Oath Taking of New QCMS Members with the QCMS Officers and Past Presidents

Dr. Norma M. Torregoza Inducted as 65th QCMS President

QCMS Officers 2016-2017
President’s Report

Norma M. Torregoza, M.D.

I would like to express my whole hearted gratitude to all my colleagues for the support and confidence extended to me as President of the QCMS. We have reached this far because of the blessings and grace of God as we “work together as one”

QCMS Meetings:
July 7 – Special Meeting for PMA Foundation & Medicine Week, Appointment of Committees & 66th Foundation Day at QCMS Boardroom
July 14 – Endorsement Meeting at QCMS Boardroom–July 21 – 1st Board Meeting at QCMS Boardroom
July 28 – Post Convention Meeting at Seven Corners Crowne Plaza
August 3 – Budget & Finance Committee Meeting
August 11 – Secretariat Meeting at QCMS Boardroom
August 15 – Budget & Finance Committee Meeting
August 29 – QCMS Team Building at Innogen Building
September 8 – Special Meeting for PMA Medicine Week & 1st Organizing Comm. Meeting
September 22 – Hotel Visit for QCMS 33rd Annual Convention (Novotel, Sulo & Luxent Hotel)
September 29 – 3rd Board Meeting
October 4 – 2nd Organizing Committee Meeting
October 18 – Meeting with Mr. Edgardo Kanapi of Unilab for QCMS 33rd Annual Convention

Symposium:
June 23–24 – QCMS 32nd Annual Convention at Crowne Plaza
June 28 – QCMS “Optimizing Medical Management of LUTS” by Dr. Juliano Panganiban at B Hotel, Sct. Rallos, Quezon City.
June 29 District V “Occupational Allergic Rhinitis: Evaluation and Management” by Dr. Ruzanne Caro at King Bee Restaurant, Commonwealth Avenue, QC.
July 15–16 – District IV “I.M. Powered... Bridging the Gaps to Common Medical Dilemmas” at Capitol Medical Center Auditorium.
July 26– District V/Folares “Endothelial Health and Injury: Psysio-Molecular and Nutritional Per

Restaurant, QC Circle.
August 12 – District II/Corbridge “Sulodexide: An Old Drug with Recent Renewed Interest” by Dr. Rosella Arellano at White House/Black Mamba, West Ave., Quezon City
August 15 – District V/Sanofi “Solosamet Individualized Approach to Diabetes Care” by Dr. Nestor Eric Laplano at Wee Nam Kee, Fairview Terraces Q.C.
August 17 – District II/LRI–Therapharma “Beyond Gout: Hyperuricemia & Metabolic Syndrome” by Dr. Marilou Bunyi at Lido Restaurant Mindanao Avenue, QC
August 18 – QCMS/Folares “Folates in Prevention” by Dr. Joy Guerrero at QCMS Boardroom, Quezon City
– QCMS/Merch “Concore AM” by Dr. Lamberto Vega at Microtel, UP Technohub, QC
August 23 – District V/NovoNordisk “Basal Insulin Initiation” by Dr. Jolina Santos at Alex III Dalia St., Fairview Quezon City.
August 25 – District II/Merch “Glucovance turn 9 to 6” by Dr. Lermah S. Bunoy at Tres Cuisine SM North Edsa (Annex Bldg.), Q.C.
August 31 – District I/Menarini “Spasmomen ROME IV Criteria” by Dr. Roberto de Guzman at Blue Rocket, Sct. Reyes cor. Sct. Lozano, QC
September 1 – Dr. Marasigan Birthday Lunch with Folares at QCMS Office
September 8 – District II/IVP “Allergic Rhinitis” by Dr. Jesus Lerma at Tres Cuisine SM North Annex
September 14 – District II/Menarini “IBS Master class” by Arnold Vitug at Lido Restaurant, Mindanao QC
September 23 – District II/Sanofi “Individualized Approach to Diabetes Care & Combination Therapy” by Dr. Ronilla Instrella at Lido Restaurant, Mindanao QC
September 27 – District IV/Folares “Updates on Varicella Management” by Dr. Joy Guerrero at Figaro, QC
spective" by Dr. Pacifico Calderon at Max’s QCMS/Ajanta “Dual Protection for Atherothrombosis” by Dr. Visvanath Espaldon at Cerchio Grill & Lounge Sct. Limbaga St. Tomas Morato QC

September 30 – District II/Getz Pharma “Values Matter for Patient with Hypertension & Hyperglycemia” by Dr. Rebecca Alba at Tres Cuisine, SM North Annex, Quezon City.

October 13 – District IV/Folares “Folanerve Redefined the Power of 3+3 as Molecular Enhancer of Body’s Antioxidant and Cytoprotective Mechanism” by Dr. Joel Celaje at Blue Rocket, Sct. Reyes, Quezon City.

Community Outreach:
July 18 – UNTV Medical Mission at T.S. Cruz Subd., Quezon City
August 23 – Courtesy Call with Brgy. Sto. Cristo for Adopt-a-Barangay Visit PRRC site for Tree Planting at Maria Elena Park
September 3 – Medical Mission (Bone Scan, FBS, Cholesterol & ECG) at Brgy. Batasan Hills
September 24 – National Blood Diseases Month at QC Circle Experience Center
October 8 – The Lighthouse Foundation Medical Mission at Barras Antipolo
October 13 – Buntis Congress at Fisher Mall, Quezon City
October 15 – Gift Giving to PWD
October 18 – Medical Mission for Senior Citizens at Brgy. Sto. Cristo, Quezon City
October 21 – Dr. Cruz-Dalida Birthday & Thanks giving Medical Mission at Jordan Planes, Novaliches, QC

PMA Activities:
June 18–19 – PMA Leadership Seminar at Manduriao Ilo–Ilo.
July 6 – PMA Foundation Day & Medicine Week Organizing Committee Meeting at PMA Boardroom
July 20 – PMA Foundation Day & Medicine Week Committee Meeting at PMA Auditorium
August 3 – PMA Medicine Week & Foundation Day Comm. Meeting at PMA Auditorium
August 23 – PMA Medicine Week & Foundation Day Comm. Meeting at PMA Auditorium
September 13 – PMA/PCSMC/QCMS Operation Bukol at PMA Auditorium
September 15 – PMA Foundation Day Celebration at PMA Auditorium

September 18 – Wreath Laying Ceremonies at Rizal Monument, Luneta – PMA National Medicine Week Opening Ceremonies at New World Manila Bay Hotel
September 19 – QCMS with PRRC launching of “Gardening of Medicinal Plants” (Adopt an Estero) & Signing of MOA at Ma. Elena Park Carmel Village Brgy. Bahay Toro, QC – PMA Singing Physician’s Elimination at PMA CME Center
September 20 – QCMS Screening Tests, Lay Fora and On-the-Spot Drawing Contest at PMA Auditorium – PMA Singing Physician’s Contest at PMA Auditorium
September 24 – PMA Medicine Week Closing Ceremonies at PMA Auditorium
September 28 – APMA TOPICS Award at PMA Auditorium
October 24 – PMA Committee Meeting for Christmas Party at PMA Board Room.

MOA Signing with Pasig River Rehabilitation Commission (PRRC) Partnership in Tree Planting at Maria Elena Park, Brgy. Bahay Toro

SAVE the DATE:
PMA National & QCMS Local Election
March 12, 2017 Sunday
8:00 a.m. to 5:00 p.m.
PMA Auditorium, North Avenue, Q.C.

PMA Annual Convention
May 17-20, 2017
Manila Hotel

QCMS 33rd Annual Convention
June 22 to 23, 2017
CROWNE PLAZA Ortigas Avenue
Theme: #CHANGE
I was inducted as PMA Governor for the Quezon City Region in May 20, 2016 during the 109th PMA Annual Convention held in Waterfront hotel in Cebu City. It was the start of an interestingly busy but enjoyable stint as a PMA Governor. Being an officer of a 15 time winner of the Category 1 Icasisano award for outstanding component society I knew immediately my everyday life will not be a proverbial “walk in the park” for the next 12 months. The Leadership training of all elected Officers of the PMA and component society in Iloilo June 18-19 laid out all the rules and aspirations of the current PMA administration and with guidelines handed out I knew it was time to roll up my sleeves and work.

First important event was QCMS 66th Foundation Day Celebration last July 28, 2016. It was also a Project on Child Advocacy and Community Outreach and aptly themed “Handog ng QCMS sa Kapus – Palad”, The beneficiary of the event were:
- Bahay Kahibalo Day Care Center
- Senior Citizens of Barangay Aguardiente Quezon City
- Persons with Disability of Quezon City

After sumptuous lunch for the guests there was Gift Giving to indigent students in adopted school, to Senior Citizens, and to Persons with Disability. Gifts came from District officers, QCMS APMA and from QCMS Care to Share Foundation
- Books, school supplies and school bags
- Cash Gifts and personal toiletry supplies to elderly
- Wheel chairs to PWD

At the end of the event a screening interview was conducted for scholarship grant to two additional students in grade 1. This brings now a total of 4 students with scholarship grants from QCMS.

As a PMA Governor I was assigned to oversee the PMA Commission on Professional Specialization handling affairs and concern of the 8 specialty divisions of the PMA. I was likewise given the task to be in charge of the Committee on Emergency and Disaster Response and the Committee on Medical Missions. I was glad to be back as I was Chairman of these two committees in succession from 2008-2012.

There was a Monthly PMA Board of Governors’ Meeting in July, August and September wherein issues of our local (QCMS) and National are discussed and tackled. I am happy to report that I actively took part in all deliberations and discussions on issues, establishing alliances and fostering strong bonds through shared camaraderie with other officers from different PMA region. Friendship and cooperation forged from these gatherings allowed us the successfully plan and celebrate the 113th PMA FOUNDATION DAY Celebration Sept 15, 2016 and the 59th National Medicine Week Sept 18-24, 2016.

Several planning meetings were held to painstakingly plan details of these hallmark PMA Events.

The 113th PMA Foundation day held at the PMA Auditorium was a success mostly because it had a record number component societies participating. There were unprecedented 9 component societies giving a Musical or dance presentation through most of the night. QC Medical Society received good vibes and congratulatory cheers for its rendition of “Sister Act” by no less but the holy but nutty ‘sisters’(in convincing Nun attire) led by past Governor Cherry Dalida, Past QCMS President Angie Cruz, current officers Mercy Agustin, Teresita Agda, Beth Naguit, with Meriam, Marge, Marilyn and Engr. Lito Dalida as Bishop. It was a social event worthy of commemorating the humble beginnings of the PMA.

As mandated by the 1957 RA signed by then President Carlos P. Garcia the PMA spearheads the National Medicine week celebration. The 59th National Medicine Week was observed by the PMA nationwide. After a traditional wreath laying at the Rizal Monument in Luneta Park the opening ceremonies of the Medicine week was held in New World Manila Bay Hotel. The QCMS was the Component Society in Charge of the Opening Ceremonies. The colorful Filipiniana attire of the different component society contributed to the regal procession of Officers. QCMS members were resplendent in their “royal blue” motif. I have to congratulate QCMS President Dr Norma Torregoza with the veteran event organizers Dr Agnes Calleja and Dr Rebecca Singson along with most QCMS members and Officers present for making the opening ceremony as solemn and meaningful as possible.

The rest of the week was filled with activities which were equally tiring and fruitful. QCMS started with Ecology consciousness through its “Adopt an Estero project “ in Barangay Bahay Toro QC. A Memorandum of Agreement was signed with the Commission on Pasig River Rehabilitation to maintain and continue beautifying the garden alongside the Pasong Tamo Estero. Trees were planted and a “medicinal plants” garden was started in the area. Mabuhay and Kalikasan! Mabuhay ang QCMS!.
Continuation of Governor’s Report…

A week earlier another medical mission was also held in the PMA Auditorium. This was the PCSMMC-QCMS-PMA “Operation Bukol” with a Lay Fora on “Pangkaraniwang Sakit sa Mata”. There were 135 patients seen for this project with 88 of these operated on for “bukol” adding up with the over 300 patients seen during the medicine week Tuesday medical mission, a total of 435 patients were beneficiaries of the missions. Highlights of the Medicine week include the Singing Physician night on Tuesday. Our very own contestant Dr Ronald Cadiz won 2nd place. 1st place honor went to Dr Michael Munoz from Las Pinas Medical Society and 3rd place won by Dr Jerlyn Maureen P. Servas of Phil Dermatological Society.

I’m equally happy that there is a continuous holding of Scientific meetings of the different QCMS Districts. By count there has been more than 15 Scientific meetings in the past 3 months. This is a constant source of CME and updates for our members. A recent passed law mandates the PRC to ensure that all professionals have a constant updating of skills and knowledge. This is the Continuing Professional Development with necessary 15 CPD units per year or 45 CPD units every 3 years before a professional can renew his license. Arrangements and implementing rules are still being drafted by the PRC on this issue of CPDs. Hopefully the PMA CME commission can clear out the issues and guidelines on CPD as soon as possible.

Your officers of the QCMS and I will continue to serve the interest of the QCMS. Join us in the numerous projects of the QCMS.

33rd QCMS Annual Convention.

Make it Happen

The 33rd QCMS Annual Convention will be held at Crowne Plaza Galleria on June 22 and 23, 2017. The two day event has “#Change” as the theme. Change is an acronym for Challenges in Medical management; Healthy Lifestyle; Awareness and active participation in National Agenda for Health; New strategies and innovative technologies; Gain new insights and opportunities in managing diseases; Emerging threats and issues in health.

The organizing committee headed by Dr. Cristabel Torres-Sy and co chaired by Dr. Ma. Lilybeth Pascual-Naguit. They will meet monthly to meet targets for tasks and assignment of each committee. We will rise up to the challenges in implementing our plans and getting the job done. With the expertise of the scientific program committee, we will provide various lectures and activities worthwhile for all the attendees. We hope that our members can join us in this convention.

TREASURER’S ACCOUNT

Ma. MERCEDES V. AGUSTIN, M.D.

My dear colleagues of the QUEZON CITY MEDICAL SOCIETY. As always, I am glad to report that our finances are in good and stable condition.

There is an Increasing trend of membership dues payment. Most of our expenses goes to our Medical Missions, our various projects on nutrition, preventive medicine, and promotion of health, blood banking and environmental and sanitation partnership with PRRC namely the Sagip Estero at Maria Elena Park at Bgy Bahay Toro.

QCMS Membership & Membership Dues:
We are now living in a world where digital technology is a must. If you are still “out of this world” then you have to “jump the bandwagon to the stars”. It is the “in” thing – the latest way on how to do things – data, text, sound, images, animation, video and all of their combinations will be communicated in the digital form. The media has changed to a digital landscape. If we belong to those who lack the access, knowledge, understanding and digital capabilities, then we should take action colleagues. We are in the forefront of health professional so we should assess ourselves of the digital capabilities that we possess and what category we belong.

**Digital Native**
This is a person born or brought up during the ages of digital technology and therefore familiar with computers and the internet at an early age.

According to Mr. Prensky, an educational consultant who coined and popularized this term, “our students are no longer the people our educational system was designed to teach. There is a discontinuity or “singularity” that took place and this is the arrival and rapid dissemination of digital technology in the last decades of the 20th century.

You are a digital native if you are a “native speaker” of the digital language of computers, video games and the internet.

**Digital Immigrant**
This is one who was not born in the digital world but has, at some point in her/his life, become fascinated by and adopted many or most aspects of the new technology.

You are a digital immigrant if you learn “like all immigrants”, - to adapt to your environment, but you have retained an “accent”, a foot in the past. The “accent” could be any of the following:
- Turning the internet for information second rather than first
- Reading the manual for a program rather than assuming that the program itself will teach you how to use it.
- Printing the email (or having your secretary print out for you – an even thicker accent).
- Printing out a document in the computer rather than editing it on the screen

**Digital Wannabe**
This is a person who is trying hard to be an immigrant but whose “visa is denied”

We can be considered a digital wannabe when we are trying hard to but we have difficulty in using computer, tablet, smart phone and other gadgets. There are times that we pretend we know how to use ICT equipment but in reality, do not know.

**Digital Fugitive**
This is someone who is not all interested in the use of computers, tablet, smart phones and other gadgets.

We may be digital fugitives if we always say “I’m too old to learn computers, I’m not interested”. This is a state where we have reverted back to computer illiteracy.

**Digital Slave**
This is someone who uses the internet 24/7.

We can be called digital slaves if we have immersed ourselves to digital technology 24 hours a day, seven days a week. We are already in the state where the computer has substituted our social life and social networking.

For all these categories, there should be an equation to make it balance.

- Digital natives and Digital immigrants should PATIENTLY help and guide the Digital wannabe’s and digital fugitives.
- Digital Wannabe’s and Digital Fugitives should cooperate
- Digital Slaves should disconnect to be able to connect.

We may laugh at ourselves if we have the “accent” but it is a serious matter especially for those of us who give health teaching, or in the academe, who teach our young colleagues. We are speaking an outdated language and teaching a population that speaks an entire new language.

We should strive to meet the needs of our clients who are digital native and are characterized by the following:
- They are used to receiving information really fast
- They like to parallel process and multi-task
- They prefer graphics to text
- They prefer random access
- They function best when networked
- They thrive on instant gratification and frequent rewards
- They prefer games to “serious” work
FEATURE
Non-Verbal Cues: New Tools for us to Heal

In our profession as healers, careers and health advocates, the importance of communication cannot be overemphasized. It is the one tool for our healing, for our caring, for our health teaching that we cannot do without. It is our weapon for success, our line for understanding and our non-chemical medicine for healing. We cannot medicate without communication as a supplement, we cannot heal without explaining for our clients to cooperate and we cannot treat without expressing the sincerity of our actions, the purpose of our healing activities.

In dealing with our clients, verbal communication always comes in handy. It is routinely that we speak to our clients, we call them and they call us, they text us and we text them, we use all verbal techniques to make them cooperate, to make them comply to their treatments, to be get feedback of their status, and sometimes just to say hello. However, we focus our attention to non-verbal communication – the type of communication that is given the least importance but is the most needed in our healing profession.

In our practice, we find clients who are weak, too exasperated and can no longer express verbally what we want to say. This is where non-verbal communication come into play. We should be sensitive to the non-verbal cues that our clients are demonstrating so we can meet their needs, attend to their care and show our concern in the spirit of healing.

Non-verbal communication can be referred to as body language. It could be gestures, facial expression, posture, gait, body space and proximity, touch, personal appearance, eye contact, silence or sounds. It encompasses most if not all the signs and symptoms we learned that could indicate a disease, an illness, a pathologic condition if observed to be away from the normal.

Types of non-verbal communication that we should know:
- Kinesics – refers to the study of the hand, arm, body and face movements
  Example: If a client is incubated, conscious and s/he hold his/her fingers in a ring shape, s/he is imparting that s/he is okay.
- Haptics – refers to the study of communication by touch.
  This is a very important non-verbal communication that we should use ore often. With touch, we can reassure a client, relieve pain, lessen anxiety, reduce spasm, minimize fear, express our empathy and sincerity, gain trust and cooperation.
- Paralanguage / Vocalics – refers to the vocalized but non-verbal parts of a message. It could be the intonation (of sarcasm), pitch.

Examples:
- Anger: loud volume, high pitch, blaring, fast rate
- Joy: loud volume, high pitch, moderately blaring timbre, fast rate
- Sad: soft volume, low pitch, resonant timbre and slow rate

It is necessary to observe clients closely as these are indicators of their emotions.

Proxemics – refers to the study of how space and distance influence communication.
- 12 feet or more – public space
- 4-12 feet – social space
- 1.5-4 feet – personal space
- Less than 1.5 feet – intimate space

Chromemics – refers to the study of how time affects communication.
- Monochronics time – US/Japan where “time is sacred”, UK, Australial
- Polychronic – South Asian – multiple appointments simultaneously – more focused on relationships rather than clock watching.
- Oculastics – use of the eyes
- Olfactics – use of smell
- Objectics – use of objects or artifacts
- Gustorics – use of taste

All these types of non-verbal communication can be used by our clients especially so when their illness prevents them from expressing words that even their silence can mean a thousand words.

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ANNUAL Team Building. August 29, 2016 Monday. The QCMS Annual Team building was held at Innogen Office located at Dr. Lazcano Street Quezon City. Dr. Ricardo Costes facilitated the Team building activity which he called team building games. Two games were played to highlight the importance of communication both verbal and non verbal mode. He said that information can change both in context and meaning when transferred from one person to another. He advised us to smile and always have a happy disposition in greeting fellow members. The second game was an instruction on constructing a QC Medical Society Building. Four group leaders took turns to explain their vision for a new QC MS Building. The gameification highlight the importance of planning, communicating and implementing projects. Everyone took the lessons learnt seriously with a smile in their hearts. Planning strategically and quality management would be the next steps. Due to time constraints the group ended with a lunch and get together to celebrate the days activities. Dr. Norma M. Torregoza thanked the participants and partners for a brief and successful team building activity. The following doctors were present during the event: Drs. Labrador; Naguit; Agda; de Jesus; Cruz; Macalisang; Calleja; Matulac; Cadorna; Federico; Agustin; Monteiro. Dr. Hector M. Santos Jr., PMA Governor for QC Region gave the welcome remarks.
ENGINEERING CHANGE:
During our 32nd Annual Convention, DR. IRINEO BERNAUDO, PMA PRESIDENT, has set a ten point agenda for CHANGE to inspire us and QCMS to sustain our culture of excellence. The following points were raised:

1. RE-ENGINEER or Re-design the PMA organization to meet with demands and challenges of the years ahead till 2020. We need to redesign in order to respond to the needs and aspiration of our members and the next generation of Filipinos. Veering away from traditional rent seeking politics, which is culturally and traditionally inherent in our society and government, towards professionalism must be our goal. In our country, the push for federalism and other forms of parliamentary system is at our doorsteps. We must ask our members on how we want to elect our national officers. We will listen to our members. Furthermore, discussion and personal relations to engage our members is imperative. Issues on how to hold a general assembly to discuss important issues and concerns must also be addressed.

2. Collaborative efforts towards the attainment of the National Health Objectives (2016-2022). This is a call to action to raise the health of our nation and closed the gap and health disparities in our country. The PMA and all its component societies should join in the stakeholders meeting to unify our efforts and attaining the goals of the Philippine Health Agenda: ALL for Health for Health for All.

3. We should assure members of outcomes and results of all our strategies and objectives through strategic planning and critical thinking

4. Professionalism through accountability and transparency in the budget and finances of our organization will create trust and uphold integrity.

5. From Continuing Medical Education to Continuing Professional Development. There is a pending bill in Congress to deal with professional competence and development. PMA is closely coordinating with the Professional Regulatory Board and the PRC. We will continue in helping equip our doctors with technical skills and competency to respond to information and technological advancement.

5.1) We will help to mold the next generation of medical professionals and innovators. We need to encourage our members to expand their knowledge base. We need to articulate how interventions and behavioral change which will impact on people’s lives. We will continue to seek solutions to the problems, issues and concerns of communities and organization as well.

6. Enhance participation and involvement in climate change through our Clean and Green Programs. Being partners in environmental protection and preservation will be our advocacy since we are also called to be Friends of the Environment or Friends of Mankind. Championing disaster risk reduction and preparedness through information education and communication in our cities will be essential. Environmental concerns is a responsibility which we will undertake.

7. Forward. Together. Close collaboration with government organization and non-government organization, civil society; faith based groups. Close collaboration from academics to researchers to health facilities and universities. We need to look at environmental issues affecting health and economics as well as, legal issues affecting medical practice and human development. Our institutions can work together on research problems, as real world dilemma and look on for solutions beneficial to both our associations and our community. This approach will provide a better quality of life for all our citizens.

a. The information technology revolution and technology explosion has changed our worldview and again shifted our paradigm for communication, connection and collaboration. Innovation, technology and the art and practice of medicine all now go hand in hand.

b. The medical associations and the medical profession now requires a broader education with emphasis on relational skills such as enhancement of interpersonal relationships, leadership capacity, and team building. We must now work as a team in solving technical problems in time and in budget. We are not only asked to multi task but to join multi-stakeholders. We are also called to be and be involved with multi disciplines (knowledge and its application to economic, environmental, legal, social and technical skills).

8. Our association must strengthen relations with other specialty society. We must continue our connections and communications among multi specialties and general medicine practitioners and other health professionals.

9. Our association will assist and improve in the health care delivery system in all aspects of health from promotive to preventive care and from curative to rehabilitative services. We should be called in as “a band of brothers/ sisters” in combating diseases and improving the quality of lives of our citizens.

10. Constant dialogue and collaboration with allied health professional. Professional Networking and linkages for innovation (new approach on knowledge applied to different settings). We should transform ourselves as partners in delivering innovative services and creating products for health and well being of our communities. We will continue to defend the medical professions and the medical sector in promoting for our rights and responsibilities. We should raise public awareness that doctors are also leaders in the community and in the country. Doctors are vanguards of people’s health and well being. Together as an organization we could achieve more both locally and globally. Together, a better tomorrow. The QCMS officers and members will endeavor to collaborate and to support the strategies, activities and goals set by our PMA President, Dr. Irineo Bernardo.

(Reported by AEM)
TOWARDS A HEALTHY LIFESTYLE
NCD PROGRAM: A HEALTHY, HAPPY AND SMILEY QC!

The QC Health Department with QC Government has always been working for a safer, happier and healthier QC by providing essential non-communicable diseases services for improving health of the citizenry; by sharing information that works and by protecting your family every day.

The QC Health Department in partnerships with other stakeholders monitor the health of individuals, families and communities. We have continually track both communicable and non-communicable diseases. We also have programs for inclusive health and well being of persons with disability and the elderly and established activities for the prevention of injury and violence; and prevention of blindness. We have engaged with the QC Drug Abuse council and the Philippine Mental Health Association to address mental health and drug abuse prevention and control. We have also created policies and ordinances from anti smoking in public places to nutrition and healthy diet and related diabetes and hypertension prevention, treatment and control.

We all envision to build and create a city of healthy people and improve the quality of lives for all QC residents.

We will provide quality healthcare services which are accessible, available and affordable to all, especially the poor.

Our goal is to reduce mortality and morbidity due to NCDs (by half in 2021). Moreover, it is our goal to increase the quality of life years; prevent illness, disability and premature deaths.

Saving lives. It begins today.

Protecting the city from lifestyle related diseases. It starts now. Together, we are working for a Healthier, Happier and Better Tomorrow!

VISUAL ACETIC ACID WASH AND PAP SMEAR AMONG 38 WOMEN OF REPRODUCTIVE AGE GROUP AT PROJECT 6, DISTRICT 1.

October 26, 2016. QCMS in collaboration with the Ms. Malou Raz, Nurse Population Officer of District 1, QCHD and with the nurses and midwives of District 1 held a cervical cancer screening and women’s health lecture at Project 6 Health Center. Dr. Monteiro assisted in the conduct of the mass pap smear and VIA, as part of NCD PCP Cancer Prevention and Control. Cancer prevention and control has been part of our commitment to increase awareness on the message that early detection and diagnosis of cancer can save lives. Dr. Norma Torregoza and the chair of the Health Prevention and Promotion Committee highly supports this endeavor. There will be more VIA and PAP Smear activities in the coming months at District 1 QC.

HEALTHY BUNTIS PAGEANT.

October 14, 2017. QCMS Preventive Health Committee. District 1 QC Health Department spearheaded by Dr. Susan Jane Celo with Ms. Ruby Lucasan, Midwife Supervisor conducted an event to increase awareness on the importance of prenatal care and safe delivery through a Healthy Buntis Pageant. Sixteen healthy and beautiful pregnant women from the different barangays participated in this fun filled activity held at the Events Area of Fisher Mall Quezon Avenue. The importance of prenatal care; post partum care; and safe delivery including proper nutrition and diet was highlighted in this maternal health program. Dr. Norma Torregoza and Dr. Hector Santos judged the contestants. Furthermore, Dr. Arnold Monteiro and Dr. Mechaelangelo Marasigan helped in giving the prizes to the winners.

MESSAGE FROM THE EDITOR.

“Connected, we are Stronger”

On the 66TH ANNIVERSARY FOUNDATION OF THE QC MEDICAL SOCIETY, I pray for the long running we have done, the distance that we have gone and the delight in the service we have given to others and to our communities in Quezon City.

We have hit the ground running in our scholarship program at the Busilak Learning Center; We have provided vaccination and medical check ups among our seniors at Bgy Aguardiente; our free medicines and medical missions in the various barangays in QC. We are all now digitally connected through our facebook (qcmedicalsoc@yahoo.com) and our website (www.qcmedicalsociety.org). We can view all our events, activities and announcements. Please support all our exciting initiatives. Spend more time to visit our website. We are always in need of your feedback and inputs. Moreover, we have continually upgraded our facilities and upkeep of our offices. The QCMS continues to advance in professional medical education and excellence through several partnership with government and non-government organizations, in order to be more responsive to the 21st century medical practice. We have partnered with environmental groups such as the Pasig River Rehabilitation Commission with our medicinal gardening at Ma. Elena Park. We also have actively participated in all events of the Philippine Medical Association during the Medicine Week Celebration and the Regional Assembly. In the Physicians’ Singing Contest, our representative won. As you can see, the pace of our running has been integrated with our rapidly changing hyper connected digital world.

We are grateful for the increasing number of members to our medical society and in return we have provided benefits for our members continually. Let us all be thankful always for the strength and vision to sustain our excellence in community service. As part of our commitment and social responsibility, we will continue our services among the underprivileged and the poor. We would also delight our physicians and members. Thanks to our 66th year and may we continue to run the extra mile in the
**Exercise is Medicine**
Speaker: Prof. Alejandro V. Pineda, Jr., M.D.

**The Role of Proper Nutrition on Child Health**
Speaker: Judith Garcia, M.D.

**Morning Moderator-Day 1**
Arnold E. Monteiro, M.D.

**The Role ofRaloxifine in Postmenopausal Bone Health**
Speaker: Lylah D. Reyes, M.D.

**Impossible is Nothing**
Speaker: Gabriel E. de Leon, M.D.

**Fatty Liver: is it caused by Obesity or Alcohol?**
Speaker: Roberto de Guzman, M.D.

**QCMS General Assembly Meeting**

**PLENARY SESSIONS**

**June 23**

**Problems Due to Periocular Aging**
Speaker: Fatima G. Gonzalez-Regala, M.D.

**June 24**

**QCMS General Assembly Meeting**
“Orlistat in the Treatment of Obesity”
Speaker: Lerma Bunoy, M.D.

“Management of Colds in Children”
Speaker: Cesar M. Ong, M.D.

“Patient Centered Approach in Type 2 Diabetes”
Speaker: Aimee Andag-Silva, M.D.

“Obesity in Adolescents as a precursor to Diabetes and Hypertension”
Speaker: Juliet J. Balderas, M.D.

“Alginate-Antacid Combination Therapy in the Management of Acid Related Diseases”
Speaker: Mark Anthony de Lusong, M.D.

“How a Healthy Lifestyle can help Prevent, Manage Osteoarthritis”
Speaker: Benedict Valdecanas, M.D.

“Candesartan Experience: Beyond BP Effects”
Speaker: Gilbert C. Vilela, M.D.

PLENARY SESSIONS
June 24
Auxiliary & Junior Auxiliary Officers to the QCMS

QCMS Former Presidents

District I Officers

District II Officers

District III Officers

District IV Officers

District V Officers

Executive Board Officers

Oath taking of QCMS Officers for year 2016-2017

SOCIALS NIGHT

Ma. Mercedes V. Agustin, M.D. Secretary 2015-2016

Rebecca Y. Sison, M.D. Secretary 2016-2017

Oath taking of Auxiliary & Junior Auxiliary to the QCMS
TURN OVER CEREMONIES

Angela V. Cruz, M.D.
President 2015-2016

Norma M. Torregoza, M.D.
President 2016-2017

Rosario B. Cruz-Dalida, M.D.
PMA Governor 2015-2016

Hector M. Santos, Jr., M.D.
PMA Governor 2016-2017

QCMS Sister Act
Dance Presentation

Candle and Cake

Wine Toasting

Anniversary Waltz

66th years

Stronger @ 66
AWARDING CEREMONIES
FROM EXCELLENCE TO SUSTAINABILITY
Free Medical and Diet Counselling . Nutrition Celebration with Seniors at Brgy. Bahay Toro . July 26

QCMS 66th Foundation Day Celebration with Students of Busilak Learning Center & Senior Citizens of Aguardiente. QCMS Board Room. July 28 2016


Budget & Finance Committee Meeting at QCMS Board Room Aug 3 & 15, 2016
TEM BUILDING. Coming together is a beginning. Keeping together is progress. Working together is success."

"TOGETHER, A BETTER TOMORROW. WORKING TOGETHER FOR EVEN A BRIGHTER FUTURE!"
MOA Signing with PS Bank QCMS Board Room June 9 2016

Post Convention Meeting Crowne Plaza. July 28

SYMPOSIUM

District I/ "Spasmomen ROME IV Criteria" by Dr. Roberto de Guzman at Blue Rocket, Sct. Reyes QC– August 31.

District II/ "Sulodexide: An Old Drug with Recent Renewed Interest" by Dr. Rosella Arellano at White House Events Place West Avenue, Q.C.– August 12.

District II/ Beyond and Gout: Hyperuricemia & Metabolic Syndrome" by Dr. Marilou Bunyi at Lido Restaurant Mindanao Avenue, QC – August 17.

District II/ "Glucovance turn 9 to 6" by Dr. Lermah S. Bunoy. SM North EDSA (Annex Bldg.), Quezon City– August 25.

District V / "Basal Insulin Initiation" by Dr. Jolina Santos at Dalia St., Fairview Quezon City. August 23.

District V / "Solosamet Individualized Approach to Diabetes Care" by Dr. Nestor Eric Laplano at Fairview Terraces Q.C. August 15.

District V "Occupational Allergic Rhinitis: Evaluation and Management" by Dr. Ruzanne at Commonwealth Avenue, QC. - June 29.
QCMS "Optimizing Medical Management of LUTS" by Dr. Juliano Panganiban at Sct. Rallos, Quezon City - June 28.

QCMS/Role of Folic Acid " by Dr. Joy Guerrero at QCMS Boardroom, QC - August 18.

QCMS/ Novel Use of Bisoprolol " by Dr. Lamberto Vega at Microtel, UP Technohub, QC - August 18.

District II/IVP "Allergic Rhinitis" by Dr. Jesus Lerma at SM North Annex - Sept 8.
District II/ "IBS Masterclass" by Arnold Vitug at Mindanao Avenue QC September 14.

District II/ "Individualized Approach to Diabetes Care & Combination Therapy" by Dr. Ronilla Instrella. Mindanao Avenue . QC September 23.

District IV/ "Updates on Varicella Management" by Dr. Joy Guerrero at Figaro, QC September 27.
12th Operation Bukol at PMA Auditorium Sept 13

113th PMA Foundation Day Celebration
PMA Auditorium Sept 15.

59th PMA Med Week
Wreath Laying Ceremony
Luneta Park Manila Sept 18.

59th PMA Medicine Week
Opening Ceremonies
September 18.
Elimination Round
Singing Physicians Contest
PMA-UNILAB CME Room
September 19.

QCMS & PRRC Partnership “Adopt an Estero”
at Brgy Bahay Toro Sept 19.

FREE CLINICS: Health Check up & Cancer Screening Tests.
On the spot Drawing Contest PMA Auditorium Sept 20.

Environmental Health & Sanitation Project
Gardening of Medicinal Plants at Maria Elena Park

Winners of the On-the-Spot Drawing Contest with the QCMS Officers
Congratulations to Dr. Ferdinand Cercenia, TOPICS Awardee PMA Auditorium Sept 28.

Congratulations to Dr. Ronald Cadiz, winner 1st prize.

Celebrating Medicine Week . Advocacy.
National Blood Diseases Month at the QCX Museum QC Circle Center September 24.