating
Resilience and Unity
in PSN's Kidney Health Advocacy**

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GRIT

By: Maria Eliza R. Navarro, MD

I've been a trainor for most of my professional career. As a young consultant many years ago, one of the first responsibilities thrust upon me was teaching residents in training. For someone just starting out in practice, taking on the added obligation seemed masochistic. But all apprehension at falling short of the task now seems like an amusing memory at best because the rewards more than recompense for the imagined fears. Teaching and learning with my residents and fellows has been such an enriching experience.

That is why events of late has left me troubled for quite a while now. For the last few years, I have seen more and more trainees leave and not finish their instruction. There was a time when quitting residency was a rare occurrence; now it is not out of the ordinary for one or two of them to just up and leave a few months into their training. Many of us may say it is an effect of the pandemic and how it has changed the way the young ones are educated. But this was already happening even before the pandemic struck and so it begs the question: Are young people less resilient now?

Many reasons were cited; predictably, the stresses of the medical profession and the demanding hours topped the list. Factors like the overwhelming volume of information, varying styles of teaching and interaction, ability to cope with the workload and working with professional hierarchies were also mentioned. Yet when we talk to them, one of the things that struck us was how often the word mental health was brought up. Terms like work-life balance and emotional exhaustion were constant justifications. Presupposing this

occasional truth in some cases and allowing for empathy, I feel that we shouldn't be so careless with using mental health as an excuse. It is an affront to those with real mental health issues and a disservice to the people who treat and care for them.

Resilience is always contextual. There is an interplay between an individual and that individual's environment. Perhaps as trainors and mentors, and as administrators of organizations where our trainees work and live, we can help with their needs assessment and ensure open communication channels so we are able to provide proactive support. Yes, there is a lot to be done; studies, research, anything short of structural and institutional upheavals that may address these shifts in norms and a changing ecosystem in medical training.

Young adulthood is a significant period of educational and professional development and in the field of medicine, we are routinely barraged with the trauma of disease, death and decisions. Let us hope that someday soon, and not a day too late, we are able to work towards an environs where meaningful interactions with peers and educators, and strong social relationships foster self-efficacy in our trainees. 🙌





PSN Central Luzon Chapter First General Assembly

By: Bab E. Pangan, MD

The PSN Central Luzon Chapter, headed by president Dr. Girlie Reoyan, had their first General Assembly last June 3, 2023 at Widus Hotel Clark to discuss the calendar of activities and attend lectures on important topics. Fifty-four nephrologists of the chapter attended the event.

The first part was an echoing of the learning points from the Peritoneal Dialysis Preconvention Meeting held last April 26, 2023. A limited number of representatives from different PSN chapters attended the skills-training workshop entitled “Advancements in Acute Peritoneal Dialysis and Percutaneous PD catheter Insertion: Techniques and Best Practices.” Dr. Jan Melvin Zapanta shared the important learning points derived from the event to the rest of the members of the chapter.

For the next part, the head of the PSN Committee on Conservative Kidney Management, Dr. Irmingarda Gueco gave a lecture on CKM tackling the indications on what subset of patients to offer this option, as well as the specific management for each common End Stage Kidney Disease sign or symptom. This was the first time Dr. Gueco discussed the topic in front of a specific PSN chapter.

The presentation of the calendar of activities for the fiscal year 2023-2024 was the last part of the program. The dates of major and minor activities of the chapter were highlighted so the members could take note of their schedules. PSN Central Luzon will be the host of World Kidney Day 2024, so there will be a lot of preparation expected.

Orientation and reminders for the next chapter event for Kidney Month were given before the General Assembly ended. 🙌



Dr. Girlie Reoyan



Dr. Jan Melvin Zapanta



Dr. Irmingarda Gueco

Kidney Month 2023 with the Central Luzon Chapter

By: Bab E. Pangan, MD

The Philippine Society of Nephrology Central Luzon celebrated Kidney Month last June 10, 2023 at Sitio Legua, Orani, Bataan with a variety of onsite activities such as a medical mission, tree planting, and art contest. Aside from the activities promoted by the PSN National, the Central Luzon chapter, headed by Dr. Girlie Reoyan, combined additional chapter-initiated activities into a one-day event. Twenty-eight chapter members were able to attend.

The medical mission was conducted not just by the members of PSN Central Luzon but also by the fellows-in-training of the Section of Nephrology of Angeles University Foundation Medical Center (AUFMC), headed by Dr. Marizel Catungal. The fellows actively participated in the planning of the activity as part of their community service requirement during training. Internal Medicine residents of AUFMC, as well as nurses and staff from Renal Clinical Care Services Dialysis Center participated in the activity. Residents of Orani and Hermosa, Bataan came for adult and pediatric medical check-up. Each patient's blood pressure, capillary blood glucose, and urine protein dipstick test were checked. There were medicines available as provided by several pharmaceutical company partners. Lay fora about hypertension and diabetes were conducted by the fellows-



in-training, focusing on the symptoms, causes, and how to manage such conditions. Mayor Antonio Joseph Inton of Hermosa, Bataan also graced the said event.

The art contest had an online and an onsite version, both with the theme *"Bato'y Alagaan Para Handa sa Kinabukasan."* The online art contest had two categories: dialysis patients and dialysis unit staff. The pictures of the submitted artwork were posted in the PSN Central Luzon Facebook page to allow people to vote for their favorite artwork. The judges were Dr. Renne Toledano, nephrologist and art collector, as well as two local artists namely Mr. Michael Pastorizo and Mr. Eddie Santillan. Top three artwork for each category were recognized and given cash prizes and certificates.

The onsite art contest catered to the pediatric age group who attended the medical mission. Fifteen participants were given art materials, which they were able to subsequently bring home. Before the children started working on their artworks, Dr. Bab Pangan gave a short lecture about the kidneys and how to take care of them. All the participants were given certificates and the top 3 winners received cash prizes.

The tree-planting session, symbolizing the commitment of the chapter to green nephrology, was headed by Dr. Rachelle Bautista. Several nephrologists and volunteers planted 50 narra seedlings, which were acquired from DENR Dinalupihan. These were initially planted in pots, but the plan is to eventually plant them on soil once an appropriate site is determined.

The patients received foldable fans on which the 8 Golden Rules of Kidney Health were printed. Dr. Lei Carolino spearheaded the design and procurement of these giveaways so the patients can be reminded of important take-home messages through something that is useful in everyday life.

Overall, it was a well-attended event which was able to cater to 180 residents of Bataan. 🌱





PSN CEV joins National Kidney Month

By: Minnie Monteclaro, MD

June is National Kidney Month. PSN-CEV, together with the national organization and other chapters, had several activities to raise awareness of kidney disease. Despite the chapter having nephrons in the different towns and provinces (Negros Oriental, Bohol, Leyte and Samar), all members gladly initiated and duplicated the activities in their respective areas.

The kick-off was at Il Corso and despite the heavy rains, the Zumba was eagerly participated by our health workers. A master chef cook-off was also held and the event was graced by our mayor, Hon. Michael Rama. UACR screening was also done together with a STOP CKD lecture. Some had games for the participants. There were also radio and TV interviews.

An annual activity is the postgraduate course for renal healthcare professionals: CHRONIC KIDNEY DISEASE AND BEYOND held at the Chong Hua Mandaue auditorium on June 11, 2023. This was attended by 207 nurses and technicians from Negros, Cebu, Bohol, Leyte and Samar. Walking the talk and fit minute was done in between the lectures. In line with the World Kidney Day theme and PSN's advocacy, several STOP CKD lectures were done with healthcare workers and employees of various companies as the target audience (Virginia Farms, ANSECA Corp., VBP Australia).



As it was the founding anniversary of PRC Cebu, our nephrons gave free consultation as well as giving talks on STOP CKD. Our pediatric nephrons also had their pediatric screening. Another annual activity is NEPHRONS GOT BRAINS 5 and this year we have a total of 15 teams competing (1 Dumaguete, 10 Cebu, 1 Bohol and 3 Tacloban) from all the accredited training institutions of internal medicine in the region. The Grand Winner was CHONG HUA HOSPITAL - FUENTE, second place was VICENTE SOTTO MEMORIAL MEDICAL CENTER and in third place, REMEDIOS TRINIDAD ROMULADEZ HOSPITAL (Tacloban). To close the activities for the month, the chapter had a coastal clean-up in Mactan with a lecture on barangay residents at the gym. Our strategic planning and team building were held at JPark Island Resort with everyone working and having fun in the sun. 🌞





PSN Western Visayas – Panay Celebrates Kidney Month

By: Arriane Mae Basco, MD

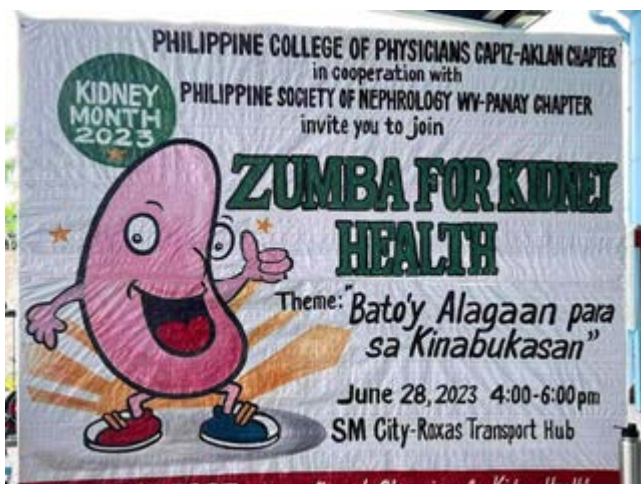
The Philippine Society of Nephrology (PSN)-Western Visayas (WV) Panay Chapter celebrated World Kidney Month with numerous activities supplemental to the national celebration, the 21st PSN Family Day. The celebration of the kidney month started off with Mass at St Clement’s Church to ask for success and guidance for the success of the chapter’s activities.

To promote preventive strategies for kidney health, Zumba with PSN-WV Panay Chapter Nephrologists were enjoyed throughout Panay, namely at Iloilo Doctor’s Hospital, SM

City Roxas, and San Joaquin Esplanade, Antique last June 4, June 28, and July 2, 2023, respectively.

An information dissemination campaign by the chapter was successfully done through multiple lay fora and radio talks, aiming to provide valuable information on Chronic Kidney Disease and its prevention. Throughout several dialysis units and hospitals in Panay, lay fora as well as lectures for our health care providers were conducted by our Nephrologists. Two radio programs for the month of June were also completed that highlighted (1) Chronic Kidney Disease last June 4, 2023 with Drs. Josefa Navarro and Melchor Altilero Jr on Aksyon Radio and (2) Tuberculosis treatment in patients with Chronic Kidney Disease last June 18, 2023 with Dr. Arriane Basco and local Pulmonologists Dr. Rhea Ann Beup and Dr. Jewel Quinon, also on Aksyon Radyo. The latter talk was in line with the TB advocacy spearheaded by the local chapter of the Philippine College of Chest Physicians (PCCP) and Philippine Society for Microbiology and Infectious Diseases (PSMID).

The informational campaign even reached a younger target audience. The PSN Panay WV Chapter with the Pediatric Nephrology Society of the Philippines Inc., the Philippine Pediatric Society Western Visayas Chapter and in collaboration with Integrated Pediatric Residency Training Community Program and Iloilo Mission Hospital





conducted a lay forum for our pediatric population at A. Mirasol Elementary School last June 27, 2023. There was a total of 85 participants in the lectures on kidney diseases and their common presentations in the pediatric population given by Drs. Mary Grace Asoy, Dr. Josefa Navarro, and Dr. Cresanie Puig-Reyes. The activity also included a poster-making contest participated by 8 students and judged by members of the PSN and PPS-WV Chapter.

Finally, to promote camaraderie and sportsmanship among the several hemodialysis units in the island, the society organized their trademark sportsfest event at the Iloilo Doctor's Hospital Covered Gym last July 2, 2023. Several dialysis technicians and nurses took part in the games and cheers and yells and took home several prizes, giving a successful conclusion of PSN-WV Panay's celebration of the National Kidney Month. 🙌





PSN WV-NOC celebrates Family Day

By: Franelyn Paylado, MD

The Philippine Society of Nephrology Western Visayas – Negros Occidental Chapter joined the entire country for Family Day last June 25, 2023 at Robinson's Cybergate Bacolod. This was the highlight of a month-long series of activities conducted

by various institutions. This included lay fora and lectures on STOP CKD, community outreach, a blood donation drive, and participation in the national KTV contest where Mr. Froilan Morano from the Adventist Medical Center - Bacolod won as grand champion.





The objective of the activity was to promote solidarity among physicians, patients, and their caregivers. The Family Day also provided an opportunity for nephrologists, dialysis units, patients, and their families to come together, share knowledge, and contribute to the collective effort of creating a healthier future for every Filipino.

The day started with a Fun Run that included a total of 250 participants. Patients and their caregivers were joined by nephrologists and dialysis staff as they ran the course set along Bacolod City. This was followed by some energetic Zumba dancing, before settling down to a fun and informative program prepared by PSN WV-NOC Chapter President John Rodsil David. The program included a STOP CKD lecture by Dr. Brian Antonio Togle, various games and raffles, and patient testimonial. 🙌





It was June 28, 2023, three days after the culmination of the Philippine Society of Nephrology June Kidney Month Celebration, that I met with Mr. Jeriel Dominguez at Praise Cathedral Global Outreach, Tibanga, Iligan City. He just finished his regular routine of ministering to “children in conflict with the law.” This was the only time that he can offer me with his hectic schedule. I asked him, *“What makes you go on? Is there anything, a mantra, for example?”* As someone who ministers in a church, I was expecting, a Bible verse, perhaps. But he said *“Ka-Bato, kaya natin ito!”* He went on to explain, that it does not only pertain to having kidney disease, but rather, to liken people like him to a rock, strong and unwavering, whatever situation life throws at them. He adds the word “Ka,” a Filipino word of endearment for brotherhood and camaraderie. It is a perfect description of how he is inclusive with his efforts, not only thinking of his own daily survival, but also aims to improve the condition of hemodialysis patients like him, his family and the people of the church he ministers.

Jeriel, 36 years old, has been on hemodialysis for the past 11 years. He was diagnosed with Chronic Kidney Disease from Glomerulonephritis at the age of 20, when he was noted to have hypertension and abnormal urinalysis findings during pre-employment medical exam. Everything seems to be falling into place then, with him being accepted as a welder in a ship building company in Cebu looking forward to going abroad, an opportunity for a better life for his family. He was able to work for a year before he became

symptomatic, which pushed him to go home to his family in Iligan and seek consult with an internist and subsequently with a nephrologist.

Jeriel is the middle child in a family of three kids. He lives with his mother, who works as a manicurista, and stepfather. They can barely make ends meet as is, more so with the burden of his kidney disease. He cannot keep up with his check-ups





and medications. He also explored alternative treatments to no avail. He started hemodialysis on 2012, spending Php3150 per dialysis session with the limited capacity of the government funded facility and the Philhealth coverage then at 45 sessions a year. He would usually be doing once a week hemodialysis that would cause him to get re-admitted several times for congestion and complications of hyperkalemia, at times with him at the brink of death. Year 2013, his situation eased up when he was accepted at the local government hospital hemodialysis unit and later on, PHIC hemodialysis coverage has increased. Amid all these, he continued to study the Bible and was an active member of their church, ministering specially to children in conflict with the law.

He is aware of how fragile life is for someone on hemodialysis. As one of the long-standing hemodialysis patients in Iligan City, he has seen his dialysis friends come and go. The demise of a young friend in the hemodialysis unit five years ago was his wake-up call. He started with his advocacy of spreading the importance of taking care of the kidneys and has encouraged even the hemodialysis unit nurses to join him as he goes from one school to another, speaking to students of different grade levels on the importance of keeping the kidneys healthy. As he said, he is tired of seeing kidney disease claim the lives of the young. He also serves as the “face” of the local Philippine Health Insurance Corporation (PHIC), showing his appreciation to the government agency that helped patients like him the most by talking about the benefits of being a member of PHIC. He was also able to uplift the lives of the members of his family as he currently owns a medical supplies company.

Worship leader, youth advocate, health advocate, entrepreneur, bread winner. End stage renal disease did not stop Jeriel Dominguez from living the prime of his life. He also keeps a grateful disposition, thankful to his family, church community and government systems that helped him through the worst predicaments, and giving back as much as he can. He kept the faith, a total surrender to the Almighty, offering his all to Him. Jeriel is also an example, that if government and health systems work together for the less privileged, we can have more patients who are productive and empowered members of the society.

As Jeriel Dominguez, President of the Iligan Dialysis Patients Organization, *Ulirang Kidney Warrior 2023 – Mindanao* says, “*Tigasín tayo... Laban, mga ka-bato.*” 🙏



Committee on Peritoneal Dialysis

By: Nicetas Corazon Reyes, MD

The Peritoneal Dialysis Committee continues its main goal to encourage and guide the participants, nephrologists and nurses, on setting up the PD program and the PD center in their areas of practice. The next Primer on Peritoneal Dialysis will be conducted with 60 delegates on August 29-31, 2023. This Primer is held two times a year, the first of which this year was done February 27-March 1, 2023.

During the PSN Convention last April 2023, one of the pre-convention seminars was conducted by the PD committee. It was on PD Catheter Insertion – in the Acute PD Program in the Philippines. The trainers in the said pre-convention were the Philippine delegates of the ISN’s Saving Young Lives Program. Theoretical knowledge and skills were cascaded accordingly. Just like a ripple effect, delegates of the said pre-convention will be the ones to teach or train nephrologists in their respective areas of practice.

It is with great hope that the Primer on PD and PD catheter Insertion Program for Acute PD be the driving forces to equip nephrologists and their nurses in the many and varied areas of the country. At present, there are already 44 PD Z Centers in the Philippines from 3 PD Z Centers before 2018.☺

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KIDNEY TEASER (from page 25)

ANSWER KEY:

ACROSS 2. Regards 5. Albuminuria 8. Proenkephalin 9. Creatinine 10. Uromodulin
DOWN 3. Ferroportin 4. Prognostic 6. Nephrocheck 7. Megalin

PSN Subcommittee on Research

By: Alyce Gail Arejola-Tan, MD

On July 12th this year, the Subcommittee on Research held a Good Clinical Practice (GCP) Workshop at ULCC Small Cafeteria, UniLab, Mandaluyong City. This Face-to-Face Workshop was conducted by Dr. Josephine M. Lumitao. Thirty registered attendees were listed from different institutions, with twenty-one attendees completing the workshop. This was open to all PSN members as well as fellows-in-training. The speaker gave an overview of GCP Workshop that covers the way a clinical trial is designed, conducted, performed, monitored, audited, recorded analyzed and finally reported. Another topic was Sponsors' Responsibilities which were very helpful and informative.

PSN Multi-Center Studies were also presented and discussed. The status of these two Research Papers were updated. One of the research papers was entitled "*Clinical Profile and Outcomes of COVID-19 Infection among Dialysis Patients in PSN-Accredited Training Institutions*" headed by the Principal Investigator Dr. Rommel Bataclan was already done while the 2nd paper headed by the Principal Investigator Dr. Leda O. Villapando-Arenas was entitled "*Incidence and Prevalence of Hemodialysis and Peritoneal Dialysis Among End-Stage Kidney Disease Patients Managed in PSN-Accredited Training Institutions*" is now ongoing data-analysis.

For this year, PSN have requested representatives from all Training Institutions (Adult and Pediatrics) as part of the

Research Committee to improve communications and coordination. These were gladly accepted by the institutions.

Other upcoming research activities are: Developing a Successful Research Protocol: Quick Tips for the Busy Nephrologist (Online Webinar) to be held on August 26, 2023; Writing the Manuscript on October 21, 2023 (Online / Zoom). Other activities with dates to follow are Medical Writing Crash Course, Visual Abstract and Meta-Analysis Workshop. Also, a Research Paper Contest will be held within the year.



Annual Research Contest



PSN MULTI-CENTER STUDIES PSN Multi-center Studies

1. Incidence and Prevalence of Hemodialysis and Peritoneal Dialysis Among End Stage Kidney Disease Patients Managed In Philippine Society of Nephrology(PSN) Accredited Training Institutions.

LEDA O. VILLAPANDO-ARENAS, MD
PRINCIPAL INVESTIGATOR

2. Clinical Profile and Outcomes of COVID-19 Infection among Dialysis Patients in PSN- accredited Training institutions

ROMMEL BATACLAN, MD
PRINCIPAL INVESTIGATOR





Celebrating Resilience and Unity:

21st PSN Family Day Highlights Kidney Health Advocacy

By: Alsun S. Cabarles, MD

Manila – The Philippine Society of Nephrology (PSN) Family Day Celebration on June 25, 2023, was a resounding success as it brought together renal experts, advocates, patients, and families under the resonating theme *"Bato'y Alagaan Para Handa sa Kinabukasan"*. This event which was broadcasted live via the PSN Facebook Page and served as a platform for raising awareness about renal health, exemplified the fortitude of those battling kidney-related obstacles.

Since its inception in 1993, the National Kidney Month has served as a yearly reminder of the vital importance of kidney health among Filipinos, as defined in Presidential Proclamation No. 184 by then-President Fidel V. Ramos. Annually, the PSN through the Committee on Public Health and Preventive Nephrology brings the spotlight on such an important event.



Unity and Inspiration at the Heart of the Event

The program proceeded with a heartwarming mass that set the tone for the rest of the event. The inaugural remarks were delivered by Dr. Gingerlita Alla-Samonte, who now holds the position of President of the PSN. In her address, she expressed gratitude for the large number of participants and support the PSN received in organizing this year's Family Day, and she underscored the importance of collaborative efforts in promoting kidney health.

The event was presented by DJ Nick and DJ Chloe, who formed a very energetic and enthusiastic combo together with PSN's very own renal health advocates, Dr. Alsun Cabarles and Dr. Gene Angcao.

Culinary Creativity and Musical Expressions

One of the highlights of the day was the **Master Chef Renal Edition**, a culinary competition that showcased the talents of chronic kidney disease (CKD) patients from various chapters nationwide with their inventiveness in producing kidney-friendly cuisine. The delectable creations served as a testament to the importance of mindful dietary choices in kidney care.





The **KTV Music Video Awards**, which featured musical performances by patients, were highly regarded by the viewers. Those who have tuned in were treated to exemplary performances that served as the event's musical intermission in between segments. These presentations acknowledged the indomitable spirit of those dealing with kidney challenges and were truly inspiring for the viewers

to see. During the presentation of prizes, it was determined that the Dasmariñas Renal Care Unit, Froilan Morano, and Julius Vicente were all tied for first place and would each get the top prize.

Honoring Inspirational Figures

In addition, the event honored exceptional individuals who have made a difference in the lives of kidney patients. The 2nd **Bukod Tanging Pagkalinga Award** was presented to Irene Aidon, a caregiver who has provided unwavering support to her chronic kidney disease (CKD) patient undergoing dialysis. Her commitment exemplifies the significance of compassionate nurturing throughout the voyage of kidney patients.



Bonnie Delos Reyes, Ruiz Carl De Leon, and Jeriel Dominguez were honored with the **Ulirang Kidney Warrior 2023 Award** for their inspiring stories of perseverance. The audience was moved by the uplifting video presentations depicting the participants' journeys as kidney disease patients, which demonstrated the power of determination and optimism in overcoming adversity.



Granting Wishes and Spreading Joy

In the segment entitled "**Wish K Lang!**," the PSN fulfilled the simple request of a CKD warrior, highlighting the organization's commitment to realizing aspirations and offering assistance to persons with a dream despite facing kidney-related difficulties. Herbert Gajisan of Marikina City was selected as the winner. His humble desire to increase his productivity together with his faith and diligence demonstrate the possibilities of realizing one's ambition and emphasize the potential for collaborative action and generosity of people in enhancing the well-being of others.



Raffle prizes gave an element of excitement to the event, strengthening the viewers' sense of unity and shared experience.

The event culminated with an inspiring message from Dr. Vimar Luz, Treasurer of the PSN, encouraging everyone to continue their path towards kidney health advocacy and highlighting the significance of fostering a supportive community.

The 21st PSN Family Day Celebration served as a testament to the strength of solidarity, the power of resilience, and the unwavering dedication to fostering renal health for a better future. With the theme "*Bato'y Alagaan Para Handa sa Kinabukasan*," it was a day filled with inspiration, cooperation, and optimism that will echo for years to come. 🙌





The PSN Annual Convention 2023: Labyrinth Indeed!

By: Marissa Elizabeth L. Lim, MD

The Philippine Society of Nephrology held the 43rd Annual Convention entitled THE PSN'S LABYRINTH: A JOURNEY TO THE CENTER OF THE KIDNEY. This was the first face-to-face meeting after the pandemic, from April 26, 2023, to April 29, 2023. There were many informative sessions. However, the excitement of people being together in fellowship was most meaningful.

The convention reviewed the kidney as a Labyrinth: a complicated irregular series of pathways that may cause difficulty finding one's way. However, this was not the case in the sessions. They were not difficult but filled with study and enjoyment.

The pre-conventions on hypertension, kidney transplant, and peritoneal dialysis had a large attendance. The trainees found the sessions to be high-yield and hands-on. Many fellows were excited and pleasantly surprised at how the lectures were jam-packed with much-needed information.

During the convention proper, the opening ceremonies highlighted the achievements of this and the previous

year's board passers. Awards were given to our trailblazing nephrologists: Dr. Dolores Bonzon as the A1 awardee and Dr. Agnes Mejia as the ISN Pioneer awardee for the Oceania and Southeast Asian Region. The healthcare situation talk given by Dr. Maria Rosario Vergeire summarized the Filipino struggle for renal healthcare access. The participants then delved into mental health issues, coping strategies for the health care professional and trainees, and management. Digging deep into physiology, the journey into the tubules highlighted the different tubular segments and functions innovatively. Other formats were given: participative lectures, skits, and animated presentations provided by the Philippine General Hospital, Philippine Children's Medical Center, East Avenue Medical Center, Southern Philippines Medical Center, and the National Kidney and Transplant Institute, which cater to different learning styles for our trainees.

Other topics during the first day let us delve deeper into IgA Nephropathy, Lupus Nephritis, Diabetic Kidney Disease, and Sporadic Glomerulonephritis treatments. The first-ever dinner symposium and after-dinner meeting on hemodialysis heads had a huge attendance, and various issues were passionately discussed among the group.

Day 2 provided learning on the tubules and their disorders and introduced the PSN adolescent to adult transition.

Day 3 provided an avenue to discuss diabetic kidney disease, conservative kidney management, prolonging peritoneal dialysis strategies, and the transplantation experience after the COVID-19 pandemic. We were enriched regarding addressing volume management in dialysis patients, learning about Point of Care Ultrasound (POCUS), and landmark trials in 2022. The business meeting was well attended, and various controversial issues and topics were discussed.

The resurgence of the research competition occurred, where Kristel Kang Tanhui of St. Luke's Global City, Jerry Patoc Jr. of National Kidney and Transplant Institute, and Lorraine S. Vergara-Rejante of St. Luke's Medical Center Quezon City bagged the top prizes. The first-ever visual abstract contest was held, and the ultimate winners were Krizia Mari Anne R. Daguman of East Avenue Medical Center, Jayson M Villavicencio, and Kevin Elissandro C. Gumabon of the Philippine General Hospital. In this research conference, the following were also presented: Incidence and Prevalence of hemodialysis and Peritoneal Dialysis Among End-Stage Kidney Disease Patients Managed in the PSN-accredited Training Institutions by Dr. Leda O. Villapando-Arenas and Clinical Profile and Outcomes of Covid 19 Infection Among Dialysis Patients in PSN-accredited Training Institutions by Dr. Rommel Bataclan.

Everyone was excited about the final event: The Golden Glam Gala night: PSN at 52, showcasing glitz, glamour, and singing. Our coffee table book, Pure Vintage: the PSN at 50, was also released.

The convention was successful! More than the learning, it allowed us nephrologists to share our fellowship and learning with our friends.



Dr. Dolores D. Bonzon, PSN Outstanding A-1 Awardee: Teacher and Clinician with a Lot of Heart

By: Agnes Baston, MD

To be recognized by my colleagues at a time when I have already retired from the academe and is less active in my clinical practice was one of the highlights of my career," says Dr. Dolores Bonzon, our PSN Outstanding A-1 Awardee for 2023. This award coincided with other recognitions. She is the current president of the Philippine Society of Hypertension and in 2022, she was awarded by the Pediatric Nephrology Society of the Philippines with its first "Natatanging Pediatric Nephrologist Award".

"I really praise God for all the blessings. Even at beginning of my career, He was already there, paving the way," Dr. Bonzon says, as she looked back at her more than 40-year career as a teacher, mentor, clinician, researcher, and administrator. Upon finishing her medical degree and internship at the UP-PGH in 1981, she started as a faculty of the UP College of Medicine (UPCM) Department of Physiology. After an arrangement between then UP Chancellor Perla D. Santos-Ocampo and Physiology Chair Dr. Zenaida Bagabaldo, she started her pediatric residency in 1984 at PGH while simultaneously teaching physiology. In 1989 she trained in renal physiology at the Institute of Physiology in Munich. She fondly remembers that she, "...really liked pulmonary physiology" but took the renal physiology position which became vacant after the passing of the two renal physiologists in the Physiology Department. Upon her return, Dr. Bonzon was invited by Dr. Carmelo Alfiler and Dr. Joel Elises to join the PGH Division of Pediatric Nephrology. In 1995, she did her pediatric nephrology fellowship at the Royal Alexandra Hospital for Children in Sydney, Australia. She returned in 1997 with a solid foundation in basic and clinical nephrology, which she says made her a better clinician and basic science faculty. Her colleagues have also impressed upon her several important virtues that have guided her throughout her career. "Working with the likes of Dr. Alberto Romualdez, Zenaida Bagabaldo, Bayani Baylon and former Dean Cecilia Tomas in the basic sciences and imbibing the importance of integrity, quest for knowledge and mentorship was priceless..."



Sa clinics, Dr. Carmelo Alfiler is a visionary, and a stickler for excellence. And then Dr Joel Elises was also very supportive. Sila ni Dr. Alfiler were concerned about succession in leadership, someone to take the cudgels... to continue the vision."

Her family had encouraged her to become a physician. She is the sixth among seven siblings of a close-knit family from Malabon. "I was valedictorian in elementary and high school. At that time, the expectation was, if you're intelligent, you become a doctor or a teacher".

When asked about the difference between the practice of medicine then and now, "The practice of medicine has evolved significantly over time. Explosion of new knowledge is overwhelming and maybe difficult to cope with. Reliance on what is accessible and possible online may affect the connectivity between the doctor and the patient. The human touch, compassion and empathy especially in the field of nephrology may erode slowly. I remind fellows to go with their patients for VCUG, to see how it's done, so that they understand the process better. And to assist their patients as much as they can, including the processing ng mga financial support services." She reflects that one of the challenges we're faced with now is remembering to prioritize and focus on compassionate and empathetic patient care and maximizing opportunities for learning. "We are here not just to heal our patients but to help them to the best of our ability. It's a calling, not just a profession. It needs a lot of heart." 🙏





Transition Care Champions for Renal Health and Beyond

By: Lynette F. Alcala, MD

The Philippine Society of Nephrology in cooperation with the Pediatric Nephrology Society of the Philippines with the FTPAB and FTCAN gathered at the Westin Manila last July 7, 2023 for the preparation of the Transition Care Curriculum to be adapted by the society to formalize the preparation of the program for the inclusion in the Philippine Pediatric Society and the Philippine College of Physicians residency training programs. The formalization of the transition curriculum is the brainchild of the Pioneering Mentor and Father of Pediatric Nephrology in the Philippines Dr. Carmelo Alfiler.

I can very well remember when I first heard of the transition concept during my first year of fellowship training at the Philippine General Hospital with the section of adolescent medicine with Drs Rosa Maria Nancho and Emma Llanto. It has been exactly ten years since the initial steps of this program was carefully crafted to address the need of adolescents transferring to adult service. It seems nostalgic to be once again part of this noble attempt to formalize the experiences we have had into an instructional design to be incorporated into the curriculum.

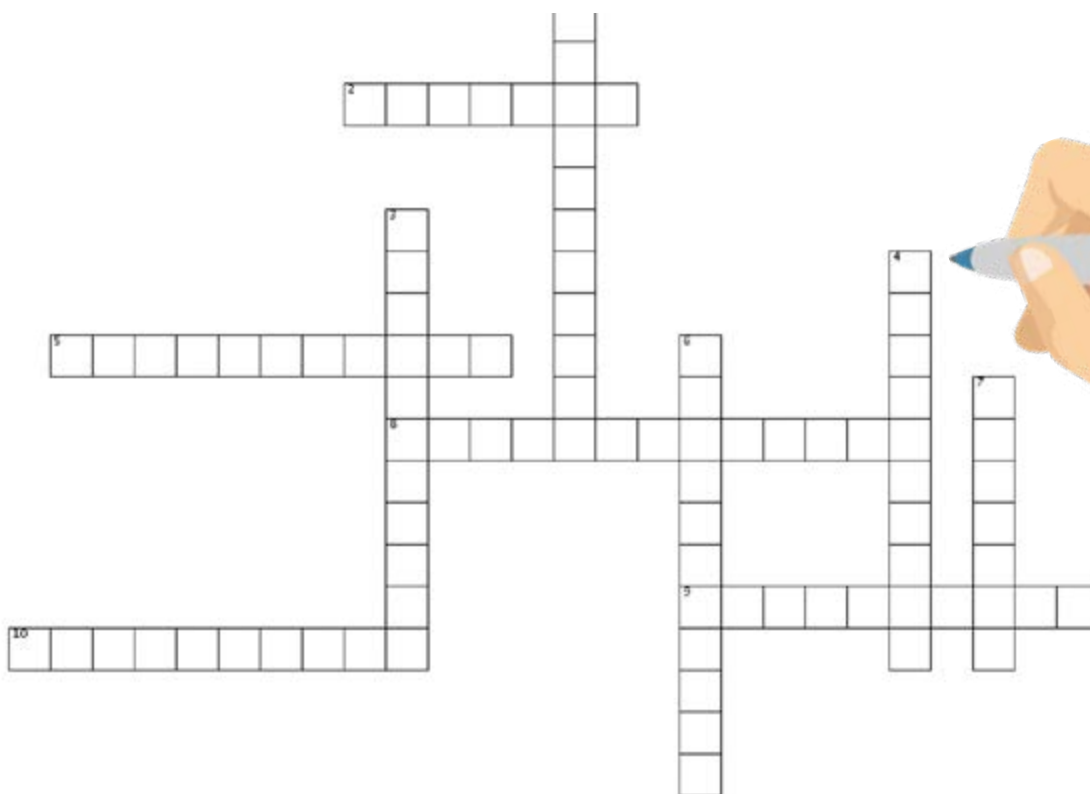
Chronic kidney disease is an inevitable consequence of a lot of kidney diseases whether its congenital, familial or acquired. We cannot be forever their pediatricians so they say, thus the need to train more nephrologist to be ready for this transition. As we cross the bridge to adult care, training of practitioners involved in the care of these children as they turn into adolescents and progress to young adulthood need special skills and an all embracing attitude to make the journey of transition smooth and fulfilling. A lot of things are already happening in an adolescent brain as a normal phase of development. The complex neurological processes in adolescents influenced by hormonal changes, concepts of body image and other processes presents to the pediatricians a real challenge. Concomitant illness or disorders like kidney disease makes the journey more complex that appropriate knowledge , skills and responsibilities need to be enhanced to make every nephrologist empowered to deal with adolescents in transition. As we call for the adaptation of this curricular reform in the care of patients with kidney disease, we hope more among us will embrace this idea of transition care. 🙌

On Your Mark(er), Get Set, Go!

By: Kevin Gumabon, MD

PUZZLE INTRO:

A biomarker is an objective indicator demonstrating a normal biologic process, an abnormal pathogenic development, or a response to a given therapeutic intervention. Will you be able to take on this challenge involving biomarkers?



ACROSS

- Prospective cohort study that showed cystatin C-based eGFR enhances and expands the CKD classification, definition, and risk stratification in comparison to creatinine-based computation.
- Recognized as one of the most important risk factors for CKD progression and used in the KDIGO CKD staging
- Small opioid propeptide that may be used as an ideal biomarker for glomerular function
- Uses the alkaline picrate assay to determine its levels
- Prospective biomarker for injury involving the loop of Henle

DOWN

- A marker protein most commonly used to detect podocytes in the urine
- Hepcidin-25 binds to this transmembrane iron transporter for degradation
- A type of biomarker describing the natural disease progression in the absence of any therapeutic intervention
- Brand name of the composite product of two urinary biomarkers for predicting AKI among high-risk critically-ill patients and those undergoing cardiothoracic surgery
- Protein needed by macroglobulins to enter the proximal tubule cells for degradation

Answers on page 15

PUZZLE CREATED IN Puzzlemaker by Discovery Education

The Practical Prescriber

Sensible information to help guide your everyday medication management

By: Czarlota Valdenor, MD

Introduction: We want to launch this article series to provide our nephrologists practical tips on prescribing medications to our patients. This is not meant as an evidence review, but rather to provide helpful information that can assist you in your day-to-day practice and how these affect medication management. For comments and suggestions, please do not hesitate to send an email to the Committee on Patient Protection thru psnmanila@gmail.com.

SGLT2-inhibitors: Practice Considerations for the (Relatively) New Kid on the Block

Recent evidence from high-quality clinical trials has shown that SGLT2-inhibitors (SGLT2-i) provide significant benefits in preventing the progression of chronic kidney disease (CKD). The KDIGO Guideline recommends treating patients with type 2 diabetes (T2D), CKD, and an eGFR ≥ 20 ml/min per 1.73 m² with an SGLT2-i. Growing evidence from recent trials has also shown that aside from the key role of SGLT2-i in glycemic control and reducing ASCVD risk, these medications are also indicated in heart failure and nondiabetic CKD.

How to start?

1. *Check eGFR.* SGLT2-i may be initiated as long as eGFR 20ml/min/1.73 m². It would be helpful to note that they can likely be continued safely among patients whose eGFR falls below 20 mL/min/1.73 m².
2. *Review current medications.* The KDIGO recommends adopting a layered approach: starting new treatments one at a time and then reassessing response and residual risk to refine therapy further. Since SGLT2-i share similar hemodynamic effects with RAS inhibitors, MRAs, and diuretics, it is prudent to add these medications serially. Exercise extra caution when starting SGLT2-i in patients who are already on diuretics and are at risk for dehydration (older patients, advanced CKD). Consider diuretic dose reduction in high-risk patients.
3. *Check for risk factors.* Weigh CV and renal benefits of SGLT2-i against potential adverse effects, such as rare ketoacidosis, amputation concerns/active PAD, and genital infection.
4. *Start at the recommended dose.* In clinical trials, a dose-response relationship has not been observed for cardiorenal outcomes. Therefore, patients may be initiated on the lowest SGLT2-i dose available: canagliflozin 100 mg daily, dapagliflozin 10 mg daily, or empagliflozin 10 mg daily.
5. *Advise patients about side effects.* Inform patients about signs and symptoms to monitor, including polyuria, thirst, dehydration, genitourinary infections, and weight changes. Encourage maintenance of basic genital hygiene. Tell patients to seek medical attention if there are signs/symptoms of complications.



6. *Monitor after 1–2 weeks.* You may see an initial bump in serum creatinine when starting an SGLT2-i, like starting ACE-I or ARB. This is not a reason to stop the therapy. The eGFR usually stabilizes or improves with continued use. Reassuring patients about this is very important. If the eGFR decreases by >30%, work up for AKI.

Anticipatory Guidance

1. *Sick days and scheduled procedures.* Advise patients not to take SGLT2-i when they are unwell, fasting, have ongoing fluid losses (e.g., diarrhea), or are scheduled to undergo procedures. For day procedures, may withhold SGLT2-i on the day of the procedure. For surgery and other procedures requiring hospitalization or bowel preparation, withhold SGLT2-i at least three days pre-operatively (two days prior to surgery and the day of surgery). Blood glucose levels should be monitored, and other glucose-lowering agents may need to be increased.
2. *Genitourinary infections.* Advise patients to seek medical attention if there are symptoms of urogenital infection. Use topical antifungal and temporarily withhold SGLT2-i if there are symptoms of urogenital infection. Consider ceasing therapy if persistent or recurrent candidiasis. As for UTIs, withhold only in the setting of significant UTI (e.g., pyelonephritis, prostatitis, urosepsis, prolonged clinical course).
3. *Hypoglycemia.* In patients at high risk for hypoglycemia (concomitant sulfonylurea or insulin, older patients), educate about hypoglycemia symptoms and self-management. Reduce sulfonylurea or insulin dose as needed.
4. *Proper diet.* Advise patients to avoid excessive alcohol and ketogenic diets.
5. *Reinforce proper foot care.* Remind diabetic patients to perform regular foot care.

With their impressive cardiovascular, renal, and metabolic benefits, favorable effects on weight, and low risk of hypoglycemia, SGLT2-i are a promising therapeutic option for patients with CKD. We hope that this helps our colleagues consider individual patient characteristics in providing evidence-based, person-centered care. 🍷

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The Road to the Boardroom

By: Glenn Butuyan, MD
Chairman, Committee on Hemodialysis
Member, PSN Board of Trustees 2023-2024

One's journey is determined by the roads we have traveled. And sometimes we are thrust to an unfamiliar path either by a loving friend or a hostile foe.

My road to the Philippine Society of Nephrology (PSN) Boardroom was very unusual. It was the result of loose judgment on my part or literally an accident due to selective deafness. I was nominated by a colleague from our chapter which I thought was just for a simple Committee. But when I received a letter from the PSN Comelec I froze. Unfortunately, there was no turning back because for Christians a yes is a yes and a no is a no. Anyway, I was comforted by the fact that I knew I had no chance of winning, and I will just swallow the shame which I have been used to since medical school. And to my great relief, I lost.

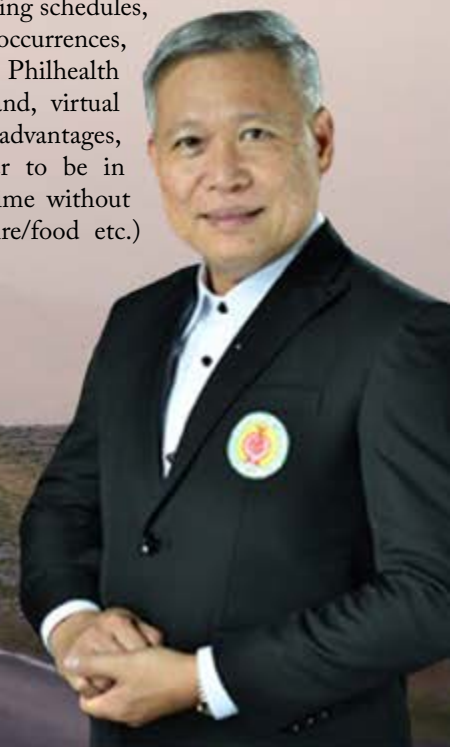
After a year passed, while enjoying the serenity of a medical practice in the rural areas traveling through the mountains of the great Sierra Madre and the plains of Cagayan Valley, waking up every morning with birds singing and marveling at the glamorous array of beautiful flowers blooming in my garden, I received a call from a highly esteemed member of our society whom I greatly admire and respect telling me that she will nominate me to the PSN Board Of Trustees. Of course, I said I will only lose like the first time and it will just be a waste of time and effort, but she was insistent and I ran out of excuses. Anyway, I was expecting great relief will come again in the form of a loss, without a doubt. However, to my utter shock, when the results were announced, instead of the relief I was expecting, anxiety to the high heavens came. I got in.

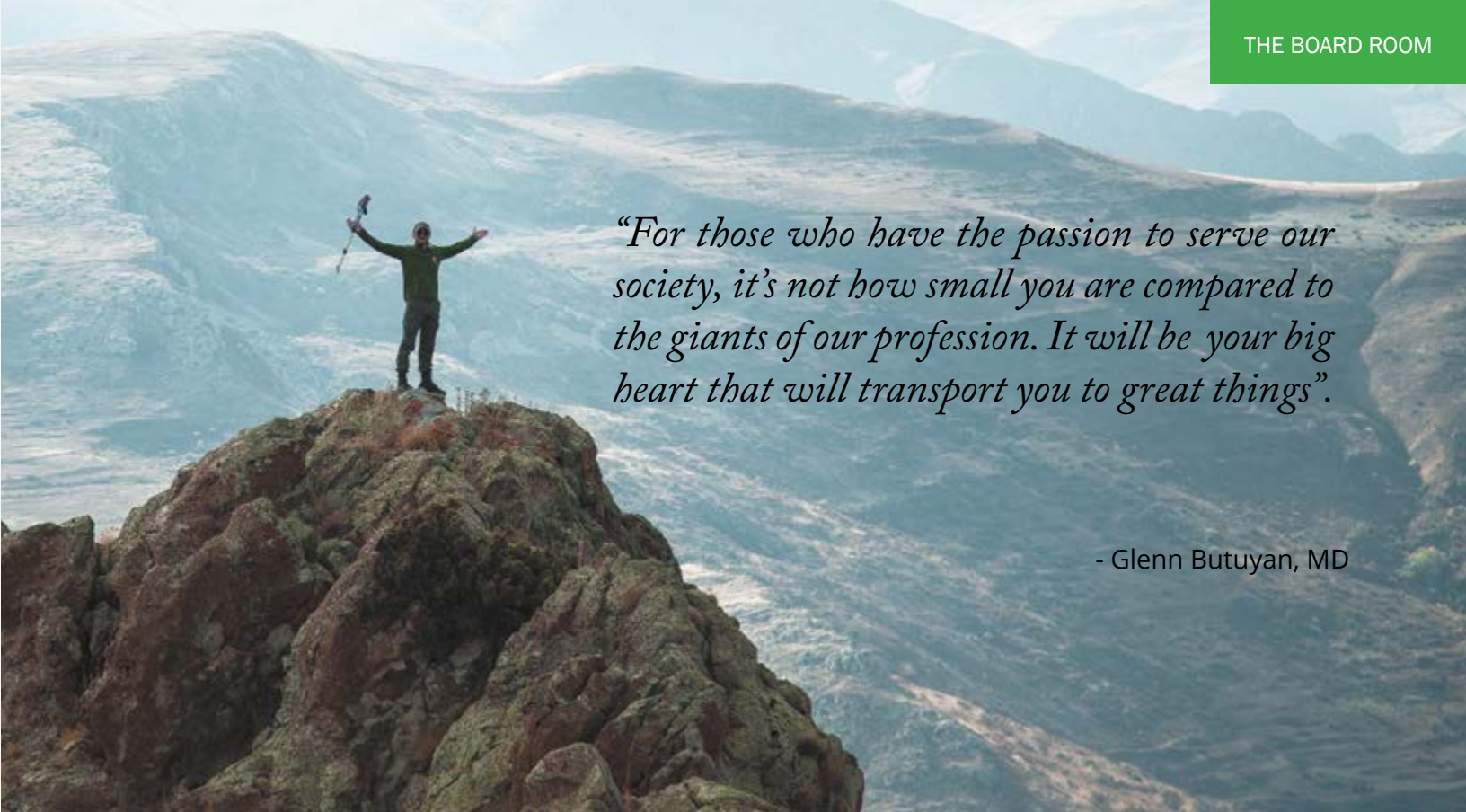
Since then my trail on the road changed, definitely a less travelled path. Because of the responsibilities, I often have to travel at night from my home in Santiago City, Isabela, spending more than 350 kilometers on the road for 9-12 hours, via public or private transportation. This is my preferred route and time so I can still have my clinic during the day and provide for my family.

In my first few meetings at the boardroom, initially virtual, I felt like solitary soul lost in jungle, hiding silently in the woods, uttering only a few words every now and then, for fear of committing embarrassing blunders. I'm an introvert, very private, and I find comfort and solace in silence. But to my own surprise, after a while, I found myself passionately articulating my viewpoints on issues of my concern, even noisily growling at times, despite the fact that I don't have to because I am surrounded by people more experienced and gifted with brilliant minds, and who help and uplift one another.

Many times, I am confronted with a nagging question: What am I doing here? I have feelings of being undeserving of the position, because there are a lot of more qualified colleagues who should be on my post instead. Experts with impressive credentials, and working in big and prestigious institutions. Besides, I never even dreamt of being the roster of our esteemed board. It was an impossible dream for someone like me working in the rural fringes. I felt like somebody pushed me into a special train meant for privileged passengers, to which I don't belong. I have always felt comfortable in my secluded place of private practice.

Zoom meetings have become a curse in this day and age because what used to be intimate, undistracted, and face to face interactions, have instead become faceless, un-intimate, and distracted engagements, and mostly with no proper decorum. Moreover, with two to three Zoom meetings in a day, oftentimes with overlapping schedules, these have become common occurrences, similar to double filling of Philhealth claims. But on the other hand, virtual meetings have their own advantages, because it bestows the power to be in different places at the same time without daunting effort (transport/attire/food etc.) and cost.





“For those who have the passion to serve our society, it’s not how small you are compared to the giants of our profession. It will be your big heart that will transport you to great things”.

- Glenn Butuyan, MD

After experiencing a couple of meetings in the boardroom, to my surprise it eventually became my happy place. I have come to realize that board members are not princes or princesses. Instead, they are hardworking, dedicated, and caring colleagues, working up to past midnight if necessary at times, not for money or recognition but for pure love for our profession, our professional organization and its members, our country. They toil as well for the future generations who will hopefully continue upholding and carrying the advocacies and dreams of our profession.

The PSN is labeled and considered as a mere non-governmental organization (NGO) by government agencies, without realizing that our society is a sleeping giant, while not in numbers, but definitely in its scope of influence. What society, for instance, has the humungous responsibility of handling 610 health facilities (HD) which is still constantly growing, all over the country. Moreover, our society and its members are the source of Clinical Practice Guidelines (CPGs) and expert opinions with regard to kidney health. We are part of the Technical Working Groups (TWG) of government agencies in drafting governmental policies in the practice of nephrology. We are also the source of accreditation for training of manpower of all heads of hemodialysis facilities. But why are we being treated lightly if we regulate training institutions and give licenses to the experts of kidney health that the government indispensably depend on? Without PSN, who will take on the tasks that it performs for society and the government? Treat the PSN for what it justly deserves and has earned, and everything

should be fine. Abuse the PSN’s generosity and altruism, and the country and our government will feel and hear its wrath from Aparri to Sulu.

Each long trip that I take to attend a PSN Board meeting is an experience I associate and equate with my patients on dialysis. For the very long hours that I spend sitting in a bus, it is equivalent to having 2-3 sessions of regular 4 hours of dialysis. My back, neck and legs oftentimes feel numb, aching, and stiff. The cold temperature inside the bus mimics the insides of a hemodialysis unit. A blanket is necessary inside the bus to sooth the body from the shivering cold that even penetrates the bones. And what makes this experience even more challenging is that it’s always a roundtrip ordeal.

But I have little reason to complain because, despite the challenges, the joy and inspiration that I experience at the boardroom exhilarate and invigorate me as I break bread and rub elbows with esteemed board members with commendable passion, dedication and wisdom. The aches that burden me on my bus trips are soothed by the endorphins during those interactions with my colleagues in the board.

In retrospect, for those who have the passion to serve our society, it’s not how small you are compared to the giants of our profession. It will be your big heart that will transport you to great things. Like a ship that journeys through strong and big waves, it reaches its destination because of its rudder that gives it direction no matter how big or small. It is you who will create your own road to your chosen destination. 🙌



The ART of Collecting ART:

Trusting your Gut Feeling

By: Reina Lynn Antonio, MD, FPSN

"My Barbie dolls, stationeries, stickers and bear figurines bring me amusement."

"It is the thrill of searching and completing the sets of those Shell Ferrari cars and Pugad Baboy Series."

"My Voltes V collection reminds me of my childhood."

"Collecting those BTS merchandise is a means to support my favorite idols as the increase in sales can boost their market value. They also define my identity as an Army."

"Looking at my collection always brings me happiness."

"I love books, so I collect them, even if I don't get to read them all. Just completing a series brings certain satisfaction."

"It can be an investment."

These are just some of the responses of friends, colleagues and mentors when I asked them why they collect things.

But for our featured Nephrologist, the dashing and talented Dr. Simeon Paps, he started his treasury of paintings and sculptures 10 years ago as a hobby.

"Until now, it is due to pure passion and interest, and love for art, and certainly not for investment", he replied when I asked him why he collects art. He even emphasized that although art can become a valuable asset, he never looked at it that way. Dr. Paps also revealed that his art collecting comes purely from gut feel, from what he sees and how he responds to a piece of art.

"Collect what you like, that's the rule for me."

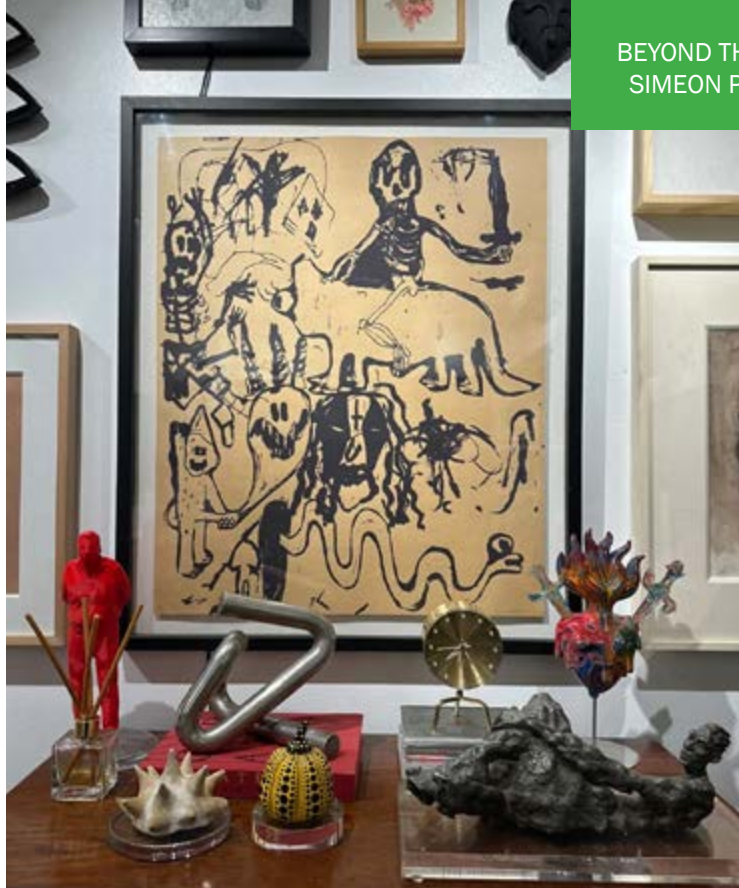
Unlike some art collectors, Dr. Paps does not base his selections on any set of criteria. He also expressed that he does not follow trends when he chooses art. This can be clearly observed by the pieces in his collection, which he displays at his home and which he shares pictures of on his Instagram account **woodyfreud**.

I am used to seeing art collections, mostly in large and famous museums and galleries, that always include art work of those influential and renowned artists in history, like Van Gogh, Da Vinci, Rembrandt or Michelangelo. But looking at Dr. Paps art pieces, they distinctly deviate from the colorful and vivid "realistic" imagery of Renaissance art, for an example. This plainly proves that when it comes to art, Dr. Paps chose to be different and nontraditional.

This made me curious to know what exactly he looks for in art pieces. Dr. Paps candidly narrated that he mainly buys works on paper and prefers pieces with neutral colors, aside from adding quirky sculptures to his art collection.

"I lean towards artists like Ang Kiukok, there's many. I like black and white works on paper, HR Ocampo line drawings, contemporary artists like Pow Martinez, Wesley Valenzuela and the great Victor Balanon. I also like Lena Cobangbang, MM Yu, Mariano Ching."

Admitting my ignorance in Modern Art, I had to look for these artists online to take a glimpse of the art they create.



Some are also bold and colorful but tend to move away from realism or even impressionism art. Odd, yet unique and special. I guess Dr. Paps is attracted to imaginative idealization. This is reflected in his own work which was a caricature, which I was fortunate enough to see when I was still training.

But learning about his preference also made me greatly admire his patronage of Filipino art and promotion of these Filipino artists' works through his social media.

Since Dr. Paps is an artist, I could see how this is reflected in the way he arranged his art collection at home. It was aesthetically pleasing that one might think he actually lives in a modern art gallery.

But where does he get his collection?

Dr. Paps shared that he acquired his art mostly from galleries while some were directly procured from their artists, many of whom he became friends with. In a way, collecting art also widens his social circle.

For those of us who also want to get into art collecting, he advised: *"The key to collecting really is trust your gut. Collecting is essentially a hobby, a thing you enjoy, so you acquire what you like, what appeals to you. And in the process, you refine your taste. You can approach veteran collectors for guidance but my best advice is still to follow your gut when selecting the kind of art to collect."* 🍷



(*Dr. Simeon Paps is an Active Consultant at the St. Luke's Medical Center- Global City, San Juan De Dios Hospital and Medical Center Taguig.)

**Special Thanks to Dr. Melvin Marcial, Dr. Lulu Min, Dr. Pamela Mamaluba and Dr. Christy Andaya.



Clarity

By: Rey Isidto, MD

Sometimes you lie awake at night and wonder. You would stare into the darkness, reveling in its velvety emptiness, secure in its inky embrace. But sleep eludes you, as it does now. You could see it dancing away in the periphery of your mind's eye and every time you consciously focus to grasp at it, it dissolves into a diaphanous shadow, fluttering in an absent breeze.

So, like any other insomniac, you recount the events of the day. Being a doctor is exhausting- not in the physical sense when you climb three flights of stairs to make in-hospital rounds, but in the more subtle decay of the senses until everything is blurred away in a haze of languishing apathy, much like when you peer at the world through slitted eyes brimming with unshed tears.

The day's events eat away at you; specially the time spent carefully apprising a 58-year-old of his impending hemodialysis, looking down at the pit of his bottomless sorrow and utter dread, the sense of helplessness and futility. You try to distance yourself, but the experience leaves a mark,

like the nasty black stain in your shirt pocket from when the pen's ink has seeped into the fabric.

But there are bright spots coming from your victories; a resolving acute kidney injury, a healing complicated UTI, a sincere thank you from a patient, an unwavering sense of purpose explicit in being a nephrologist.

You realize that you are the sum of your experiences and decisions, and each day brings with it its own portion of sorrow and elation. Such is the life of a doctor. Such is the life you have chosen.

Despite the inherent unevenness of this realization, you find comfort in this. So, you welcome elusive sleep, as your mind has finally ceased its senseless running.

You sigh contentedly as you burrow deeper in to the familiar dip in your bed.

Tomorrow is another day. 🌞

A Dual Journey: Raising Twins and the Echoes of Clinical Practice

By: Mark Rodriguez, MD

Approaching the tail end of the pandemic, my wife and I were excited and anxious to become first time parents. It was the 14th of April 2022 that our lives, my life completely changed. That day marked the beginning of the journey of becoming a parent. It is a daunting and an awe-inspiring adventure, filled with profound joy and unforeseen challenges.

As parents, the path took a serendipitous turn as we welcomed twin girls into the world and at the same time discovering poignant parallels between the evolving nature of parenting and the demands of clinical

practice. As a nephrologist, I couldn't help but ponder how my knowledge of kidney health and my experience with patients would influence my new role as a father – a first time father to not just one child but twin girls. The journey ahead brought about a multitude of sensations, as I soon discovered that parenthood and nephrology were deeply interconnected.

The Overlap of Expertise and Parenthood

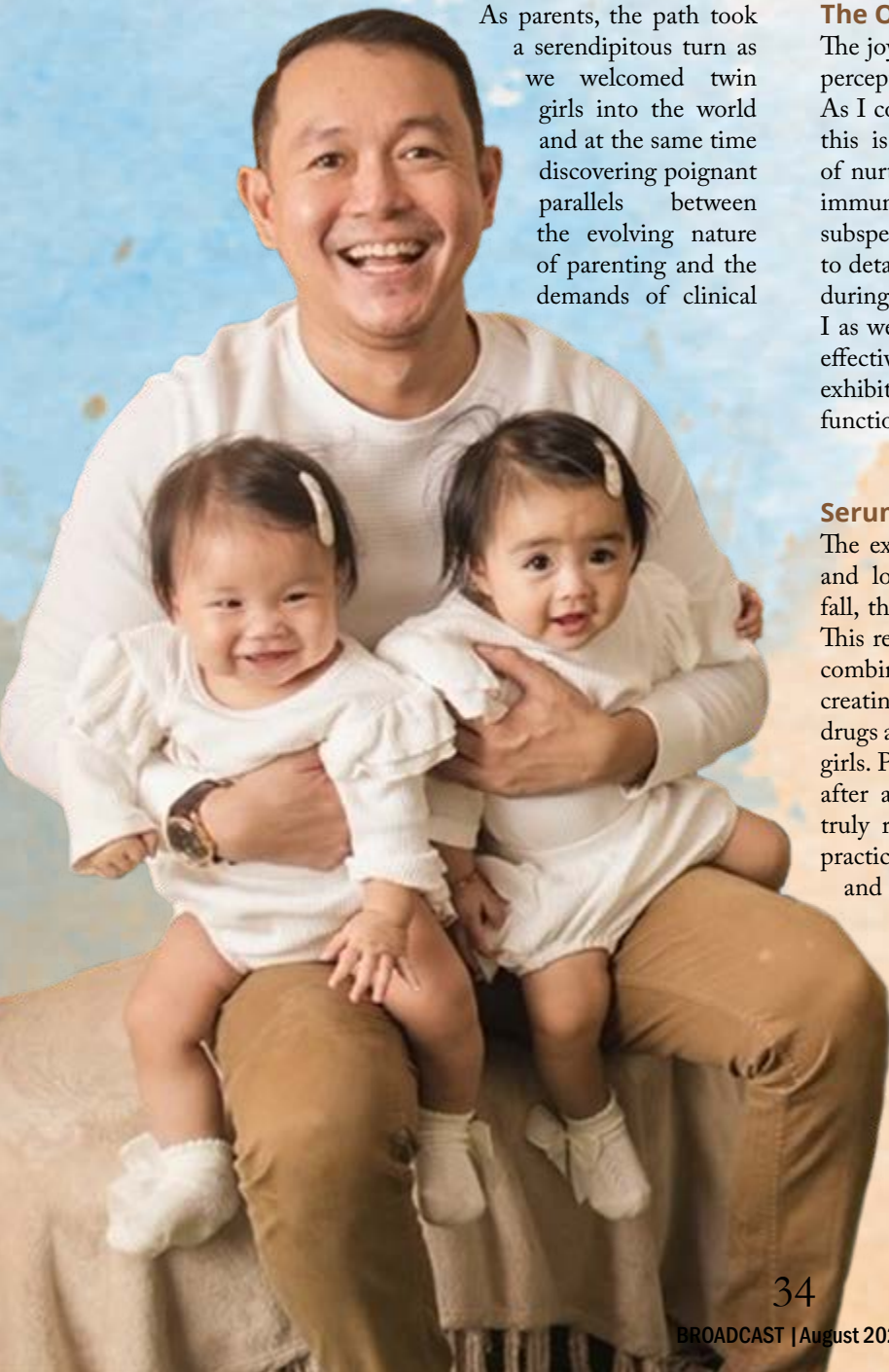
The joyous arrival of our twins into my life transformed my perception of my practice and erased the limits of my heart. As I continue to tackle the complexities of clinical practice, this is now intertwined with the immense responsibility of nurturing my children. Like any nephrologist, I am not immune to the obsessive and meticulous nature of the subspecialty. This demand for keen observation and attention to detail are vital not only in looking after our girls specially during their newborn stage but in looking after my wife and I as we explored the journey together. Caring for our girls effectively meant that we also paid attention to each other exhibiting the interrelatedness of the role of parents and the function of both kidneys.

Serum Creatinine: A Mirror of Parenting

The excursions of serum creatinine levels reflect the highs and lows of parenting. Just as creatinine levels rise and fall, the needs of my twins evolved with each passing day. This realization allowed me to approach parenthood with a combination of anticipation and patience. **Anticipation** that creatinine levels may rise during intake of less kidney friendly drugs also meant that as a parent I anticipate the needs of my girls. **Patience** that creatinine levels will eventually go down after appropriate management and given time. Parenting truly requires limitless patience and I have gained more practice on this as the days turned into nights then into days and into night again.

No Twin is the Same, No Patient is the Same

As Emilia and Eliana grew, I immediately started to witness the development of their distinct personalities. The calm and observant demeanor of Emilia reflected the meticulousness in nephrology where individualized care is essential for each patient.





Eliana, with her adventurous zest and inquisitive spirit, reminded me of the resilience of the kidneys, able to adapt and respond to various challenges. Just as nephrology is a field that acknowledges the distinctiveness of each patient's case, parenthood is a journey that embraces the uniqueness of each child.

When Two Become One

Even in their young lives, our twins display an unbreakable bond forged even before they were born. The way they look for one another if someone woke up first and is nowhere in sight displaying that one cannot be without the other. This is akin to the interdependence of the kidney's function in maintaining a healthy body. When two individuals or systems work hand-in-hand to achieve a common goal, they truly become one entity.

Navigating the Unknown

Despite years of training, caring for patients is sometimes accompanied with a feeling of not knowing everything or anything. Just as parenting is filled with countless unanswered questions. As a nephrologist, I had encountered cases that were new which is like parenting to twin girls – novel and unknown. I primarily relied on my wife who is a pulmonologist to help me catch my breath when things get too overwhelming. I also sought the guidance of family and friends within and outside of the medical community. As a doctor and a parent, it is crucial to acknowledge that I don't know everything. This allows me to seek advice and draw strength from the shared experiences of my fellow doctors and parents alike and to take comfort in the fact that I am not alone in this journey.

My journey as a first-time dad to twin girls has been a song played with the reverberating echoes of parenthood and nephrology. Each experience has augmented my understanding of both roles, elevating my life in ways I have never imagined. Parenthood has taught me that the experiences gained from medicine can be seamlessly applied to my role as a father. Similarly, the love and insights gained from parenting have upgraded my approach as a nephrologist. This transformative journey has provided me a profound outlook on both parenting and the clinical practice of nephrology. The similarities between the two roles cannot be denied - both require a delicate balance of patience, knowledge and adaptability. As both a father and a medical professional, I am committed to providing my daughters with the best care, just as I do with my patients. This twin journey of love and expertise has molded me into a better person and has become a constant reminder of the inescapable interconnections between daily life and medicine. 🧡



A Mom's Heart

By: Jem Metra-Punzalan, MD

*I always dreamt to be with you
Decades before you were born
I have loved you way before I lay my eyes on you I have prayed for you countless times
You are my answered prayer
I believe everything is given in God's perfect time Never early, never late but always perfect
You were the missing piece that I never knew You completed my life
You will always be my greatest blessing
My greatest love, my child
The best I've ever created*

*I promise to be always be there for you in all of your wins and more so in all of your losses A kiss to ease your
pain and a hug for your sorrow*

*I will do my best to show you how to live life with gratefulness and love
We will make memories, memories that will stay longer than my existence*

*I hope that the fire that burns within you grows bigger and brings you to greater heights Seize opportunities
that opens and follow your passion
Take risks, be brave my child
Mommy got your back*

*If you ever feel weary, I will be your strength
Love what you do
Always give your best*

*May you find great friends that will inspire you and may this friendship last you a lifetime Find your voice
in this chaotic world and inspire more people to be great just like you Always choose to be kind to everyone
you meet, be the beacon of hope of your generation*

*Some things are infinite just like my love for you.
I am proud of you now and the person that you will be.*

Always Love Hurts

*Bakit ba kay hirap gumawa ng tula?
Puyat ko tuloy lalong lumalala
Buti pa ang kidney, pag sira, pwedeng mag-HD
Di gaya ng puso, pagtinamaa'y matindi!*

*Araw ng mga puso ay sasapit na
Ngunit nandito pa rin at nag-iisa
May mga tila mahihigpit na lubid
Exams, reports at research ang balakid!*

*Tanong sa sarili, sino ka ba?
Bakit ba kailangang igawa ng tula?
Miss na miss kita, pero sa aking palagay
Hindi mo waring ako'y para saiyo nabubuhay*

*Oo! Mahal pa rin kita, noon pa!
Eh ano nga naman, di 'ba?
Ako'y nasisiraan na!
Nagda-drama sa paggawa ng tula!*

*Sino ba naman ang hindi magda-drama
Sa isang pagsintang, hindi na natuloy pa...
Noon sa isang tula, ipinadaan
Sa ikalawang beses, sanay tamaan ka na!*

*Araw-araw ay lumipas
Buwan-buwan ang nagdaan
Tama ko sayo'y lalong lumalala
Pag-stalk sa facebook, stories at post mo ang
ginagawa*

*Kung iyong mamarapatin
Anong oras na ba?
Di ko namalayang patapos na pala
Ang tulang kanina lang ay pinoproblema*

*Sana naman sa tulang ito
Ngayong araw ng mga puso at pagtatapos ko ng
nephro...
Ang landas mo at landas ko
Sa PCP, sana'y muling magtagpo...*



James Vincent C. Legaspi, MD
Second Year Adult Nephrology Fellow
Fatima University Medical Center-Valenzuela



The PSN Resolve: Digital Transformation

The Power to be Informed

By: Gladys Diaz, MD
Chair, Cluster on Publication and Information Technology, BOT 2023-2024
and Jaz Santos of Amazing Ways

A continental shift is felt from the four walls of the boardroom to all corners of the Philippines and back. A gap is bridged linking all members and chapters of the Philippine Society of Nephrology (PSN). Today, the community surely witnessed the timely and regular information disseminated through the easily accessible social media platforms.

The PSN Community powered with timely shared information is just that-- a community, strengthened in the digital sphere. Ultimately, shared information among specialists' results in better service to the patients. Conversely, better informed patients lead to a clear roadmap towards healthy and comfortable living.

This initiative reflects the commitment of the board of trustees, led by the trustee in charge of publication and IT, to pivot PSN into a dynamic and ever-evolving community, composed of members, chapters and patients. Embracing digital and social media platforms such as the website, Facebook, YouTube, recently TikTok, and soon Twitter, presents accurate information and more interestingly, human interest stories among the PSN community.

The website (www.psn.org.ph) has recently evolved into a dynamic, user-friendly source of information. Now, the website contains a directory of doctors and PhilHealth accredited dialysis clinics as well as Continuing Medical Education (CME) programs and training courses offered expanding the resource of medical practitioners in this field of specialization. The website will soon re-launch Geomap, placing a pin on all members on a map. Facebook communicates to the members through the PSN page (www.Facebook.com/PSN) and the patients, friends and

family through Kidney Corner (www.Facebook.com/KidneyCornerPSN), whilst TikTok ([psnmanila](https://www.tiktok.com/@psnmanila)) and YouTube ([@philippinesocietyofnephrol4823](https://www.youtube.com/@philippinesocietyofnephrol4823)) features accurate information and the lighter side human interest stories.

From the lens of a patient, PSN becomes a reliable and authentic source of information to assist in navigating the correct path towards quality of life. From the lens of the members, PSN becomes the community of like-minded advocates with a cohesive coverage from continuing education, updates on public and private interventions, and updates on local and global trends such as technology and knowledge shared among peers.

Each member is encouraged to contribute to build the digital transformation of PSN and realize its vision. Shared information among peers leads to better informed medical specialists. Registration to the Geomap shall prove to incomparably serve the patients, their family, and friends.

The board of trustees call on each member to make this vision of a digital transformation a reality. Leadership among the board of trustees embarks on improvements to elevate the role of PSN in the community. One such critical resolve is the digital transformation anchored on the power of being informed.

Afterall, the sum of parts is greater than the whole.🙌





Connecting Communities

In recent months the Philippine Society of Nephrology (PSN) burst into the scene with a myriad of active social media content both to inform and to entertain. These draw its members, its chapters, and the patients, with their family and friends, to discover reliable, accurate and authentic information archived in the digital sphere.

Like-minded advocates for kidney care in every corner of the Philippines, and the global Filipino, access the same information. As a result, everyone is quite engaged in a dialogue that breaks geographic and economic barriers otherwise.

Information such as finding a doctor near you or your loved ones is within reach from your mobile phone. Physicians and medical specialists can browse through the Continuing Medical Education (CME) programs, activities, and conventions in the pipeline. Tips and hacks on kidney-friendly diet and nutrition management become available content. Faces and names among medical specialists are introduced, from time to time. All these are choreographed and curated to serve the communities and groups.


Comments and feedback are welcome and steer PSN to respond to relevant concerns, promptly. Such conversation

on the scale only afforded in the digital space is valuable in many ways. That is the benefit of the revitalized social media campaigns of PSN.

Behind the scenes, PSN, led by publication and IT, is further strengthened by engaging a third-party Social Media Communication Concierge – Emazing Ways, to populate the social media platforms with relevant content. Building an interactive community helps curb the incidence of the dreaded kidney disease, breathing hope into an extended life, quality of life and comfort.

PSN and the Social Media Communication Concierge are gearing up and remain steadfast to broadcast relevant content in the coming months. Information aids for doctors and updates on the activities organized by PSN through its chapters will be a constant.

Dynamic connected communities hope to continue in the coming months within the shores of the country, as well as other Filipinos worldwide.

Emazing Ways is a contributor to the PSN Newsletter to provide updates on news and digital matters, from the point of view of the Social Media Communication Concierge. 



Alberto O. Daysog Jr., MD, FPCP, FPSN

PSN President 1982-1984

*(**I remember writing this piece as part of his nomination for the PCP Dr. Gonzalo Austria Award which he received in 2019. ---Dr. Phel Esmaquel)*

Dr. Alberto O. Daysog Jr. is one of the pioneering nephrologists in the country who has contributed significantly to the field of nephrology. His research work on “Renal Glomerular and Vascular Lesions in Prediabetes and in Diabetes Mellitus: A Study based on Renal Biopsies” was published in the Annals of Internal Medicine in 1961 and has been cited numerous times and contributed significantly to the understanding of what we know now as Diabetic Kidney Disease. Dr. Cecil Z. Tady included this as one of the Outstanding Achievements and Contribution in the Field of Clinical Medicine during the last 100 years in his plenary report in 1997 entitled “100 years of Internal Medicine in the Philippines”. This is among the other important publications he has contributed in the understanding of acute renal failure, nephrotic syndrome, leptospirosis, dialytic therapy, urinary tract infection, urine microscopy. He has garnered numerous awards and citations for all the research work he has done since 1960s. The Philippine College of Physician also bestowed upon him the Distinguished Researcher award in 1992.

Dr. Daysog is also a passionate and dedicated teacher having taught since 1962 until his retirement in year 2000 as full professor at the Faculty of Medicine of the University of Sto. Tomas. At various times he has also taught and served in the

faculty of other medical schools: Manila Central University College of Medicine from 1962-1964; University of the Philippines – Philippine General Hospital 1964-1968; Pamantasan ng Lungsod ng Maynila from its establishment in 1983 until his retirement in 1998. He has also served as lecturer in nephrology at various times in the following medical schools: General Emilio Aguinaldo College of Medicine, Perpetual Help Medical School, and the defunct Philippine Christian-Muslim Medical School. Philippine College of Physician has also recognized him when he was bestowed the Distinguished Teacher Award (Clinical Education) in 2012.

Dr. Daysog is also an astute clinician; he is among the pioneering nephrologists who introduced in the country the practice of percutaneous needle biopsy of the kidney in



the diagnosis of glomerular diseases. He also is part of the team of nephrologists who oversaw the first hemodialysis in the country using the Kolff machine performed in PGH in 1963. He has served as consultants in various hospitals, both private and government.

He has contributed significantly to the growth and advancement of the professional organization in various capacities as mentor and leader of the Philippine Society of Nephrology. Dr. Daysog was one of the founding members of the Philippine Society of Nephrology (PSN) and is listed as one of the 13 incorporators of PSN Inc. during its establishment in May 1972. He has served the society since then in various capacities among which as Specialty Board Examiner from 1984-1986. He also served as the President of PSN from 1982-1984. In recognition of his outstanding achievements and contribution in nephrology, the Philippine Society of Nephrology has bestowed upon him its highest award, the "A-One" Award given last April 21, 2004.

His love and passion for nephrology is equally reflected in the subject of his paintings in various media. He is regarded as one of the few ceramic painters of the country. He has developed his own technique of painting over glazed tiles, plates or mugs; and this technique he has shared and published in an international publication. He has held various exhibitions and has generously shared the proceeds of sales of his art works to various charities and charitable institutions.

Dr. Alberto O. Daysog is a well-respected epitome of a complete Internist and an outstanding nephrologist.🌱



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Alberto O. Daysog, Jr.
July 20, 1933- June 27, 2023

Elementary education in Dagupan Elementary School in 1945

Arellano University in Pasay in 1949

Associate in Arts (Pre-Medicine) in San Juan De Letran College in Manila in 1951, graduated Valedictorian

Doctor of Medicine at UST College of Medicine and Surgery in 1956

Rotating Intern at the Jewish Hospital in Cincinnati, Ohio. Residency in Internal Medicine and Fellowship in Diabetes and Kidney Diseases at Baylor University affiliated hospitals, Houston, Texas 1957-1961. Three-month rotation at Barnes Hospital in St. Louis, Missouri in 1960.

Part of pre-PSN years—returned in 1961 as a trio of foreign trained physicians together with Dr. Antonio Talusan (MD 1956 UP) and Dr. Eduardo Gotamco Tan (MD 1956 UST).

First published needle biopsy of the kidney reported in the Medical Digest of the Manila Central University College of Medicine in 1963.

Published several papers on acute renal failure and dialytic therapy. One of the earliest to recognize and write about non-oliguric acute renal failure. Extensive work on urinary sediments, urinary tract infection, peritoneal dialysis, adult nephrotic syndrome.

Awarded, recognized and published.

Teacher, Mentor, Pioneer.

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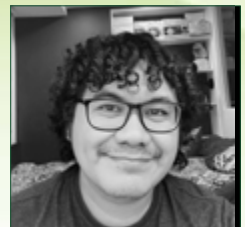
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