

BROADCAST



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United in Gratitude

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LOVED

THANKFUL

GRATEFUL

JOYFUL

BLESSED

THANKSGIVING

By: Maria Eliza R. Navarro, MD

We're living in turbulent times.

The last few months have been chaotic on the world stage, with existing conflicts seeing no sign of deescalation and new ones erupting in the most volatile places possible. It may seem like fear mongering to some, with the thought, "What does the war in Ukraine or the eternal conflict in the Gaza strip have to do with me?" Yet I cannot fathom remaining glib about such events. Even if they are taking place in another part of the world, only a foolish person would deny its far-reaching effects on the global community.

This will probably be more meaningful to many of you if I cite the timeworn battle we have right on our doorstep; nary a day goes by that we read of Filipinos being harassed right out of our own waters. This is especially heartbreaking because it happens to the most impoverished sector of our society—the fishermen who feed us and who have the least recourse when assaulted.

The weight of conflict causes more anxiety when it hits closer to home. We were all stunned and upset when one from our ranks perished without having the chance to clear his name and reclaim his life. He was the scion of an illustrious doctor and to his peers, a complete professional of the highest caliber. Yet even his background or credentials proved futile to a system that was punitive and more importantly, to ham-handed lawyering. Now, many of us can't help but feel fretful for the future.

A matter that should elicit an urgent response from us is the issue of organ trafficking. Barely a decade ago, we made great strides in stemming this unscrupulous practice. But a venality like this rarely disappears, especially in a third world country like ours where the lure of easy money is the answer to daily hardships of poverty. It is an illness that festers and now, courtesy of a TV documentary, we are jolted back into this harsh reality. We are now working fervently behind the scenes to answer this challenge.

For all these issues and trials we are facing from every front, I was reminded that there are still things we can be grateful for. Just a barely a month ago, I considered myself fortunate to be witness once again to our youngest colleagues taking, and succeeding at, the last step to being full-fledged nephrologists. They recently had their conferment and took their oath to stand alongside all of us. It did not happen on a global stage, nor on a national platform. It happened with the PSN family. It was beautiful, and it never gets old.



PSN REIMAGINED IN 2023: A Beacon of Transformation

By: Gingerlita Alla-Samonte, MD
President, PSN

It's been a great year of learning, camaraderie, cooperation, and fellowship as we forge ahead smiling. Echoes of laughter, applause and celebrations marked the year 2023!

The Society was poised for transformation. The global pandemic along with pursuits towards advancing nephrology care of the Philippines motivated the drive for change. We spoke louder, reached wider and touched more lives in public service through education, campaigns, and collaborations. We earnestly aspired to be an engine of change in the health care landscape.

Our manifesto is to reimagine the Society as a beacon for transformation.

Indeed, the Society triumphantly implemented campaigns that align with national policy and global trends, in relentless pursuit of its advocacies. Noteworthy are the results of partnering with stakeholders to advance and preserve the adeptness of our members and the dignity and rights of our patients. We found platforms to engage through our digital transformation by responsibly broadcasting accurate and helpful information to the wider public.

At the heart of all our efforts are the members of the Society, earnestly and feverishly elevating kidney care, befitting the patients, and wider community. As a strong collective, we emulated values beyond the Society, fostering unity within our respective communities and the country. Perfectly in step is our resilience to adversity, rising from the economic, health and mental anguish resulting from challenges we faced. Determination and resolve underline the innovative drive of the Society, to treasure diversity of expertise and perspectives. Thus, contributing to a unified approach in addressing kidney health issues.

We owe the men and women comprising the Society a big thank you. Thank you for consistently supporting the initiatives of the Society's leadership. Thank you for supporting the programs and campaigns, believing it is aligned with our common objectives.

We're not done. The year 2024 promises a Society ever more determined to take the transformation to the next level. The determination of each member of the Society to aim higher and journey farther fuel our resolve. Notwithstanding the wins in 2023, there is still much to do. Positive change to some challenges takes time. PSN will not waiver it in its commitment to address the needs of its members and the community it serves. The leadership remains hopeful to traverse the right path.

As a final word from the Boardroom, May the spirit of Christmas fill you and your family with love and peace. And God to continue bless each and everyone one of us. 🙏



Mindanao hosts 16TH PSN Mid-Year Convention

By: Noel B. Camique, MD

The month of October was highlighted by the meetings of the minds in the hospitable gateway of Mindanao, in the City of Golden Friendship, as PSN MINDANAO hosted the 16TH MID-YEAR CONVENTION in Cagayan de Oro City last October 13-14, 2023.

For the past decade, the Mid-Year Convention of the Philippine Society of Nephrology was set every other year. The PSN Mindanao Chapter was privileged to host this year's event with the theme Going the Extra Mile in Renal Care.

The event was officially opened by the President of the Philippine Society of Nephrology Dr. Gingerlita Alla-Samonte during the Opening Ceremony last October 13, 2023. Delegates from different regions of the country were welcomed by PSN Mindanao Chapter President Dr. Noel Camique.

In his speech, Dr. Camique sets the goal of the gathering saying, *"This convention provides the best opportunity of working together and looking forward to reach beyond border for a better global practice and going the extra mile in renal care limitlessly."*

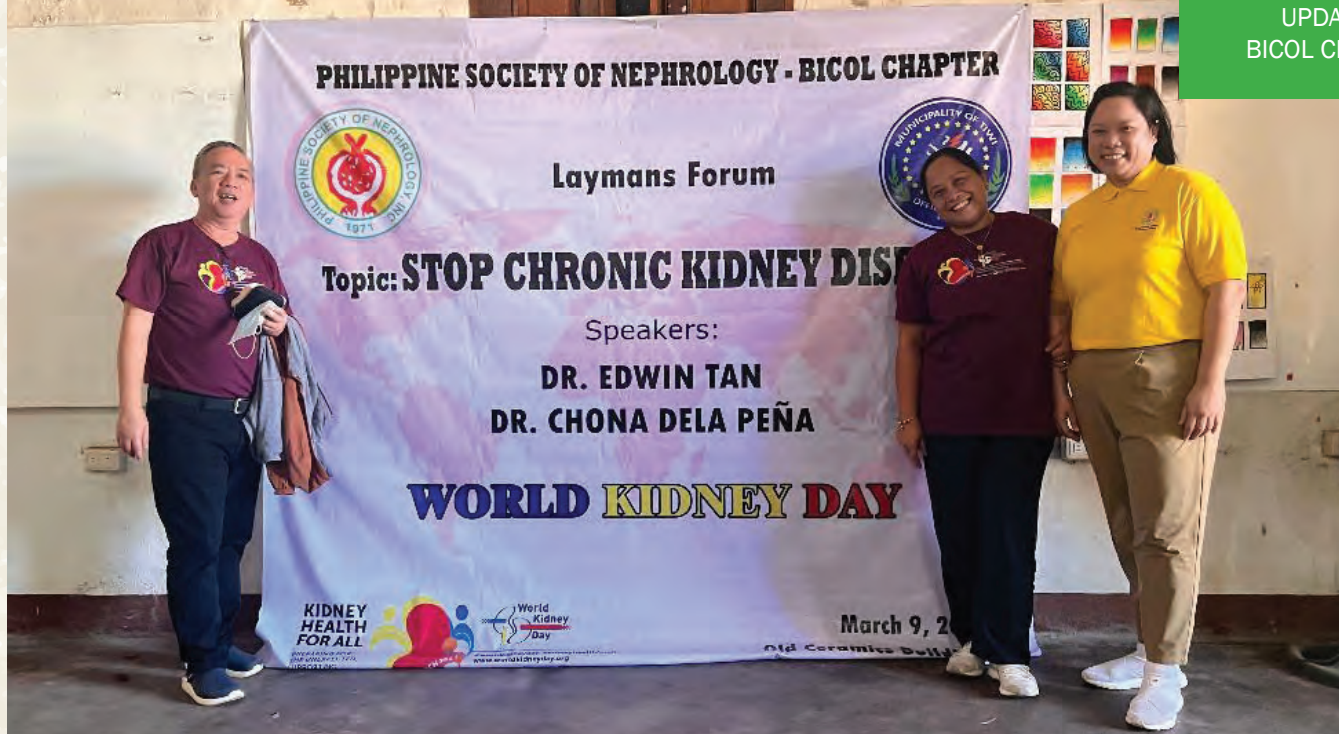


The event was also graced by the presence of the keynote speaker, Hon. Atty Rufus Rodriguez, Representative, 2nd District of Cagayan de Oro City who stressed the value and the essence of continuing education. *"Why men continue studying and reading, because when man stops learning, he starts dying"*. It indeed cemented our pursuit of knowledge as one of the foundations in our practice of our profession," said Rodriguez. He adds that this year's theme *"encapsulates the spirits and essence of our noble profession"*.

In going extra mile in renal care, topics of the convention covered not just the science but the art as well in caring. Discussions on Elderly Care, Sexual Health and Lifestyle just to mention a few, explored the discussion of aspects less dealt with in clinical practice but impacts greatly in the lives of patients living with kidney disease.

The convention as well opened avenues on updates on certain topics that influences kidney diseases such as obesogens, chemotherapeutic agents and interventional nephrology. Indeed, the 2-day event is packed with learning opportunities and as well provides moment of bonding with peers, sharing ideas and best practices.





Updates: Bicol Chapter

By: Edwin Tan, MD

The Philippine Society of Nephrology (PSN)-Bicol Chapter, being the newest chapter of our society, has been persistently striving for the continuous delivery of quality care to the community and our patients through active support and service of the chapter while keeping in mind the mission, vision and values that the society upholds. Aside from the various activities like outreaches, lay fora, health promotions activities and continuing medical education, the chapter makes its presence felt and assert its relevance to the medical community of the region.

March 2023

The chapter members were able to meet up after three years of seemingly endless virtual meetings to celebrate World Kidney Day face-to-face in the rustic towns of Tiwi and Camalig Albay. The event was started with a Zumba held in the town plaza of Tiwi led by Dr. Leslie Yap and health enthusiasts supporting the project. This was followed by a lay forum sharing the importance of renal diseases, their impact to health and appropriate preventive measures. Facilitators included Dr. Chona dela Pena of Masbate, Dr. Liza Mary Palencia of Daet and Dr. Edwin Tan of Sorsogon. The forum was attended by no less than the municipal mayor – Mayor Jaime Villanueva and his employees. Several myths were debunked by the short talk which ended with a lively and informative question and answer portion.

The World Kidney Day Celebration culminated in Sumlang Lake in Camalig where members enjoyed the banquet after a day's work. The outgoing president, Dr. Arnel Villanueva, updated the members of the different achievements, pending plans and directions of the chapter post-pandemic.





New diplomates, board-eligible members and fellows-in-training were introduced and welcomed. Representatives from the Department of Health (DOH) –regional office represented by Dr. Gisela Joyce Claveron, CKD PCP program manager with her staff were invited to talk on some specific revisions on the guidelines in the practice of nephrology. Topics included update on the transfer of data collection from REDCOP of NKTII to Philippine Renal Disease Registry (PRDR) under the supervision of the DOH. Newly instituted requirements for the renewal of license to operate for dialysis centers were partially tackled as some relevant issues are still being seriously deliberated on by the department.

April 2023

The Board members of the PSN-Bicol Chapter convened to discuss some revisions in the by-laws. One of which was the extension of the terms of office of elected board members and officers to 2 years from the previous 1 year as decided on in 2016. The new set of elected officers was as follows: Dr. Irwin Mortel, President; Dr. Joy Galino-Lacerna, Vice-President; Dr. Melissa Tita Luna-Antonio, Secretary; and Dr. Josephine Bonos-Baroma, treasurer. Strategic planning followed that focused on securing the practice of every nephrologist while fostering professionalism, ethics, values and harmony amongst members.

June 2023

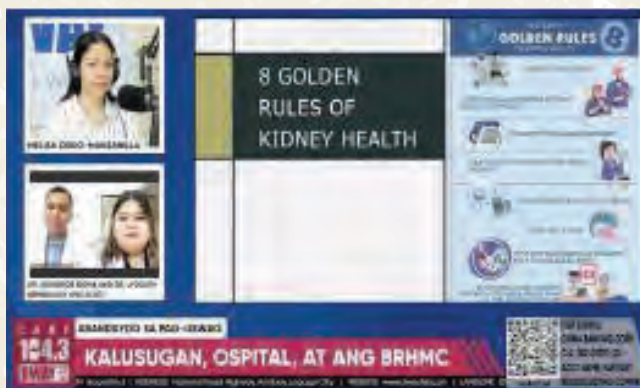
Since the Bicol Region is geographically separated by islands and mountains, Kidney Month celebration for 2023 was celebrated individually and uniquely by the different dialysis centers through various events.

For Sorsogon, Metro Health dialysis centers made use of the social media platform facebook (FB) to discuss kidney transplantation (KT). Knowing that FB can encompass a larger CKD audience, Dr. Jose Emmanuel Cabildo and Dr. Edwin Tan tackled the issues on recipient and donor

eligibility for KT, different types of donors, extensive work-ups and lastly the ethical plus the legal implications of the procedure. Relevant questions were entertained and answered during the live telecast.

For Daet, Camarines Norte, multiple pocket lay fora and free screening for lifestyle diseases (Creatinine, BUN, BUA, FBS, Urinalysis) were conducted in several barangays. The activity focused on raising kidney health and disease awareness and its prevention thru the joint efforts from local nephrologist Dr. Liza Mary Palencia, the College of Nursing and College of Clinical Laboratory of Our Lady of Lourdes College foundation and the LGU of Daet.





For Legazpi Albay, the Section of Nephrology of Bicol Regional Hospital and Medical Center (BRHMC) prepared a series of events spread throughout the month of June to educate the different sectors of the community about significant diseases that can impact their daily lives.

In June 1, our nephrology fellows partnered with Care 104.3 The Way FM Radio to discuss the 8 Golden Rules of Kidney Health while in June 7, with DZGB to discuss Kidney Health Prevention Strategies.

With the rainy season beginning, the Section partnered with Barangay Bitano last June 10 to educate the community about Leptospirosis and the approaches to prevent and recognize the disease. This forum was led by Dr. Melissa Tita Antonio.

Dr. Lorna Wong tackled the Facts and Myths regarding Kidney Organ Donation and Transplantation for organ donor coordinators throughout the Province of Albay. This was in partnership with DOH Region 5, and was held in Laroca, Albay in June 13.

Our colleagues in the law enforcement also welcomed the invitation to conduct a forum regarding Kidney Health Prevention with Dr. Irwyn Mortel, our chapter President as the speaker at Camp Simeon Ola last June 17.

For the last event of the Kidney Month, a Fun Run was organized and held in June 30 at Puro, Albay. A total of 297 participants attended and enjoyed the activity. It was indeed a fruitful and inspiring month-long celebration for us, nephrologists.

July 2023

The PSN-Bicol Chapter lead by our Vice-President Dr. Joy Galino together with Dr. Lorna Wong, Dr. Melissa Luna-Antonio and Dr. Liza Mary Palencia took the initiative to reach out and make a courtesy call to the regional office of the Department of Health (DOH) to discuss issues that might pose as threats in the practice of nephrology in the area.

Due to the alarming rise of LGU's in Bicol planning to set up dialysis centers in almost all possible place where CKD patients on dialysis are concentrated, the Chapter requested for an audience with DOH – regional office to lay down all the perceived pros, cons and repercussions of the forthcoming influx of dialysis centers. Topics included: responsibilities of nephrologists in every HD center, active participation of nephrologists during the initial stage of HD construction, acknowledgement of the role of the chapter by DOH as link to PSN national and introduction of members and their respective areas of practice. Dr. Galino submitted the list of members and committed to provide annually an updated list of PSN Bicol members to help improve the delivery of quality hemodialysis care. The immediate goal is to ensure that every hemodialysis center is able to comply with the PSN general HD guidelines and DOH administrative orders in the monitoring and licensing of dialysis centers. Likewise, it was emphasized to give locally-based nephrologists priority in handling centers within the region- the most ideal and practical way of assuring safety to our patients. The meeting was also intended to discuss the important functions of the chapter in the regulation of the practice of nephrology in the area. The ultimate goal is to establish mutual relationship that is aimed to foster unity and harmony between DOH and the chapter.

In July 23, 2023, members of the Board of Trustees of PSN-National, headed by our president, Dr. Gingerlita Samonte visited the region to confer the relevant output during the national strategic planning to chapter members. Heads and members of the various councils, clusters and committees were introduced. Dr. Samonte reiterated that the conceptual framework remained to be the “BAHAY NA BATO” which shall be reinforced with concrete and doable actions plans and scoreboards. Present during the meet-up were Dr. Pelagio Esmaguél, Jr. (Vice President), Dr. Ricardo Francisco, Jr. (Secretary), Dr. Glenn Butuyan, Dr. Juliet Chua Chong – Noel, Dr. Gladys Maribal Diaz, Dr. Minnie Monteclaro



(Board Members) and Dr. Maaliddin Biruar (Immediate Past President).

Also, with Dr. Samonte were the members of the adult nephrology fellowship accreditation committee that was tasked to inspect the capability and preparedness of the facility of Bicol Medical Center (BMC), one of the largest referral centers including kidney transplantation in the region, and evaluate the proposed adult nephrology fellowship program. The accreditors present were Dr. Pelagio Esmaguél Jr., chair of the committee, Dr. Juliet Chua Chong-Noel and Dr. Gladys Maribal Diaz. The chair of the newly created Adult Nephrology Fellowship program is Dr. Rizalina Ramos who was the pioneer nephrologist in the region while the training officer is Dr. Josephine Bonos-Baroma. After hours of discussions and interpolations, the center was granted 1-year provisional accreditation. Thanks to the efforts of all the staff behind the tremendous efforts and time invested from the time of conception to the realization of the training program. Currently, BMC is the second institution in the region with adult nephrology fellowship program. Bicol Regional Hospital and Medical Center (BRHMC) was the first accredited program in the region. At last, shortage of practicing nephrologists in the area shall be a thing of the past in the years to come.🙏



Renal Care and Transplant Center



Teaching Rounds



World Kidney Day (Legazpi City)



CHAP (Cararayan, Naga City)





Accreditation Visit



Renal Care Doctors with Medical Center Chief



Renal Staff with MCC



Disaster Preparedness and Cross-Border Collaboration: Protecting Dialysis Patients from Volcanic Hazards

By: Maria Laura Bielle G. Reyes, MD and Kathryn Marie L. Ramirez, MD

Taal Volcano which is located in the province of Batangas is often referred to as one of the world's most famous and dangerous, and has exhibited periods of inactivity for decades. However, in January 2020, this dormant volcano stirred to life. Taal Volcano erupted violently, spewing ash and steam up to 15 kilometers into the atmosphere. The immediate impact was devastating. Ashfall reached as far as Metro Manila, forcing the temporary closure of schools, businesses, and airports. Thousands were displaced from their homes, seeking shelter in evacuation centers.

In the aftermath of the devastating Taal Volcano eruption of 2020, the province of Batangas faced yet another environmental challenge just recently – the Taal Volcano Smog, a phenomenon caused by the accumulation of volcanic smog, or "vog," in the atmosphere. Taal Volcano Smog, or vog, is a consequence of volcanic activity that releases copious amounts of sulfur dioxide (SO₂) and other volcanic gases into the atmosphere. These gases react with sunlight, oxygen, dust, and water vapor, forming fine sulfate particles and droplets that can be carried by wind, creating a hazy, smog-like appearance. The health impacts of Taal Volcano Smog is a significant concern. Sulfur dioxide can irritate the respiratory system, leading to coughing, wheezing, and exacerbation of pre-existing conditions such as asthma and bronchitis. Prolonged exposure may increase the risk of more severe respiratory illnesses. Vulnerable populations, such as children, the elderly, and individuals with compromised immune systems, are particularly at risk.

What to Do When Facing Vog

1. **Stay Informed:** Keep yourself updated on information about air quality and health advisories during Vog episodes.
2. **Stay Indoors:** If Vog is affecting your area, it's best to stay indoors as much as possible. Close all doors and windows to minimize the intrusion of outdoor air.
3. **Use Air Purifiers:** Consider using air purifiers equipped with HEPA filters to reduce indoor air pollution. These devices can help remove fine particles and pollutants from the air.
4. **Create a Safe Room:** Designate a room in your home as a "safe room" where you can retreat during Vog events. Ensure it has proper ventilation and is well-sealed to prevent the entry of outdoor air.
5. **Avoid Outdoor Activities:** Refrain from outdoor activities like jogging, hiking, or sports during Vog episodes, as physical exertion can increase your exposure to polluted air.
6. **Use Masks:** If you must go outside, wear N95 respirator masks, which can help filter out fine particulate matter. Ensure the mask fits snugly for maximum effectiveness.

8. **Eye Protection:** Wear protective eyewear, such as goggles or sunglasses, to shield your eyes from Vog-related irritants.
9. **Seek Medical Advice:** If you experience severe symptoms like difficulty breathing, chest pain, or persistent coughing, seek medical attention promptly. Individuals with pre-existing respiratory conditions should be especially vigilant.
10. **Be Mindful of Vulnerable Groups:** Pay special attention to children, the elderly, and individuals with respiratory conditions. They are more susceptible to Vog-related health issues.

Dialysis patients are among the most vulnerable to the effects of the Taal Volcano Smog and their compromised immune systems makes them highly susceptible to respiratory issues and other health complications when exposed to poor air quality. Recognizing the urgent need to protect these vulnerable individuals, PSN – Southern Tagalog chapter has partnered with PCP – Southern Luzon and have launched a donation drive for N95 masks to be distributed in various dialysis centers in the Western part of Batangas. As the Taal Volcano Smog continues to pose challenges to the affected regions, the spirit of giving exhibited by this initiative serves as an inspiring reminder of the resilience and generosity of the Filipino people. It demonstrates that even in the midst of adversity, acts of kindness and solidarity can bring comfort and relief to those who are most vulnerable.

Disaster preparedness is of paramount importance for patients who are dependent on centers for regular Dialysis session.

This event has served as a reminder to always empower our staff and patients to take proactive steps to reduce the impact of disasters and increase their capacity to withstand and recover from them. Here are some key pointers to remember when it comes to disaster preparedness:

- Review, refine and update contingency plans regularly to be sure it remains effective in evacuation routes, protection of equipments, transportation routes and consumables supply.
- Have THE EMERGENCY BOX prepared at all times containing important documents pertaining to facility operations, staffing, patient records, mutual aid agreements, listing of critical service providers and flashlight with extra batteries.
- Ensure adequate supply and monitor stock usage of medications and dialysis consumables.
- Ensure alternative sources of essential utilities are in place to meet the needs of patient care and support functions during an internal disaster such as Generators, Tanker and medical gas.
- Educate patients and staff on the “Clamp and cap” procedures.

Consistently remember that disaster preparedness is an ongoing process and should always be updated. Being proactive and working together as a team can make a significant difference on how each and every one can respond to calamities. Disaster preparedness empowers us, our patients and our staff to minimize injuries, protect our property and foster community resilience.🙏



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- 2) Yamakawa, T. (2023, March 1). Earthquake, volcanic eruption, flood, and CBRNE: How can we prepare for disasters? Renal Replacement Therapy, 9(1). <https://doi.org/10.1186/s41100-023-00467-2>



PSN-ASB holds 2023 Certifying Examination in Adult Nephrology

By: Joselito A. Mora, MD

The 2023 Written and Oral Certifying Examinations for Adult Nephrology was conducted last 17 and 24 September 2023, respectively. The examinations were held at the Bayanihan Center of United Laboratories at Pasig City and administered by the Philippine Society of Nephrology – Adult Subspecialty Board (PSN-ASB) headed by its Chairman, Dr. Joselito A. Mora and Drs. Stephanie Andres, Russel Villanueva and Filoteo Ferrer.

There were ninety-six examinees who took the written examination. Seventy-two were first time takers while twenty-four were re-takers. Of the ninety-six examinees who graduated from various accredited training institutions, fifty-nine (61%) passed the written examination and all of them successfully hurdled the oral (OSCE) examination held a week later.



The PSN-ASB started their task of drafting the exam questions as early as December of 2022. The preparation was tedious considering that the support staff from PSN was relatively new. Another challenge encountered was the change of venue originally slated at the UST Faculty of Medicine building due to the simultaneous schedule of the 2023 Bar Examination which was also partly done at the same campus.

Overall, the conduct of both examinations went well. The Fellows of PSN who attended the event and who acted as proctors were full of enthusiasm seeing their younger colleagues pass the examinations. ☺



Just (Filipino) Desserts! (from page 29)

ANSWERS:

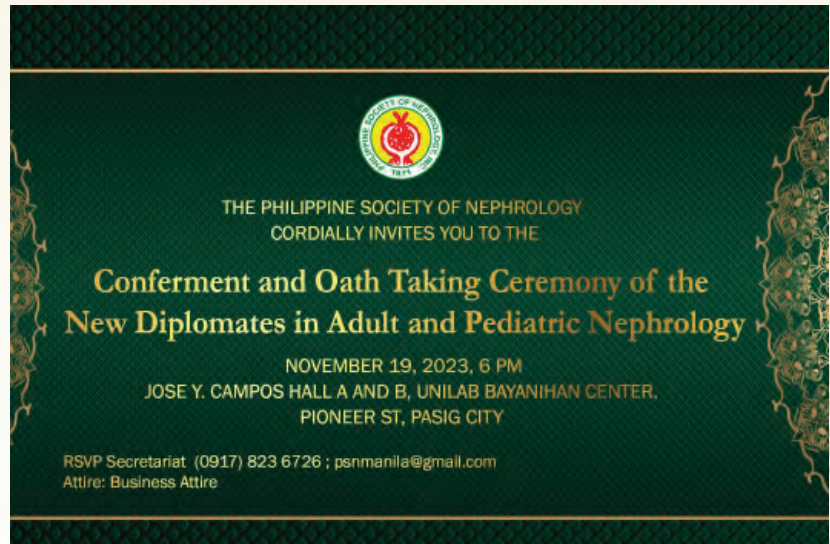
1. Leche Flan
 2. Puto Bumbong
 3. Cassava cake
 4. Maja blanca
 5. Biko
- Recipes from allrecipes.com and panlasangpinoy.com*

Philippine Society of Nephrology Marks Milestone with Independent Conferment of New Diplomates

By: Marissa Elizabeth L. Lim, MD

In a historic moment for the field of nephrology, the Philippine Society of Nephrology (PSN) orchestrated its first independent conferment ceremony for the latest adult and pediatric diplomates. This monumental event unfolded on November 19, 2023 at the Unilab Bayanihan Center, setting the stage for an evening of celebration and recognition.

The proceedings started with a dignified lining up to march. At this poignant moment, guests and parents beamed with pride, watching the delegates step forward into the next chapter of their professional journey. The venue was graced by training officers, chairs from various training institutions, the Board of Trustees, past presidents, and the Philippine Society of Nephrology specialty board. The hall echoed with a sense of community, amplified by the enthusiastic presence of the families of the diplomates.



Dr. Zenaida Antonio, a distinguished pediatric nephrologist, past president of the Pediatric Nephrology Society of the Philippines (PNSP), and esteemed Philippine Professional Regulatory Commission Chair, held a position of honor as the special guest.

The evening began with the harmonious strains of the national anthem from the PSN choir, followed by a heartfelt prayer led by Dr. Vimar Luz. Dr. Gingerlita Samonte, President of PSN, set the tone for the night with warm welcoming remarks.

Dr. Ricardo Francisco took the stage as each new diplomate was called to step forward, a symbolic moment accentuating the culmination of hard work and dedication. The atmosphere was inspired as Dr. Alberto Chua, a former PSN president and A1 awardee, delivered an eloquent address emphasizing the Purpose, Service, and Nurturing cornerstones integral to the nephrologist's journey. Dr. Joselito Mora and the Adult Specialty Board also graced the event. Dr. Violet Valderrama, PNSP President, and her team were also present.

Forty-eight adult and nine pediatric nephrologists were conferred that evening, and the new members of the specialty board undertook their oaths, solidifying their commitment to the highest standards of kidney care. The distribution of the Certification of Specialization was led by Dr. Samonte, assisted by Dr. Joselito Mora, Chairman of the Adult Specialty Board, Dr. Violet Valderrama, and other members of the specialty boards.

The mood throughout the ceremony remained festive and joyous, reflecting the pride and happiness of the sea of families witnessing this significant achievement. As the evening concluded, capturing moments through pictures seamlessly transitioned into a celebratory dinner, fostering a sense of camaraderie and shared success among all attendees.

The event culminated with closing remarks from Dr. Pelagio Esmaguél, Vice President of the PSN. The independent conferment by the Philippine Society of Nephrology stands as a landmark event, symbolizing a new era of excellence and commitment in kidney care in the Philippines.🙏



Academic Procession led by Dr. Ricardo A. Francisco, Jr.



Opening Prayer led by Dr. Vimar A. Luz



Opening Remarks and Message by Dr. Gingerlita Alla-Samonte



Introduction of Keynote Speaker by Dr. Agnes G. Torrijos-Cruz



Keynote Speech by Dr. Alberto T. Chua



Conferment and Oath Taking of New Diplomates





Conferment and Oath Taking of Meinard Nepomuceno, MD to the Philippine Specialty Board in Adult Nephrology



Distribution of Diploma/Certificate of Specialization





Closing Remarks by Dr. Pelagio E. Esmaquel, Jr.



PSN Hymn



Distinguished Pediatric Nephrologist Appointed Chairperson, PRC Board of Medicine

By: Lynette F. Alcala, MD

Another milestone for the Pediatric Nephrology Society of the Philippines is the appointment of Dr. Zenaida L. Antonio, one of the founding members of the society, as Chairperson of the Professional Regulation Commission, Board of Medicine. She is a graduate of the University of Santo Tomas both for her undergraduate Bachelor of Science in Biology degree (Magna Cum Laude) in 1970 and Doctor of Medicine (Cum Laude) program in 1974. She had her postgraduate internship at the V. Luna Medical Center and Residency Training in Pediatrics at Makati Medical Center for a year and proceeded to Charles A. Janeway Child Health Center, Memorial University of Newfoundland, Newfoundland, Canada from 1977 -1979. Subsequently she spent her Fellowship Training in Pediatric Nephrology at the Hospital for Sick Children, University of Toronto, Toronto, Ontario, Canada in 1979-1981.

Currently she is a Fellow of the Philippine Society of Nephrology, Philippine Pediatric Society, the Pediatric Nephrology Society of the Philippines and the Royal College of Physician and Surgeon (Canada). Her extensive experience as an academican and clinician serving as Associate Professor of the Department of Child Health of Far Eastern University-NRMF and the Department of Pediatrics, William H. Quash-College of Medicine, St. Luke's Medical Center as well as training officer and Chairman for the Section of Pediatric Nephrology Fellowship Program for both The Philippine Children's Medical Center and the National Kidney and Transplant Institute prepared her well for the job. Having earned her Diploma in Health Professions Education at the National Teacher Training

Center, University of the Philippines Manila equipped her with the appropriate portfolio to initially be a member of the Board of Examiners of the physician licensure examination and now the Chairperson.

Dr. Antonio served as President of the Philippine Pediatric Society, Inc. in 1998-2000 and the Pediatric Nephrology Society of the Philippines from 2000-2003. Her various hats also include being an administrator, teacher, mentor and community advocate, all of which embodies the heart of service and true love for the medical profession. She is a board member of the Hospital Accreditation, Advisory Council and Quality Assurance Committee for the Philippine Pediatric Society. She has earned several awards as the Most Outstanding Faculty Dr. Jesus B. Nolasco Awardee, Senior Faculty Clinical Category Institute of Medicine, FEU-NRMF in April 1993 & April 1996, Outstanding Pediatrician, PPS Inc 2006, with a special award for Medical Education in 2009 for the Philippine Society of Nephrology. Dr. Antonio was also hailed as The Outstanding Young Investigator Award in Pediatric Nephrology, IX Congress of the International Pediatric Nephrology Association, Jerusalem, Israel in 1995, with several publications all throughout her career as a pediatrician and pediatric nephrologist with book chapter authorship for both disciplines are authentic evidence of her capability to head such an office.

A mother to us most pediatric nephrologists who follow her less treaded path of training and the academe may more answer the call to be teachers of healing in the service of the Filipino Child and the welfare of pediatric renal health.☺



PANGHImagas

By: Marvin Callanta, MD



A small argument between a couple turns violent.

Husband says: Don't let the animal in me come out!

Wife replies: Who's afraid of a mouse??



If a wife wants husband's attention, she just has to look sad and uncomfortable.

If a husband wants wife's attention, he just has to look comfortable & happy.



A Philosopher HUSBAND said:-
Every WIFE is a 'Mistress' of her Husband...
"Miss" for first year & "Stress" for rest of the life...



Do you remember the tingling feeling when you took the decision to get married? That was common sense leaving your body.

A very intelligent girl was asked the meaning of marriage. She said "sacrificing the admiration of hundred guys, to face the criticism of one idiot."



Position of a husband is just like a Split AC-- No matter how loud he is outdoor, he is designed to remain silent indoor!

Husband to wife:
You should learn to embrace your mistakes....
She hugged him immediately.



Son : Dad, I got selected for a role in a play for annual day!
Dad: What role are you playing?
Son: A husband!
Dad: Stupid, ask for a role with dialogues!

Man outside phone booth:
"Excuse me, you've been holding the phone for 29 minutes and you haven't spoken a word".
Man inside: "I am talking to my wifel!"



**SHARE TO MAKE OTHERS SMILE...
LAUGHTER WORKS LIKE MEDICINE!**

The Practical Prescriber

Sensible information to help guide your everyday medication management

By: Czarlota Valdenor, MD

This article series aims to provide our nephrologists with 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.

Sacubitril/Valsartan (ARNI): Key Essentials in Guideline-based Care for Patients with CKD and Heart Failure

Patients with chronic kidney disease (CKD) have a very high prevalence of heart failure (HF). Cardiac complications contribute to mortality and morbidity among patients with CKD. Aside from the traditional HF regimen composed of nitrates, diuretics, beta blockers, mineralocorticoid receptor agonists, ACE-inhibitors, and angiotensin II receptor blockers (ARB), novel therapies such as SGLT2-inhibitors and angiotensin receptor/neprilysin inhibitors (ARNI) have also been shown to have significant beneficial effects in patients with HF.

ARNIs are a fixed dose combination of sacubitril and valsartan. Sacubitril inhibits the action of neprilysin, an endopeptidase that degrades vasoactive substances such as natriuretic peptides, bradykinin or adrenomedullin. When in combination with valsartan, it leads to reduced blood pressure, enhancement of the neurohormonal system of the heart, and inhibition of the damaging effects of the renin-angiotensin-aldosterone system.

How to start ARNIs?

1. *Review if the patient is on ACE inhibitors or ARBs.* Sacubitril/valsartan is contraindicated with concomitant use of an ACE inhibitor. If switching from an ACE inhibitor to sacubitril/valsartan, discontinue the ACE inhibitor first to allow a washout period of 36 hours before starting sacubitril/valsartan. When switching from an ARB, no washout period is needed.
2. *CHECK EGFR.* While sacubitril/valsartan can be used in patients of all stages of CKD, the eGFR is needed to determine starting dose.
 - a. For patients with CKD and eGFR < 30ml/min or hepatic impairment, recommended starting dose is 24/26 mg (50 mg tablet) twice daily.
 - b. For patients with CKD and eGFR > 30ml/min, recommended starting dose is 49/51 mg (100mg tablet) twice daily.
3. *Check if pregnant (when applicable).* Sacubitril/valsartan is contraindicated in pregnancy and can cause fetal toxicity. When pregnancy is detected, discontinue as soon as possible. Inform women of childbearing age about this risk.
4. *Monitor for adverse reactions.* Advise patients about the risk for adverse events and that these can be prevented by avoiding dehydration, transitioning slowly from standing and sitting (“Dahan-dahan po pag babangon.”), and monitoring weight and BP regularly. Tell patients to seek medical attention if there are signs/symptoms of serious adverse effects such as angioedema, hypotension, impairment of renal function, and hyperkalemia. Monitor renal function and serum potassium every 2 weeks following treatment initiation, until optimal dose is achieved.



- a. If side effects persist, dose reduction of sacubitril/valsartan should be considered. Dose reductions are preferable to discontinuation of sacubitril/valsartan.
 - i. If serum creatinine increases to 1.5–2x baseline (but is ≤ 3.5 mg/dL [309.4 $\mu\text{mol/L}$]), and potassium remains ≤ 5.5 mEq (mmol)/L, and eGFR remains ≥ 20 mL/min/1.73m², consider cutting the dose in half.
 - ii. If serum creatinine has more than doubled or is >3.5 mg/dL (309.4 $\mu\text{mol/L}$), eGFR has fallen to <20 mL/min/1.73m², or potassium has increased to >5.5 mEq (mmol)/L, consider stopping ARNI (or ACEI or ARB).
 - iii. Can rechallenge or increase dose in two to four weeks.
5. *Titrate to maximum effective dose.* Up titrate the dose every 2–4 weeks as tolerated, to a target dose of 97/103 mg (200mg tablet) twice daily. For patients with more advanced CKD, may use a more conservative up titration approach by prolonging the interval between up titration of doses.

Sacubitril/valsartan (ARNI) is a novel and effective treatment option for patients with heart failure. We hope this helps our colleagues become more confident in utilizing ARNI as part of their guideline-based care to improve CV outcomes in patients with CKD and HF. ♡

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Just (Filipino) Desserts!

With the holidays rolling in, sweet desserts and kakanin are a staple during meals. Let us test how familiar you are with traditional Filipino desserts based on their ingredients. We'll also show you how much nutrition each dessert has. How many can you guess?

By: Kevin Gumabon, MD

1. Dessert name: _____

Ingredients:

- 1 cup sugar
- $\frac{3}{4}$ cup water
- 1 can evaporated milk
- 1 can sweetened condensed milk
- 12 egg yolks
- 1 tablespoon vanilla extract

Nutrition facts (per serving):

Calories: 387 kcal	Na: 119mg
Total Carbohydrates: 55g	K: 337mg
Protein: 11g	Ca: 281mg
Total Fat: 14g	

2. Dessert name: _____

Ingredients:

- 1-1/3 cups sticky purple rice
- 1-1/3 cups glutinous white rice
- 2/3 cup long grain purple rice
- 6 cups water for soaking the rice
- 3/4 cups muscovado sugar
- 1-1/2 cups freshly grated coconut
- 1/2 cup softened butter

Nutrition facts (per serving):

Calories: 688 kcal	Na: 165mg
Total Carbohydrates: 112g	K: 210mg
Protein: 8g	Ca: 59mg
Total Fat: 22g	

3. Dessert name: _____

Ingredients:

- 2 cups grated, peeled yuca
- 1 can coconut milk
- 1 can sweetened condensed milk
- 1 can evaporated milk
- 2 large eggs, beaten

Nutrition facts (per serving):

Calories: 329 kcal	Na: 111mg
Total Carbohydrates: 42g	K: 460mg
Protein: 8g	Ca: 219mg
Total Fat: 12g	

4. Dessert name: _____

Ingredients:

- 1 can full-fat unsweetened coconut milk
- 1/2 cup white sugar
- 1/2 cup cornstarch
- 2 unsweetened coconut cream
- 3/4 cup canned cream-style corn
- (Optional) 1/4 cup fresh or frozen corn kernels

Nutrition facts (per serving):

Calories: 289 kcal	Na: 47mg
Total Carbohydrates: 21g	K: 244mg
Protein: 3g	Ca: 9mg
Total Fat: 24g	

5. Dessert name: _____

Ingredients:

- 4 cups uncooked glutinous white rice
- 6 cups cold water
- 1 can coconut milk, divided
- 1 1/3 cups white sugar
- 1 1/3 cups brown sugar
- 3 tablespoons coconut preserves

Nutrition facts (per serving):

Calories: 463 kcal	Na: 17mg
Total Carbohydrates: 90g	K: 142mg
Protein: 5g	Ca: 43mg
Total Fat: 10g	

Answers on page 16



Fellows' Perspective: The Training Journey of Challenges and Triumphs

By: Marissa Elizabeth L. Lim, MD

Navigating the intricate realm of nephrology training resembles a rollercoaster ride, marked by moments of humor, exhaustion, and profound fulfillment. The delicate art of electrolyte corrections becomes a source of jest - a successful correction is met with the reassurance, "urine good hands," while an overshoot prompts the consultant's playful warning, "urine trouble."

The heart of a nephrologist must be strong, simultaneously embracing the responsibility of helping patients lead fulfilling lives with their conditions and confronting the inevitability of end-of-life decisions. The fellowship is renowned for its rigor, draining the social batteries of even the most introverted individuals. Despite the demanding workload, the ability to provide life-sustaining therapies and make a significant difference in patients' lives is a source of profound satisfaction.

Fellows-in-training experience a delicate balance of "guided independence." This approach fosters autonomy without leaving trainees to figure out everything on their own. The fellows often view the kidneys as the most resilient and hardworking organ. They are consistently surprised by their remarkable capabilities.

The dichotomy of the best and worst in nephrology is reflected in the constant learning curve. It may be tiring, but the reward lies in seeing patients recover and contributing to an ever-expanding knowledge base.



Fellowship Training is likened to a period of self-discovery, where individuals find themselves broken into pieces and meticulously put back together before stepping into the real world. Despite the struggles, the everyday commitment to caring for patients is described as tiring and fulfilling, fueled by a passion to manage and aid in their recovery.

The worst thoughts in training stem from the anxiety of not meeting deadlines, coupled with hospital duties. However, the best thoughts encompass the realization that patients thought to be on the brink of demise lived and thrived, attributing part of their recovery to the care provided.

Striving for progress, not perfection, is the mantra of nephrology training. The rigorous nature of the program molds rugged and versatile nephrologists equipped to handle the multifaceted aspects of patient care. Despite the intense workload, once the rough seas are mastered, fulfillment is found in the challenging yet rewarding nature of the work.

In its essence, nephrology training becomes a unique blend of passion and perseverance. It is a journey marked by highs and lows, victories, and defeats, with every experience contributing to the growth and resilience of those on the path to becoming compassionate and knowledgeable nephrologists.





A Physician's Compassion:

Caring for Unfortunate Patients During the Christmas Season

Ma. Claudine Gresa L. Dela Peña, MD
First Year Fellow, Cebu Doctors University Hospital

As a physician, my daily life has been marked by a constant interaction with illness and suffering. Every day, I encounter patients who are in various states of distress, and I could not help but feel that it is my duty to provide them with the best possible care. However, there is something uniquely affecting about caring for unfortunate patients who become sick and are admitted during the Christmas season. The holiday season, a time traditionally associated with joy and togetherness, often brings a sense of melancholy and reflection for healthcare professionals. During the holiday season, I tend to experience a complex web of emotions while tending to the medical needs of such patients.

The realization that someone is unwell and suffering while the world is celebrating can be deeply moving. This heightened sense of empathy often leads to increased compassion in my approach towards these patients. I find myself going the extra mile to ensure that they receive not only the necessary medical care but also emotional support during this time.

For patients who find themselves in the hospital during this period, it can be a particularly lonely and isolating experience. I believe that as a physician, I have a unique opportunity to provide solace through a compassionate and supportive presence. A simple conversation or a reassuring hand on the shoulder can make a world of difference for a patient who is struggling with illness during the holidays.

In these challenging moments, I often reflect on the deeper meaning of my profession. Caring for unfortunate patients during Christmas reminds me that the practice of medicine is not just about diagnosing and treating ailments; it is also about providing comfort and hope. The act of alleviating suffering, even in the face of illness during a festive season, can be profoundly meaningful.

Ultimately, the privilege of caring for patients during the Christmas season reminds me of the core principles of my profession – to heal, comfort, and offer solace. It is a time when the spirit of compassion shines even brighter, and I am reminded that the act of healing goes beyond the physical; it encompasses the emotional and spiritual well-being of the patient. It is a time where I am more so reminded that I am an instrument of God, and to be of service to His children during his special day is one of the greatest blessings I could ever receive. I am grateful for the chance to make a positive difference in the lives of those who find themselves in need during this special time of the year.🙏





Contentment in the Present and the Aspiration for a Better Tomorrow

Dawn Christie Sandie Go Montalbano, MD
First Year Fellow, Cebu Doctors University Hospital

In a world (and career) perpetually driven by the pursuit of progress and self-improvement, I find solace in the delicate art of being content in the present while nurturing aspirations for a brighter tomorrow. This balance, I've discovered, may be the secret to a fulfilling life. As a child, I was captivated by stories of remarkable individuals who had achieved extraordinary feats through sheer determination and relentless pursuit of their dreams. Their stories inspired me to dream big, to reach for the stars. Ever since I could remember, I knew I wanted to be a doctor. Getting into med school even when my family could barely afford it, was an answered prayer - the key to a whole new world that I was determined to conquer.

Soon enough, my life became a seemingly endless blur of exams, 36-hour shifts, case presentations, ward audits. Each milestone reached became a knee-jerk reflex to chasing "What's next?" While this has given me the drive to get to where I am today, I've also come to realize that my personal never-ending quest for the next goal has led me to burnout, anxiety and an inability to appreciate the small triumphs. The constant pressure to constantly try to outdo oneself has led me to feel a sense of inadequacy. In this personal pursuit, I have easily lost sight of the present and the value of the journey itself.

And then, along the way, I got married and became a mother right after residency training - and it felt like my world expanded exponentially. I decided to, for once, slow down and take a few years off from the marathon of medicine. It was during this time of self-discovery that I began to understand the importance of cherishing the moments of the present. The world is filled with beauty, both grand and subtle, that can be easily overlooked in the pursuit of distant goals. Living life through my daughter's eyes felt like seeing the world again for the first time. Colors seemed brighter, random sounds seemed much more amusing and even a piece of bread tasted like the most delicious thing when eaten together. I finally felt like I was truly living.

Living in the present, however, doesn't have to mean stagnation. It's about finding the balance between contentment and ambition. Ambition will always be the spark that ignites the fire within me. It's a reminder that every day is the opportunity to become better, to make a difference, and to leave a mark in this world. But as I continue to chase my aspirations, I also know now that it shouldn't have to overshadow the beauty of the here and now. It's understanding that the pursuit of greatness is not about escaping the present but enhancing it.

One of the most profound lessons I've learned is that happiness is not a destination; it's a state of mind. I don't have to have the biggest house, the highest grade, the most prominent position, the fattest paycheck, the most perfect life to be happy. Life doesn't always have to be one big To-Do list. It's about savoring the small victories, the quiet moments of self-reflection, and the joys of simple living. It's about recognizing that happiness isn't reserved for a distant future; it can be found in the smallest, everyday experiences. The journey is a tapestry of both contentment and ambition, and it's in this beautiful blend that I find my happiness and the inspiration to become the best version of myself. 🌿



More Good Days Than Bad Days, I Believe

Ramon Larrazabal, Jr., MD
First Year Fellow, Cebu Doctors University Hospital

I. Your Life

Your life is yours
Take charge
do what you want to do and do it well
Take control
to love what you want in life
and love it deeply
Take the force
to determine your life
None can do it for you
Take the authority
to make your life happy.

II. One Day at a Time

One day at a time –
this is sufficient.
Do not look behind
and mourn over what is finished,
for it is already accomplished
and do not be unsettled
about tomorrow,
for it has yet to follow.
Live in the present,
and make it so beguiling
that it would be worth
reminiscing.

III. Our Prayer

Pray that you have the energy
to move forward,
the tenacity to try again
when it goes awkward,
the capacity to see color
in places others see none.
That you will have hope
of a new dream
waiting to be dreamed of,
the opportunity to reach out
and the sagacity to look forward
to tomorrow.



“For the Love of Nephrology”

Juncor F. Gamboa, MD
2nd Year Nephrology Fellow
Cebu Doctors University Hospital

In the realm of kidneys, I have found my home,
A love for nephrology continues to blossom.
From glomerular tales to the renal flow,
This field of study I will passionately know.

I have observed the nephrons, so tiny, yet grand,
Each one in the kidney, a work of wonder was planned.
For the love of nephrology, my heart will beat,
As I learn each day, in this field I have found my seat.

The renal function, I seek to understand,
The intricacies of filtration are at my hand.
With creatinine levels and GFR in sight,
I diagnose and treat, with all my might.

Electrolyte imbalances, they attract my enthusiasm,
Sodium, potassium, and magnesium.
For the love of nephrology, I plan to heal,
My patients' kidneys will never go ill.

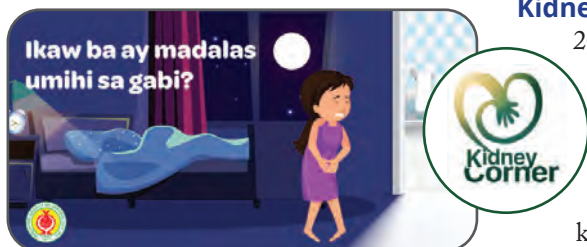
Dialysis and transplants, the treatments that we give,
For those with kidney disease, another chance to live.
In this quest for knowledge, together we will explore,
The love of nephrology, forever we will adore.

As doctors, let's dive into this world so grand,
For the love of nephrology, let's go hand in hand.
As fellows and consultants, our passion will rise,
In the world of kidneys, let us save more lives.

Harnessing the Power of Social Media: Revolutionizing Kidney Care in the Philippines

By PSN Social Media Concierge

In an unexpected union, the Philippine Society of Nephrology (PSN) has embraced the digital age, utilizing popular social media platforms such as Facebook, YouTube, and even TikTok. This unlikely partnership has allowed the conversation on kidney care to reach the masses with ease and simplicity. By translating complex concepts into the virtual realm, the PSN has discovered a home for kidney care in the digital world.



Kidney Corner: A Hub for Healthy Living

2023 marked the relaunch of Kidney Corner, a Facebook Page dedicated to providing invaluable information and guidance on leading a healthy lifestyle, with a special focus on kidney care. The response from the public has been astounding. The PSN actively populates the page with helpful nutrition tips, myth debunking, guidance on caring for patients undergoing renal replacement therapy, and early detection of kidney disease, among many other topics. The engagement and impact achieved have been truly remarkable.

PSN on Facebook: Elevating Medical Practice

The PSN's presence on Facebook continues to flourish, serving as a hub for articles and event announcements relevant to enhancing medical practice. The ultimate objective is to ensure that members are globally at par. Finding a venue that is cost-effective and accessible nationwide has had remarkable results in terms of attendance of conventions, continuing medical education and renewed enthusiasm to the practice.



PSN's TikTok Nation

Venues for informational videos found a home in YouTube and TikTok this year. The foray to translate often sophisticated medical jargon to easily digestible language solicits meaningful and purposeful dialogue with physicians as well to prepare Filipinos to early detection and patient care.

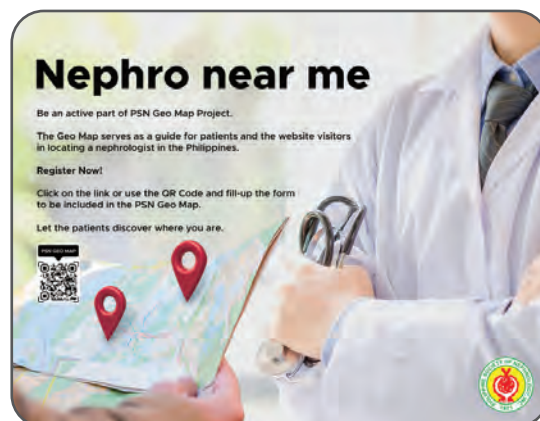
PSN's website amplification as a health resource - GEO MAP

The launch of the GeoMAP in the PSN website allows friends and family of patients to quickly find a nephrologist within reach. In addition, the website hosts a library of informative articles and videos akin to the advocacy of advancing nephrological care.

Both patients and physician benefit from bridge created by social media to narrow the informational gap. In this instance, a single step towards a healthier nation mindful of their nutrition and lifestyle is realized.

As PSN enters the year 2024 with vigor, its social media platforms promise to continue to inform and educate Filipinos, and the wider community, with valuable content. Being informed is being empowered.

Happy Holidays and A Blessed New Year, everyone!





Lights. Camera. Action!

By: Reina Lynn G. Antonio, MD

Dr. Bienvenido Manlutac is an active consultant at St. Luke's QC and NKTl, Visiting consultant at DLSMC and Providence Hospital. He is currently the Medical Director of NephroPlus Marikina HD center, Salve Regina Renal Center Pasig and NephroPlus Nasugbu.

know most of us as nephrologists, have appeared on television shows, guested on radio stations and were featured on prints as expert resources for topics related to renal health, kidney disease prevention and treatment.

I also remember members of the PSN Board of Trustees promoting our advocacies and celebrations of World Kidney Day and National Kidney Month on social media.

But our featured colleague, Dr. Bienvenido “Bien” Manlutac, has done more than an interview about kidney health. He did product commercials for certain companies and even acted on a TV series opposite Regine Velasquez and Charlie Davao.

‘Artistahin!’

How did he come across these acting opportunities, as he admitted that he always wanted to become a doctor since he was in Grade 1? He candidly admitted that the modeling and acting were by chance only and then later, upon recommendations of people he worked with in some shoots.

He did his first commercial when he was a medical resident. A scouting agency came to the hospital to look for real doctors to portray a physician’s role in a Safeguard soap commercial “Millions” back in 1999. He got the part.

Then during fellowship, another opportunity came. A talent scout contacted him directly to portray the lead doctor role in the CDO karne norte ad in 2002. No auditions were done.

Soon, he also appeared on a soap opera in 2016 entitled “Poor Señorita” starring Regine Velasquez; a GMA scout recommended him for the role. He played Dr. Joshua Soberano, a Gastroenterologist, who diagnosed Rita



(Regine’s character) with gastric cancer and had only three months left to live.

Dr. Manlutac’s good looks, strong work ethics and undeniable talent led to endorsements by the people he worked with. So, how does he prepare for a role?

He claims he was usually given a script 3-4 days before the actual shoot, so mentally and “emotionally”, he was already prepared on shoot day. Incidentally, he always had to portray a doctor so the role and acting part came naturally. He did not undergo any workshop or training with just a little coaching done during the shoot. So, I bet he can do other roles as he is born an actor.



When he became a consultant and had a busier and tighter schedule, he had to beg off to all offers but one. He confessed he sometimes missed doing those acting roles and if given the chance, he will most probably agree on doing them again.

He admitted the talent fee had helped him buy baby food and diapers when he was in training. But what he found most enjoyable was when relatives and friends congratulated and greeted him as a commercial model or an actor of sorts. Even his patients recognized his modelling and acting talent.

So he advised that if opportunity presents itself, grab it. They serve as a most welcome respite from our real-life roles/careers. Moreover, they are fun and enjoyable to do. An acting or modeling career can very be a good part-time or even a second career.

I sincerely wish offers will come his way again.

Though it seems he also has his schedule filled when not in clinic. He makes 1:24 plastic scale model cars as a hobby and competes and is sometimes also a judge in these events.

He also trained with the PNP-HPG in a comprehensive 16-day riding workshop, and earned skills and certificates. He loves to riding those big bikes would ride as far as Baguio City. He owns an 1868cc Harley Davidson and a Vespa.

Dr. Bien is also into woodwork. This hobby started when as a child he would build wooden cages for his pet doves and dogs. It was a passion he nurtured in his adult life. He is now making his own shelves, wall décor, bar and wooden lighting fixtures.

As we can see, Dr. Bien really invested heavily on his hobby and art, as I could imagine the tools, materials, maintenance, entry fees, aside from time and energy he had to spend for these activities. But I think they are reciprocated by something priceless-- Happiness and Life Satisfaction.

And do you know that he also plays basketball, strums the guitar and can even sing?

Indeed, Dr. Bien is a modern Renaissance man.🙏

Link to CDO commercial

<https://www.facebook.com/591743601/videos/285333008601/>

Link to scene in Poor Seniorita

<https://www.facebook.com/591743601/videos/10154416150938602/>





 **Bien Manlutac**
📍 550
Weathered Models' Best 50 Model Works of August 2018 **50+**



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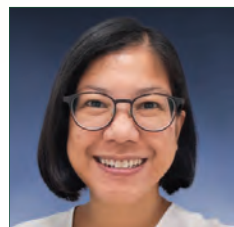
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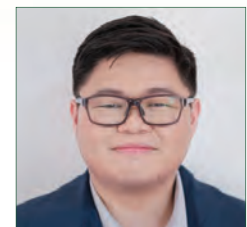
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