



# Incisions

The Newsletter of the Philippine College of Surgeons

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July - September 2014



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**Our Cover**

"The Face" by Pimbaya A. Pangiliinan, MD,  
3rd Place winner, 9th PCS Photo Contest

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## EDITORIAL

# 78



Maria Concepcion C. Vesagas, MD, FPCS

**I**n a Swedish study of muscle strength and functional capacity of men and women aged 78-91 years, results showed a decrease in about 30% of muscle capacity.<sup>1</sup> These were logical and expected. In another study, muscle strength of male athletes aged 70-81 years were compared to that of the general population. The strength, speed and endurance trained men had superior muscle function and in fact, preserved excellent strength characteristics in relation to their body mass.<sup>2</sup>

The Philippine College of Surgeons celebrates 78 years of existence this year. Anyway you look at it, "78" conjures an image of an elderly, past-his-prime senior, outmoded, senescent, moving slowly and simply "old".

On the contrary, the PCS is 78 years young.

**Strength.** The PCS currently has 12 chapters throughout our nation. We are 2500 plus fellows. When you think of how much brain power is present during our conventions, it is astounding. Add to that the resiliency that develops and endures during surgical training and thereafter. There is no denying the force, the presence, our profession makes in the local and international medical arena.

**Speed.** The world is ever changing and daily, new concepts are introduced to science. These include techniques and innovations which become assimilated into the art of surgery. Individually, fellows arm themselves and keep abreast of these developments. The PCS, through its leaders, attunes itself to the changing times and formulates policies that keep the organization relevant and pertinent to the needs of its fellows and society.

**Endurance.** The PCS has been in continuance over three quarters of a century. It is unlikely that the pioneering 34 of September 12, 1936 foresaw how much the College would have grown and where it would be now. Because fellows have tended and nurtured the ideals that the original charter fellows envisioned, the Philippine College of Surgeons endures. The College has not simply lingered but persisted, not just merely existed but flourished. It has not remained still; it is ever burgeoning.

If you ever get a call to serve the Philippine College of Surgeons in any way, go and answer it. It will be difficult to explain the vibrancy of a 78 year old organization if you are a member in name only. You were not just inducted into the College. You are a fellow because we share a profession, a passion and a purpose. We are the Philippine College of Surgeons.

### References

- <sup>1</sup> Danneskiold-Samsøe B, V. Kofod V, Munter J, Grimby G, P. Schnohr, Gorm J. Muscle strength and functional capacity in 78–81-year-old men and women. *European Journal of Applied Physiology and Occupational Physiology.* 1984 52(3):310-34
- <sup>2</sup> Sipilä S, Viitasalo J, Era P, Suominen H. Muscle strength in male athletes aged 70–81 years and a population sample. *European Journal of Applied Physiology and Occupational Physiology.* 1991 63(3):399-403

I would like to share with the PCS general membership some major concerns/issues that the current BOR has discussed or dealt with during the past few months of the current fiscal year. Some of the issues came out during the dialogue with the different chapters held in conjunction with the induction ceremonies of their respective officers, while the others cropped up during the subsequent BOR meetings.

### **Academy of Medicines in the Philippines (AMP)**

This is an organization under the aegis of the Philippine Medical Association representing the different specialty groups. The Philippine College of Surgeons is one of the original founding members together with the Philippine College of Physicians (PCP), Philippine Obstetrical & Gynecological Society (POGS), Philippine College of Radiology (PCR) Philippine Society of Anesthesiologists (PSA), and Philippine Pediatrics Society (PPS).

Membership to the AMP will differentiate one from the other PMA members who are not specialists like general practitioners and those who have not yet passed their diplomate or specialty boards. Formation of this organization was initiated during the incumbency of Dr. Maximo H. Simbulan and finalized last year under the watch of Dr. Alfred H. Belmonte. At present, Dr. Alfred H. Belmonte is the incumbent AMP Vice President. The PCS is well represented in the different joint committees of the AMP by the following: Dr. Alejandro C. Dizon (Membership), Dr. Eduardo R. Gatchalian (Certification and Accreditation), Dr. Orlando O. Ocampo (Surgical Training) and Dr. Napoleon B. Alcedo, Jr. (Continuing Surgical Education). The Securities and Exchange Commission has approved the By Laws of the AMP as of March 4, 2014. All PCS Fellows are encouraged to apply for membership to AMP. No application fee will be charged.

### **AHMOPI**

As an offshoot of my dialogue with the different chapters of the College during the first few months of my presidency and as agreed upon in subsequent BOR meetings, a consensus was arrived that it would be in the best interest of our Fellows and also in keeping with our social responsibility to deliver the optimum surgical care to our patients, specially the marginalized segments of our society, to maintain and renew our MOA with AHMOPI. The different concerns and difficulties of the fellows in attending to their HMO patients under the

## **FROM THE PRESIDENT**



**Jesus V. Valencia, MD, MHPEd, FPCS**

AHMOPI umbrella have been brought to the attention of their officers and will be addressed accordingly in the Grievance Committee. The AHMOPI executive director mentioned that there were only more than 200 PCS Fellows who signed individual service contract agreements with the different HMO's under AHMOPI. He is appealing and campaigning for more PCS Fellows to actively participate in this MOA. The College is also in the process of trying to forge a MOA with the Private Hospitals Association of the Philippines (PHAP) to obviate some of the problems encountered by our Fellows in the different hospitals related to this MOA with the AHMOPI.

### **Foreign and Local Surgical Missions**

The issue about itinerant surgeries performed by local and foreign surgical missions, specially those initiated by LGU's, Mayors, Governors, etc. is another common concern of our fellows in the different chapters. The PCS Board has established communication with the officers of Union of Local Administrators of the Philippines (ULAP) to address this concern. We are in the process of finalizing the draft of a MOA with ULAP under the guidance of our legal counsel and will be scheduling a meeting with the ULAP president soon for possible signing of this MOA. The primary objective of this MOA is to have our Fellows in the different chapters involved earlier in these surgical missions so that complications from itinerant surgeries can be reduced to the minimum. The Board shall also establish open communication lines with the appropriate agencies of the Department of Health for a more effective implementation of existing guidelines.

Side by side with the plan to execute a MOA with ULAP regarding the conduct of local and foreign surgical missions, the PCS will be coming out soon with a Policy Statement on Surgical Missions, both local and foreign,

that elucidates the respective roles of the PCS chapters, the agency organization sponsoring the mission, the local health agencies as well as the proper conduct of the missions.

### PCS By-Laws Amendments

The proposed amendments to the PCS By-Laws as promulgated by the Constitutional Consultation held two years ago and which was temporarily shelved last year, is being revisited. The Committee on By-Laws and Amendments is in the process of finalizing the draft of the proposed amendments. It is expected that the final draft will be presented for ratification by the general membership in the Business Meeting during the Annual Convention in December 2014, or if short for time, during the Mid-year Convention in 2015.

### PCS Chapter Code

Another common concern of the different chapters that surfaced during the round of dialogues was the lack of active participation of the Fellows in the local affairs or activities of the chapters. Many of the chapter officers suggested empowering them to issue certificates of good standing to their Fellows to encourage more active participation. Some chapters went on to make some recommendations on what parameters to use before a fellow is certified as a member in good standing.

The BOR reviewed the suggestions and recommendations by the various chapters and will come out very soon with a PCS Chapter Code. The Code hopefully will serve as a very useful guide to the officers of the different chapters of the College on how to conduct their day to day activities. Of particular interest among the articles in the code are those that deal with governance, financial policies and of course, the definition of good standing. Whereas before, practically the only determinant of good standing status was payment of

annual dues now, attendance to and active participation in the chapter activities will now be considered. A form of scoring or point system will be recommended in the assessment of necessary attendance in PCS national and chapter activities.

### Revision of Fellows Assistance Plan (FAP) Brochure

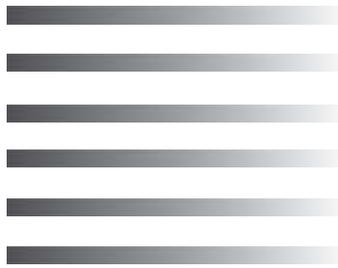
The Fellows Assistance Plan (FAP) was conceptualized by the 1979 PCS Board of Regents and was implemented starting 1980. The objective was to provide financial assistance to the bereaved family of a PCS Fellow upon his/her death. The full benefit is pegged at fifty thousand pesos (PhP50,000.00) and the traditional source of funding is the five hundred pesos (PhP500.00) annual contribution of every PCS Fellow member.

Actuarial studies in the past predicted that this FAP of the College will not be sustainable in the long term, specially if the source of funding and the other provisions are not modified. Presented with an aging population of its membership and therefore with a corresponding increase in mortality, the non-sustainability of the FAP has been accentuated in recent years.

After a thorough review and study by the Committee on FAP and the PCS BOR, a revised FAP brochure has been completed and approved for implementation in the last BOR meeting effective August 15, 2014. Aside from the minor changes in the provisions of the plan, two important changes merit special mention: 1. Additional source of funding from PCS subsidy to ensure sustainability 2. Inclusion of permanent total disability aside from death as a ground of availment of FAP benefit. The permanent total disability provision was incorporated so that our fellows so afflicted will have the opportunity to utilize their FAP benefit while still alive.

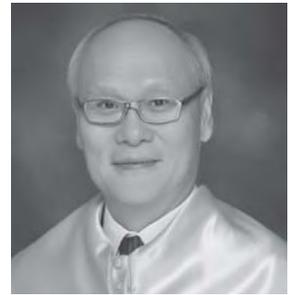


The board appointed Dr. Maria Concepcion C. Vesagas to fill the position vacated by Dr. Maximo Nadala. Dr. Nadala, member of the Board of Regents, resigned as regent due to health reasons. Dr. Vesagas, who came in 16th in the PCS elections last December, was sworn in by PCS President Dr. Jesus Valencia on June 5, 2014 at the PCS Boardroom. She will serve as regent until December 2014. She is flanked by some members of the Board of Regents (right photo).



# ACROSS THE BOARD

George G. Lim, MD, FPCS, FPSGS, FPSCRS, FPALES



Greetings to all our Fellows!

The Board of Regents met monthly in the last three months and I would like to report to the membership the highlights of each of those. As in last issue's report, these meetings were held in the G T Singian Board Room and lasted on the average from 1200NN to past 600PM.

#### 4<sup>th</sup> BOARD OF REGENTS MEETING

April 26, 2014 (Saturday)

#### Chapter Concerns

The President has completed all Chapter inductions. Among the concerns raised during these activities were: PCS-AHMOPI MOA implementation problems; issues related to surgical missions and the proposed MOA with ULAP; and empowerment of Chapters with their members.

#### PAPRAS

The College posed no objection to the plan of PAPRAS to create an affiliate society of cosmetic surgeons under their Society.

#### Treasurer's Report

##### Summary of Cash Transactions

Beginning Balance	Php 102,270,487.10
Add: Receipts	1,583,843.93
TOTAL	<u>103,618,726.71</u>

Disbursements	Php 1,364,004.90
Plus outstanding checks	<u>49,497.62</u>
Total Cash Flow	Php 1,413,502.52
Add: Unrealized gain on investment	41,977.68
Gain on Forex Rate	<u>23,285.23</u>
TOTAL Cash Balance-MARCH 31, 2014	Php 102,270,487.10

#### PCS Building

The Board approved refurbishing some furniture and reviewing all existing Lease Contracts with tenants.

#### Administrative Concerns

The Board approved to discipline an employee for violations of standing office policies and instructions.

The travel insurance coverage for official trips of members of the Board of Regents was increased.

#### 40<sup>th</sup> PCS Midyear Convention

The Board approved the proposed scientific program, speakers, and session chairs for the 40th PCS Midyear Convention on May 9-10, 2014 in Davao City with the theme: “Bridging Gaps and Breaking Barriers in Surgical Oncology”.

#### Awards

The Committee on Awards has disseminated the Guidelines for the search for the Legends of the Knife, Most Outstanding Chapter, Community Service, and Lifetime Achievement Awards to the different surgical specialties, PCS Chapters, and Chairs of accredited training programs.

#### Surgical Research

The Committee will conduct a Course on “Critical Appraisal” on June 21, 2014; 8am-5pm at the PCS Board Room. They will also prepare an EBCPG on Acute & Chronic Wound Care.

#### Surgical Training

The Board approved the distribution of the PCS’s Professionalism CD to accredited surgical training programs of the different surgical specialties to further highlight its importance.

#### Quality Assurance and Patient Safety

The Board approved the adoption of the PCS-WHO Surgical Safety Checklist template including the mechanism for regular reporting of compliance.

#### External Affairs & PR

The Board constituted a Sub-committee on Social-Civic Activities to study the feasibility of setting-up an ambulatory surgical clinic at the PCS compound.

#### HMO & RVS

The Board approved the position of the College that PHIC should reimburse procedures with 200 RUV and above in both Level 2 and 3 hospitals. For further public information, the Committee was also tasked to design a poster that would explicitly state that HMO patients have the right to choose their surgeons.

### **5<sup>th</sup> BOARD OF REGENTS MEETING**

May 31, 2014 (Saturday); 12:00 Noon

#### ULAP and PHAP Concerns

A meeting will be scheduled with the Union of Local Authorities of the Philippines (ULAP) and League of Provinces of the Philippines (LPP) regarding the conduct of surgical missions. Another meeting will be scheduled with the Private Hospitals Association of the Philippines and Philippine Hospital Association to discuss concerns regarding the implementation of the PCS-AHMOPI Memorandum of Agreement.

#### Chapter Empowerment

The Board is considering a suggestion from the Cebu-Eastern Visayas Chapter regarding a point system that may help a Chapter better evaluate its members’ participation.

#### Academy of Medicine of the Philippines (AMP)

The AMP will issue certificates of membership to current Fellows of its specialty divisions including the PCS. For PCS inductees this year, the AMP President will formally confer their membership during their induction at the PCS Annual Clinical Congress.

## Foreign Trips

The PCS President and Vice-President represented the College at the Royal College of Surgeons Convention (Singapore) and College of Surgeons, Academy of Medicine of Malaysia Convention (Kuching, Malaysia).

## Resignation of Dr. Maximo B. Nadala

Regent Nadala submitted his letter of resignation from the Board citing health reasons. The Board then appointed Dr. Maria Concepcion C. Vesagas to replace him by virtue of her having garnered the 16<sup>th</sup> highest number of votes during last year's election.

## Management Information System

The complete list of PCS Fellows has been uploaded to the Portal of the PCS website where Fellows can update their profiles individually. Staff training on the use of the new accounting system is on-going, including generation of financial reports.

## Treasurer's Report

### Summary of Cash Transactions

Beginning Balance	Php102,270,487.10
Add: Receipts	<u>1,475,177.32</u>
TOTAL	Php103,745,664.42

Disbursements	Php 1,149,889.70
Plus: Outstanding checks	<u>379,060.16</u>
Total Cash Flow	<u>1,528,949.86</u>
Balance	<u>102,216,714.56</u>
Add (Loss) Unrealized gain on investment	443,863.01
Loss on Foreign Exchange Rate	<u>( 42,346.49)</u>
TOTAL CASH BALANCE – APRIL 30, 2014	Php102,618,231.08

## Finance

The Board approved investing US\$50,632.51 (previously in short term investment with BDO Dollar Account at 5%/annum) with AXA Premium Bond Fund (Dollar) at 7.83%/annum for 3 years.

## PCS Building

The Board approved the committee's recommendation to execute a new contract of lease with Florex Money Changer and Remittance Center (replacing Printography.com) with a rental rate of Php550 per sq.m. (VAT exclusive).

## Revised FAP Brochure

The Board approved to revise the existing FAP guidelines: the College would now transfer to the FAP Fund every year the difference between the FAP dues collected and benefits disbursed in order to ensure its viability (BOR Resolution 2014-01).

The Board also requested the Committee to study the feasibility of releasing the death benefit due to a Fellow upon his/her Total Permanent Disability (as defined in the SSS Law) instead of upon his/her death.

## 70th Annual Clinical Congress (ACC) – November 30-December 3, 2014

The Board approved holding the Annual Clinical Congress at the Edsa Shangri-La Hotel. The scientific program, sessions, invited speakers, and fellowship night program were likewise taken up.

## Trauma

The Board approved conducting a survey in all accredited training programs to get trauma data that will form part of a Trauma Registry. The Committee will also draft a 3-fold informative flier/brochure of all trauma workshops being offered by the College.

## Cancer

The Board approved the committee's proposal to formulate a position statement on Alternative non-FDA approved Cancer Treatments. (See full text on page 16)

## Surgical Training

The Board approved re-distributing the College's CD on Professionalism to all accredited surgical training programs and medical schools in the country.

## Quality Assurance & Patient Safety

The Board approved intensifying implementation of the PCS-WHO Surgical Safety Checklist including reporting of outcomes.

## Membership

The Board approved the policy that an applicant practicing in two (2) separate areas should be endorsed by the two Chapters concerned. Once application is approved, he/she should choose only one (1) Chapter for his membership in the College.

## By-Laws

The Board resolved to rescind its previous resolution made last June 2013 "shelving" the ratification of amendments of the College's By-Laws (BOR Resolution No. 2014-02) and tasked the committee to revive and prepare a new timetable for the ratification.

## 6th BOARD OF REGENTS MEETING

June 28, 2014 (Saturday); 12:00 Noon

## AHMOPI Concerns

The MOA with AHMOPI will expire by December 2015; the Committee on HMO will review its provisions before renewal.

## Treasurer's Report

### Summary of Transactions

Beginning Balance	Php102,618,231.08
Add: Receipts	<u>3,017,212.55</u>
TOTAL	Php105,635,443.63
Disbursements	Php 1,016,188.57
Plus: Outstanding Checks	<u>1,681,083.14</u>
Total Cash Flow	Php 2,697,271.71
BALANCE	102,938,171.92
Add: Unrealized Gain on Investment	<u>425,407.32</u>
	Php 103,363,579.24
Less: Loss on Forex Rate	Php 159,848.20
Travel Allowance	43,861.98
TOTAL CASH BALANCE – MAY 31, 2014	<u>Php103,159,869.06</u>

#### Internal Audit

The Committee will draft Rules & Policies in the handling of the following: Cash and Cash Items, Property and Equipment, Receivables/Payables, Inventories, and Income and Expenses.

#### Conventions

The Board approved the publication of a one-page newspaper supplement with the Philippine Star. Preparations for the physical arrangement and Fellowship Night were finalized.

#### Continuing Professional Development

The scientific program and speakers for the 2014 ACC were finalized. Preparations were initiated for the 41st Midyear Convention on May 8-9, 2015 at the Taal Vista Hotel, Tagaytay City with the theme: "Emerging Trends in Emergent Situations". Likewise, preparations for the 2015 ACC with the theme "Excellence in Surgical Practice" were taken up.

#### Surgical Research

The Board approved the list of questions for the EBCPG on Chronic Leg Wound Care.

#### Surgical Training

The Board approved the committee's recommendation to adopt the Handbook on Good Surgical Practice by the Royal College of Surgeons, which is available on the Internet. Arrangements will be made to coordinate this with them.

The committee was tasked to initiate and formulate a National Manpower Study database for future reference.

#### HMO & RVS

Specialty Societies were requested to review and comment on certain codes that were delisted by PHIC. The College also coordinated with the PHIC on the leveling of hospitals and the procedures that will be reimbursed. Inputs from all concerned regarding the procedures that may be safely performed in Ambulatory Clinics were likewise forwarded to PHIC for their consideration.

#### Publications

The Board approved the 10<sup>th</sup> PCS Photo Contest with the theme "Local Travels". Deadline for submission of entries is on September 28, 2014. The Committee will also start archiving and indexing old PCS Photos.

#### Chapter Code

The PCS Chapter Code was reviewed; however, implementation was deferred pending the ratification of amendments to the PCS By-Laws.

#### Professional Development Code

The 2004 PCS Surgical Education Code was reviewed and renamed "PCS Professional Development Code" in consonance with PRC's thrust. Henceforth, the College shall adopt this terminology in its future usage.

#### Fellows Assistance Plan

The Board approved that eligible Fellows who develop Total Permanent Disability as defined in the SSS Law shall be entitled to receive the corresponding FAP benefit either at the time of disability or to keep this for his/her family upon death.

#### FDA's Ethical Standards for Health Product Promotion

The Board will schedule a meeting with a legal counsel to prepare a statement regarding the College's stand on certain provisions of the proposed FDA's Ethical Standards for Health Product Promotion.

# 2014 40th PCS Midyear Convention

Marwin Emerson V. Matic, MD, FPCS

**W**ith the theme "Bridging Gaps and Breaking Barriers in Surgical Oncology", there was no better place for the 40th Midyear Convention of the Philippine College of Surgeons (PCS) than Davao. As Davao remains to be the center of growth in Mindanao, it has persistently broken barriers in traditional politics and managed to bridge the gaps between good governance and citizen satisfaction. Participants of the PCS Midyear Convention willingly obliged to Davao City's *No Smoking campaign and liquor ban at 1am* programs. Davao is no stranger in hosting PCS midyear conventions, as it played host in 1989, 1998 and 2004.

The Northern Mindanao chapter, headed by chapter president Dr. Alfred Tan II, welcomed the delegates and participants on Day 0 in a local club with a local beauty pageant of sorts and fun games. The midyear convention, then, was held in the SMX Convention Center Davao, located at the 3rd level of the SM Lanang Premier in Davao City.

The PCS Midyear Convention was opened by Councilor Marie April Dayap, the youngest councilor in the Philippines, on behalf of Mayor Rodrigo

Duterte. Attended by almost a thousand surgeons, the midyear convention had as overall chair, Dr. Arturo Mendoza. Current management strategies for various cancers namely esophagus, gastric, breast, skin, head and neck and colon, were discussed. We also saw the launching and distribution of the PCS car sticker.

The convention culminated with a Fellowship Night which was also held at the SMX Convention Center where host Saicy Aguila somehow persuaded few mesmerized surgeons to "twerk" on stage. After which, Mayor Rodrigo Duterte graced the occasion and lightheartedly played down calls from the audience to run for president in 2016. The rest of the evening was long for the mayor as it took him almost 2 hours to exit the function room due to repeated selfies from the audience.

To say that the PCS Midyear Convention was successful is an understatement. As a PCS fellow managing cancer day in and day out, more than the pomelos and durian candies, bringing home this wealth of new knowledge in cancer treatment will definitely benefit our patients who come to us for treatment.

## Northern Mindanao

**T**he Fellows of NM took time out to render community service to the less privileged children from the mountainous barangays of the town of Medina, Misamis Oriental, a 3 ½ hours drive from Cagayan de Oro City for the PCS Operation Tuli - 2014. Surgical residents of Capitol University Medical Center (CUMC), Ma.Reyna-Xavier University Hospital, nurses from CUMC and Northern Mindanao Medical Center provided much needed manpower. Members of the Philippine Pediatric Society-North Central Mindanao Chapter, Dr. Geraldine Co and Dr. Desiree Ann T. Bibera, chapter president, willingly volunteered to do the pre-op Pediatric Screening and handled post-op prescriptions for antibiotics and analgesics.

We were able to perform one hundred seventy (170) circumcisions. This activity was made possible through the generous support of the management of Fresh Fruit Ingredients, Inc. Thanks to the Fellows who gave their support -- Doctors Donald Co, Stephen Viajar, Michael Bibera and Erika Gacus from NMMC.

At present, the chapter is doing early discussions and planning for its bid to host the Midyear Convention in 2016. Dr. Dures Tagayuna, regent of the PCS and the chapter board members are spearheading this effort.

# The Practice of Cosmetic Plastic Surgery

Carlos I. Lasa Jr., MD, FPCS

*President, Philippine Association of Plastic Reconstructive & Aesthetic Surgeons, Inc. (PAPRAS)*

What is plastic surgery? Dr. Charles Thorne, editor-in-chief of Grabb and Smith's Plastic Surgery textbook, describes plastic surgery as "the single most diverse specialty in the medical field, dealing with problems from the top of the head to the tip of the toes and with patients ranging in age from newborn to nonagenarian. Plastic surgeons are the ultimate specialists...unrestricted by organ system, disease process, or patient age. Without an organ system of its own plastic surgery is based on principles rather than specific procedures in a defined anatomic location... No specialty receives the attention from the lay press that plastic surgery receives. At the same time, no specialty is less well understood. Although the public equates plastic surgery with cosmetic surgery, the roots of plastic surgery lie in its reconstructive heritage. Cosmetic surgery, an important component of plastic surgery, is but one piece of the plastic surgical puzzle... Plastic surgery consists of reconstructive surgery and cosmetic surgery but the boundary between the two, like the boundary of plastic surgery itself, is difficult to draw. The more one studies the specialty, the more the distinction between cosmetic surgery and reconstructive surgery disappears."

With the increasing popularity of cosmetic or aesthetic surgery, patients often encounter different terms such as "plastic surgeon", "aesthetic plastic surgeon", "cosmetic plastic surgeon", "plastic and reconstructive surgeon", "cosmetic surgeon" or "aesthetic surgeon". For the knowledgeable, there is an understanding that the use of the term "plastic" implies that the surgeon has undergone a formal residency training in plastic surgery, whereas the use of the term "cosmetic" alone implies a vague training background, which varies widely, ranging from no formal surgical residency training to a formal training but in a different surgical specialty. Many plastic surgeons prefer using the word "aesthetic" over the word "cosmetic" because of the wish to avoid the

connotations of makeup and a beauty parlor, according to Dr. Robert Goldwyn, former editor of the Plastic Reconstructive Surgery journal.

Patients considering cosmetic surgery often do not know that in the Philippines, it is legal for physicians who are NOT board-certified plastic surgeons, to perform cosmetic surgery, due to the laxity of the Medical Act of 1959. Once doctors get their medical degrees and pass the government physician licensure examination, they may practice any specialty, even if they have not undergone residency training in the field they have chosen. And so, a doctor who performs cosmetic surgery is not necessarily trained as a plastic surgeon. Currently only the major medical centers in Metro Manila are doing the most important function of screening surgeons and determining who will be given operating room privileges to perform cosmetic surgery.

Outside the major medical centers, cosmetic surgery clinics have proliferated, many of which do not meet the requirements of the Department of Health for ambulatory surgery clinics, and which have cosmetic surgery practitioners who are not properly credentialed. In the past decade, there have been an increasing number of cosmetic surgeons who have misinformed the public and peddled the lie that plastic surgeons are good only when it comes to reconstructive surgery, but that cosmetic surgeons are better at doing cosmetic surgery. Sadly, many of these cosmetic surgeons are also Fellows of the PCS practicing outside of their specialty.

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*The PCS leadership has expressed solidarity with PAPRAS in maintaining the integrity of the plastic surgery specialty*

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Many documentaries have been made and many horror stories have been told about cosmetic surgery that went terribly wrong, but in most cases these procedures were done by unskilled and unqualified physicians. Cosmetic surgery-like any surgery-carries risks and must be treated seriously. Thus, the Philippine Association of Plastic Reconstructive and Aesthetic Surgeons, Inc. (PAPRAS) has embarked on an information campaign focused on patient safety. Patients who are well informed know better to choose board-certified plastic surgeons. But what about cosmetic surgery being performed by non-plastic surgeons who are Fellows of the Philippine College of Surgeons?

The PCS By-Laws defines a "Fellow" as a surgeon certified by his respective Philippine specialty board and a member of his respective specialty society recognized by the College. Hence PCS Fellows who are not certified by the Philippine Board of Plastic Surgery and who are not members of PAPRAS should not be doing cosmetic surgery as their major source of livelihood and clinical practice, especially if the cosmetic surgery being performed falls in any of the following categories:

1. Cosmetic surgery in an area that does not fall within their specialty's anatomical boundaries; and
2. Cosmetic surgery that is not covered by their specialty's core curriculum and residency training program.

Concrete examples of the above are as follows:

- ENT specialists may perform rhinoplasties but they should NOT be doing blepharoplasties, breast augmentations, abdominoplasties and liposuctions.
- Ophthalmologists may perform blepharoplasties if they have training in oculoplastic surgery, but they should NOT be doing rhinoplasties, breast augmentations, abdominoplasties and liposuctions.
- OB-Gynecologists may do vaginoplasties, but they should NOT be doing facelifts, rhinoplasties, blepharoplasties, and breast augmentations.

What about PCS Fellows who are general surgeons? General surgeons should NOT be doing cosmetic surgeries, since these are not covered by the core curriculum of general surgery and are not covered by the residency-training program of general surgery. The only training programs with comprehensive coverage of cosmetic surgery for the entire body are the plastic surgery training programs accredited by PAPRAS. PAPRAS is the only specialty society recognized by the Philippine College of Surgeons to represent the field of plastic surgery.

The PCS was founded in 1936 to promote camaraderie (among surgeons) and to promote ethical practice of surgery in the Philippines. It has grown over the years and currently is comprised of 11 boarded specialties and 10 non-boarded specialties. What would happen if the Fellows of PCS disregarded the boundaries of the established specialties and practiced with ethical disregard of the specialties of others? There will be no order within the PCS and this would plunge the PCS into chaos.

The specialty of plastic surgery is probably the most disrespected of all the surgical specialties of the PCS, if we take into consideration the huge number of PCS Fellows practicing cosmetic surgery outside of their core specialty. The PAPRAS leadership has expressed its concern about this ethical disregard. The PCS leadership has expressed solidarity with PAPRAS in maintaining the integrity of the plastic surgery specialty and support for PAPRAS, and the recognition that it is the only society that will represent the field of plastic reconstructive and cosmetic surgery. However, the sad reality is that the PCS and the PSGS have no police power to prevent non-plastic-surgeon-Fellows from performing procedures outside their specialty. This state of affairs will continue until the old Medical Act of 1959 is repealed. The forthcoming ASEAN economic integration in 2015 is an opportune moment to establish a new law regulating the practice of cosmetic surgery in the Philippines and for the government to license who can practice cosmetic surgery.

# Are You A Real Healthy Role Model Physician?

Dean Cyril Y. Catot, MD, FPCS

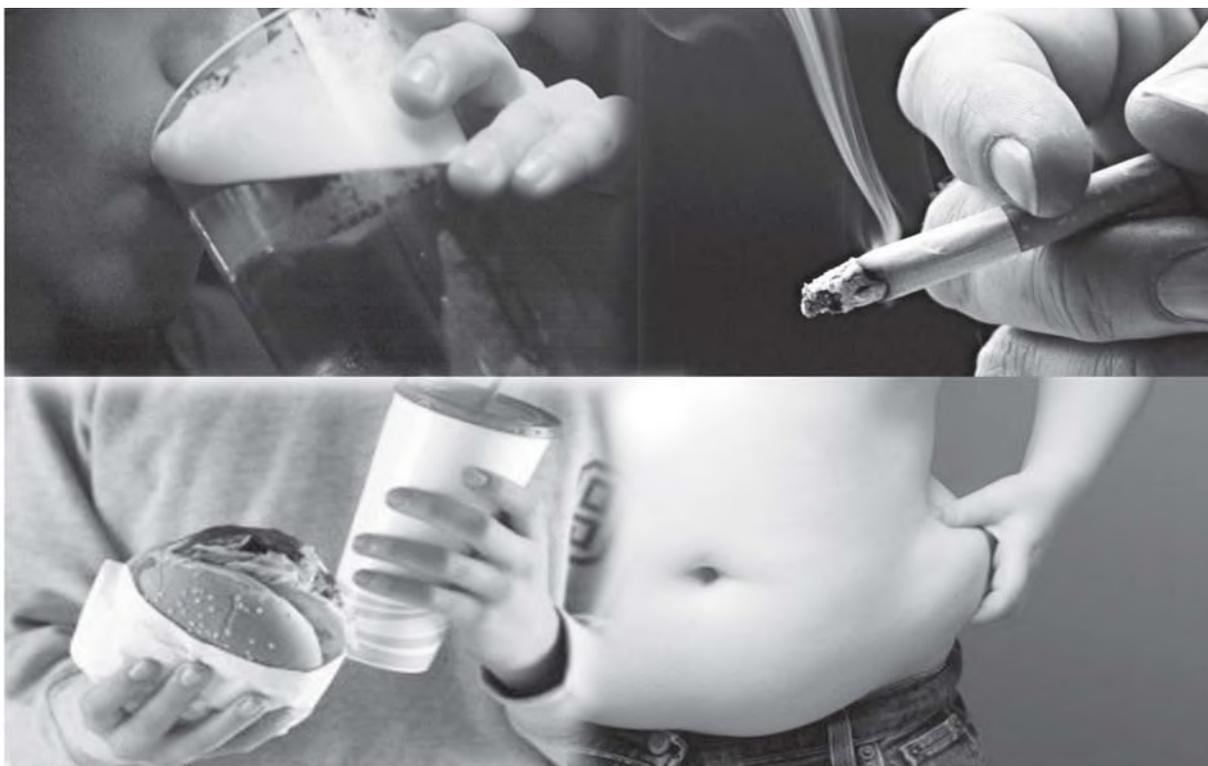
*Philippine College of Surgeons-Negros Occidental Chapter*

A friend of mine intentionally skips meals to reduce his weight but he eats junk food, which he shares generously with me, to satisfy his hunger. Another friend has tried from boxing to mixed martial arts but he quit after a few sessions. Another friend who dislikes exercise and dieting has undergone stem cell treatment to maintain his youthfulness. One time, I attended a usual lecture about wound healing which became interesting but scary when the speaker talked about some prominent physicians in the country who had suffered from heart attack, stroke and cancer due to unhealthy lifestyle. Nowadays, joining fun runs is very popular that many physicians have joined it to promote good health, but is it really beneficial when it is not done regularly and frequently?

When I was asked to write an article for PCS, I could not think of a better topic than about health,

not as informative and educational, but simply as a caution out of concern, with no offense intended because I believe everybody knows this topic very well. As I see and observe the lifestyle and physical fitness of many physicians including my three friends mentioned, it seems that health is not a top priority and is taken for granted. As physicians, we know very well not only the value of health and its impact on the patients' lives including their families, but also on how to achieve and maintain it. It is actually not our business to mind other people's lives, especially those of highly intelligent professionals like physicians, who definitely know what they are doing in their lives. But no matter how intelligent and highly educated we are, we are still human beings who can commit mistakes and make poor choices in life. I believe that everybody has the moral obligation to care for people especially for their own good, friends or strangers alike. I

*see page 14 >*



understand that everybody faces different levels of stress everyday especially related to our career which may influence our lifestyle. I also observe that physicians have generally a common lifestyle which is not promoting good health.

Aside from being busy with our careers, we are also very busy to pursue and enjoy the fruits of our labor. This is definitely all right because we deserve the best in life except that we neglect to prioritize what is really valuable for us. I am also aware that there are differences in genetic make-up that may predispose each individual to certain diseases. But even if we have the genes for obesity and other medical diseases, if we exercise regularly, control our diet, avoid vices and manage our stress, good health is still possible. I do not mean that physicians should be prohibited from getting sick. We have the same physical body like the general population and vulnerable to different diseases as we are exposed to illness more than others. But the fact that we have wealth of knowledge about health is really advantageous and beneficial for us; useless if we cannot practice and apply it to ourselves.

Unfortunately, it is said that physicians are the worst patients because we are generally stubborn and do not follow what is for our own good. It is really hard to understand that we know what is good for us but we do not like to work for it. If physicians can endure and survive the long years of training especially to become specialists through patience, determination and hard work for a brighter future, why can we not do the same to achieve and maintain good health? If we work hard for our brighter future, how can we enjoy life to the fullest if we experience pain and suffering from different diseases?

I really believe that physicians should be physically fit and healthy to be real role models to promote good health, not the famous and popular models we see in media. With us as models of health, patients can be convinced to increase compliance to our prescriptions. Well, we might say that it might affect the practice of our profession, specially on the economic aspect if we have generally healthy population. But I really believe that the primary role of a physician is to promote good health because healing is beyond our control and that belongs only to God. How many times do we get frustrated when we lose our patients after we have given all the ideal and best possible treatment available for them to the point

that we question ourselves about our role as physicians? It is said that an ounce of prevention is worth a pound of cure. As physicians, our role in the prevention of a disease to our patients is not only to educate them but also to be a healthy role models to be really effective. A classmate of mine who is a pulmonologist is smoking in front of his patients while he is advising them to quit smoking due to its ill effects. I still remember my consultant who was smoking inside the operating room covering with his free hand the word "no" from the "no smoking" signage. When my consultant died of lung cancer not a long time ago, everybody quit smoking but only for a few months. Years later, another young colleague died of the same cancer. It is really a pity to see young physicians pass away early at the peak of their careers because of preventable lifestyle-related diseases. Although good health never prevents death which can happen anytime and anywhere unexpectedly, good health may offer us long years to enjoy and be happy in our life.

Erap always believed the saying that life is not about living longer but enjoying it, for what is the reason to live longer if we do not enjoy and are not happy with our life anymore? I fully agree. We must enjoy ourselves to the fullest to be happy in life since we only live once in this world. But let us remember the reality that there are always consequences to our actions and whether we like it or not, tomorrow will always come to pay for the consequences of our actions. It is said that we are free to choose whatever we want to do but we are not free to choose the consequences of our actions. We should learn from our patients who are suffering helplessly from their terminal diseases due to unhealthy living during their younger years. If we really love and care for our family, we should show it by making a decision and commitment to being physically fit and healthy now. Although healthy lifestyle does not totally prevent diseases to develop, the incidence to develop a disease is still significantly lower for those who wisely choose healthy living. When I asked an octogenarian physician about the secret of his strong body, his profound answer was "prayer". This did not surprise me at all. Indeed, prayer is very powerful but it is often effective only if we do our part as God helps those who help themselves. Be a real healthy role model physician!

# The Residents' Group of the Philippine Society of General Surgeons

Rodel Rodriguez Israel, MD

**J**une 27, 2014 was a gloomy, rainy day but despite of it, senior residents from the surgery departments of different accredited training hospitals trooped to the PCS building for a scheduled meeting. Everyone was excited regarding the meeting's agenda.

This event was the first ever election of resident officers for the Philippine Society of General Surgeons Metro Manila chapter. This concept was initially planned 3 years ago. The Cebu chapter of the PSGS was the first to have its own residents' organization. Prior to the elections, the residents bonded over dinner and got to know each other. Ten residents were then nominated from the different hospitals to fill up 5 positions. The elections were facilitated by Dr. Napoleon Alcedo, Jr.. Each nominee gave a speech prior to the elections.

The following residents were elected as "officers" Stephanie Ferrer of Capitol Medical Center as President; Rodel Israel of Amang Rodriguez Medical Center as Vice-President; Jaymie Lim of The Medical City was elected as Secretary; Dino Buenaventura of UERM Medical Center as Auditor; Rey Puig of Tondo General Hospital was designated as PRO.

About a month later, on August 6, 2014, the officers attended the residents summit held at the SMX Convention Center for the election and induction of national officers prior to the PSGS Surgical Forum. This was headed by the chairman of the committee of the residents' group, Dr. Jorge M. Concepcion, and was accompanied by the following doctors: Napoleon Alcedo, Jr., Erickson Berberabe, Shalimar Cortez, and Stephen Bullo. Presidents of the chapters were outright nominated and elected as officers, namely President: Dr. Stephanie Ferrer of Metro Manila

Chapter; Vice-President, Dr. John Andre De Paz of Eastern Visayas Chapter; Secretary, Dr Mark Alvin Baluyot of Northern Luzon Chapter; and PRO, Dr. Amabelle Yuga of Southern Tagalog Chapter.

I am fortunate to be a part of this organization as a mandate of our program in surgical training and education. This will be a network among residents that will help us identify issues and problems unique to a surgical resident. It will serve as a social organization where residents can meet together and deal with topics or concerns of a residents. This will also serve as a training ground for future leaders or for collaboration with other institutions to be at par with our ASEAN neighbours.

The ultimate goal of the organization is to strengthen surgery training in the Philippines and address issues that concern residency training. These include a standardized curriculum and regularization of trainers (as overseen by the Philippine Association of Training Officers in Surgery), and to seek ways of how to help other training programs to improve.

As young as it is, I hope that this will be an organization worthy of its own existence-- with a hope that all training programs produce quality graduates, expert future leaders, and to continue to strive towards achieving our goal which is to be the best surgeons in the world.



*(Editor's note: Dr. Israel is currently a fourth year surgical resident at the Amang Rodriguez Memorial Medical Center. When he is not busy with surgical training, Dr. Israel plays a mean game of competitive badminton.)*

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# Position Statement on Alternative Methods\* of Cancer Management

**A**lternative methods of cancer management are progressively being advertised as panaceas and pose serious safety issues to the uninformed. Realizing the need to balance patient access to all management options while protecting the public against the risks and complications of unproven methods, the Philippine College of Surgeons (PCS) imperatively urges extreme vigilance and awareness by the public and private individuals, as well as more active monitoring action and accountability of governmental offices (such as the Food and Drug Administration) and non-governmental organizations against these uncontrolled practices, false claims, and outright misinformation.

The PCS continues to advocate scientific researches, evidence-based therapy, and peer-reviewed approaches to determine the safety and efficacy of various strategies. The PCS does not endorse the use of the following alternative methods, which are unproven or have been disproved yet popular cancer management methods:

1. Stem cell therapy for cancers other than those arising from the blood and bone marrow;
2. Cryotherapy for metastatic tumors;
3. Vitamin B17, a.k.a. amygdalin, for any cancer;
4. Naturopathic approaches to cancer other than the universal recommendation of the emphasis on food from plant sources (vegetables and fruits) for cancer prevention, but not diagnosis nor treatment;
5. Vitamin and/or anti-oxidant supplementation (such as glutathione) for cancer;
6. Herbal or plant product supplements (e.g., mushroom extracts, fruit derivatives such as guyabano and mangosteen, barley, wheat grass, acai berry, etc.);
7. Traditional medicine;
8. Local and international "cancer centers" or groups with vigorous media and patient recruitment campaigns touting "innovative", "new", "modern", and other non-standard cancer treatments;
9. Cleansing diet, colonic irrigation, and similar enema; and
10. Chelation therapy

The PCS reiterates the call for the Food and Drug Administration, Department of Health, and Professional Regulation Commission to stop those who seek to profit from the desperation and unfamiliarity of those suffering from cancer through stricter monitoring, stiffer penalties, more vigorous screening of false ads and better public education.

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*(\*Alternative methods include those that are still unproven or have been proven to be ineffective procedures in preventing, diagnosing or treating cancer)*

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# Academy of Filipino Neurosurgeons, Inc.

**T**he Academy of Filipino Neurosurgeons (AFN) participated in the PCS 40th Midyear Convention held in Davao City from May 7 to May 9, 2014. The AFN officers headed by Dr. Alfred Tan (President), Dr. Jose A. Aguilar (Vice-President), Dr. Renan Acosta (Secretary-Treasurer), together with former AFN president Dr. Asis Encarnacion, held a consultation meeting on May 8, 2014 with the Mindanao-based AFN neurosurgeons at the Gustavo restaurant in SM Davao. Among the attendees were Doctors James Soriano, John Mata, Raymond Gagwis, Euvin Lagapa, Ivan Natividad, Nikki del Rosario and Silvestre Gonzales. Discussed during the meeting were the proposed revision and amendments of the AFN constitution by the head of the committee on constitutional amendments, Dr. Asis Encarnacion, and also the recent BIR requirement on the submission of an affidavit for professional fees. In this meeting, Dr. John Mata was elected as the regional AFN representative for Mindanao.

In the evening of May 8, 2014, Dr. Gilbert Ranoa gave a lecture on the "2013 Guidelines for the Management of Acute Cervical Spinal Cord Injury" at the Casa Taverna restaurant, Davao City. Dr. Ranoa's lecture was well appreciated by the neurosurgical consultants and surgical residents from Mindanao who attended.

For the month of July, the AFN participated in 3 major scientific activities held all over the Philippines. Last July 25 to July 27, 2014, the Department of Neurological Surgery of Vicente Sotto Memorial Medical Center, Cebu City in cooperation with the AFN and Karl Storz - Endoskope Company hosted a



Academy of Filipino Neurosurgeons Meeting, 40th Midyear Convention, May 8, 2014, Gustavo Restaurant, Davao City

Live-Operative & Hands-on Training Workshop on Endoscopic Surgery of the Brain and Spine.

On July 26, 2014, the AFN neurosurgeons of Northern Mindanao headed by Dr. Mitch Gonzales, together with other medical specialties and in coordination with the Misamis Oriental Medical Society and the Philippine Nurses Association-Region X conducted a workshop on Spine Disorders at the Polymedic Medical Plaza, Kauswagan, CDO. Other neurosurgeons from Northern Mindanao who participated in the workshop included AFN secretary-treasurer Dr. Renan Acosta, Dr. Donald Co, Dr. Vilma Yacapin, and senior neurosurgery resident Dr. James Mercado. The purpose of the activity was to address the evaluation, diagnosis and management of spinal disorders for general physicians and nurses. AFN president Dr. Alfred Tan attended and delivered the closing remarks to this highly successful workshop.

For its July 30, 2014 AFN Monthly Scientific Meeting held at the Bonaventure Plaza, San Juan City, former AFN president Dr. Ferdinand G. Florendo spoke on "Neuroscience, Survival, Ethics and The AFN".

The Academy of Filipino Neurosurgeons Triathlon Team participated in the last Cobra Ironman 70.3 race held last August 3, 2014 in Mactan Cebu. The AFN sent a team to the relay event. The team consisted of Dr. Renan Acosta (swimmer), Dr. Vladimir Hufana (biker), and Dr. Mario Marchedesh (runner). The AFN team was awarded a finishers medal.



Dr. Alfred Tan (center) with Dr. Wyben Briones (far right) at the Vicente Sotto Memorial Medical Center

# Philippine Spine Society

The Philippine Spine Society (PSS) is a subspecialty organization under the umbrella of both the Philippine Orthopedic Association and the Philippine College of Surgeons. Established in 1995, it was foreseen to fill the need for an appropriate educational setting that will maintain the highest level of professional standards in the practice of spine surgery. Now on its nineteenth year of existence, the organization has 65 active members composed of both orthopedic spine surgeons and neurosurgeons.

The primary objective of the Society is to enhance the knowledge and skills of spine surgeons through scientific activities by providing various fora for the exchange of knowledge and experiences. The ultimate beneficiaries are of course the patients. Our major activities for 2014 are focused on continuing medical education and research.

On July 26, 2014, the first major offering of the PSS for the year - The Live Tissue Course on Complications in Spine Surgery - was held at the Veterans Memorial Medical Center, Quezon City in cooperation with the VMMC Department of Orthopedics. This is an annual event held by the PSS where a faculty composed of orthopedic surgeons, a neurosurgeon, and a vascular surgeon teach the common surgical approaches used in spine surgery procedures and the intraoperative complications that one may encounter during the approach with advice on how to deal with them. The didactics are followed by actual application of the techniques on live anesthetized pigs, thus allowing the participants to practice their new knowledge under the guidance of the faculty.

Annual Symposium on the Degenerative Lumbar Spine and First Spine Research Forum held on August 29 and 30, 2014 at the Raffles Hotel, Makati. Faculty consisting of both local experts and authorities on spine surgery in the Asia-Pacific region delivered talks on the different aspects of the basic science, diagnosis, and treatment of degenerative disorders of the lumbar spine. Interspersed with the lectures was an innovative format for the research forum which highlighted the best spine researches in the country. The presentation was done by both consultants and residents.

To end the year, the PSS will go to Movenpick Hotel in Mactan, Cebu for the AO Spine Advances Course on the Management of Complex Cervical Spine Disorders on November 24 to 25, 2014. AO Spine is an international organization of spine surgeons and it shares a mutual thrust with the PSS towards the advancement of education for spine surgeons thus sealing this annual partnership in this activity. This course brings noted AO Spine luminaries from the region who join Filipino spine surgeons in this educational endeavor. The presence of excellent local and foreign faculty makes this one of the most anticipated events in the annual calendar of activities of the PSS. The year's activities will be closed by the PSS General Meeting on the evening of the 25th of November.

The year 2015 will be a big one for the society as it celebrates its 20th year. The highlight event for next year will be the operative spine course which the PSS shall be hosting in cooperation with the Asia Pacific Spine Society, a subspecialty organization of the Asia-Pacific Orthopedic Association. The PSS looks forward to 2015 with optimism and banks on the dynamism of its membership to propel it even further in the years to come.



# PALES goes 3D: A Multispecialty Conference in Minimally Invasive Surgery

Jeffrey JP. Domino, MD

The Philippine Association of Laparoscopic & Endoscopic Surgeons (PALES) recently concluded its 4th Annual Clinical Congress with the theme, "PALES goes 3D: Directions, Development and Dynamics". It was held last July 10-12, 2014 at the Diamond Hotel, Roxas Blvd. Manila, Philippines. The successful conference included simultaneous multispecialty meetings of healthcare professionals involved in laparoscopic and endoscopic surgery.

The conference was preceded by several educational activities, one was the MIS video editing contest where residents and fellows from Far Eastern University garnered first place. The winners were accorded a slot to workshop at IRCAD, Taiwan. Another activity during the congress was the scientific poster contest where residents of St. Luke's Medical Center also won first place.

The Congress featured internationally experts in minimally invasive surgery namely, Professor Asim Shabbir, MD, FRCS from National University Hospital, Singapore, Prof. Alan D.L Sihoe, MD, FHKAM, FCCP from the University of Hong Kong, and Prof. Le Quan Anh Tuan, MD, from the University Medical Center, Ho Chi Minh, City Vietnam.

The highlight of the opening ceremony was the induction of new fellows, associate members and preceptors to the Society. The increasing number of inductees was a clear indication of how fast the society is growing. It was then followed by the inspirational talk delivered by our keynote speaker, Professor Emeritus Serafin C. Hilvano, MD, one of the founders of our Society and a true leader. Much enthusiasm was felt when the long awaited launching of the Handbook of Basic Laparoscopy was finally unveiled during the

congress. Authors and contributors of this handbook felt like celebrities for a short while as the delegates took autographs and photographs. This was followed by the demonstration and launching of the 3-dimensional video images that are used nowadays in minimally invasive surgery. The audience inside the ballroom were amazed by the incredible video image that can be experienced when using this latest technology inside the operating room.

The Congress, held at the Diamond Ballroom, was packed with relevant and up to date topics in teaching and training, safety and quality assurance through simulation, innovations in surgical endoscopy and enhanced recovery after surgery (ERAS) as well as the future of minimally invasive surgery and robotics surgery. A simultaneous meeting was held on the other rooms by the different specialty societies of minimally invasive surgery. A Basic Robotics Urology workshop was held thru the collaborative efforts between the Philippine Urological Association and the Philippine Endourological Society. The workshop was attended by about 25 trainees who were introduced to a robotics simulator, where everyone was excited to get their hands on this training machine. The Philippine Association of Minimally Invasive



Thoracic Surgeons (PAMITS) also held a simultaneous symposium on Single Port VATS and even conducted a live surgery demonstration. Another specialty society, the Philippine Society of Pediatric Surgeons, also held their simultaneous symposium on laparoscopy for Common Pediatric Surgical Conditions. The gathering was described as pleasant and fun while learning and sharing their expertise, because seeing one another during this event, almost seemed like a family reunion. One of the goals of this congress was to have a comprehensive meeting; hence a simultaneous post-convention workshop for MIS nurses, surgical endoscopy and digestive diseases was also held at the Philippine Center for Advanced Surgery at Cardinal Santos Medical Center.

After the exhaustive meeting of the minds, the delegates had a chance to unwind and enjoy the food and wine during the Fellowship Night, held at the Sky Lounge of Diamond Hotel. The place was filled to capacity as delegates and guests, shared and

experienced the fun and laughter of the different society chapters' singing talents. As each chapter's talents were called, the audience got more and more cheers and more and more drinks. As the night ended, most of the delegates really expressed their satisfaction and happiness even if not all got called in the raffle, but some would say "indeed it was fun and entertaining".

The 4th Annual Congress concluded with about 400 plus delegates from all over the country. New knowledge was gained in minimally invasive surgery and new strategies were formulated in progressing training. Even with these numerous activities, the objective of the Congress set by the Society was indeed achieved. A post congress workshop was also held during the weekend. It highlighted the advances of laparoscopic digestive surgery. With speakers from the board of PALES and one of the foreign guest speaker, the meeting again was very fruitful. All in all, the congress was a great success.

## Philippine Urological Association

**F**irst and foremost we would like to thank each and everyone in the urologic community for the time and effort in making the last Prostate Cancer and Men's Urological Health Month a huge success. Special mention should go to our President Dr. Yul Quanico and council member in charge Dr. Raffy Agudera for their full support and bright ideas. Special thanks as well to the PUA secretariat, particularly Reinalyn Martin, for the invaluable time and effort spent on this activity especially after becoming call center agents to endless calls from men who listened to and watch our media interviews. A very appreciative pat in the back also for our pharmaceutical partners for providing the much needed logistics and manpower.

On review of the month long activity, which was expanded to include Men's Urologic Health Awareness, it was noted that we had a very good quad media campaign. We had 3 media interviews

in one day at the same time slots, primetime at that. Special thanks goes to Dr. Wilfredo Tagle and Dr. Joseph Lee for tapping their media friends for this, as well as to pharmaceutical friends like Menarini and Geriatrica who scheduled media interviews for us. By the 2nd week we knew that we must have been doing it right because by then it was the media who started calling us up, requesting for interviews, even at home. Pouncing on their interest in our activity we were then able to set up a press conference for the National PaDRE on the 14th of June at the Jose Reyes Memorial Medical Center. The media exposure by itself was a huge success as we were able to achieve our primary goal, which is, to increase public awareness on Prostate Cancer and Men's Urological Health.

The Facebook Poster Contest was equally successful and provided a new and exciting facet to the PaDRE. This brought out the artistic and

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# Southern Tagalog

**O**n the second quarter of the year, the PCS-STC started a fund raising activity through selling of T-shirts with prints promoting the PCS-STC social responsibility. The said activity was successful and earned ample funds that was able to support its project entitled "Alay Ko Kinabukasan Mo", a project that helped indigent students in various public schools by providing them with school supplies which were given prior to opening of classes.

Beneficiaries per location were 100 students each in Binan (Laguna), Silang (Cavite) and Quezon. After the devastation of typhoon Glenda, the PCS-STC donated additional school supplies to schools in Quezon where floods destroyed their school materials.



Drs. Emman Baes and Dona Ecle together with Councilor Jan Evangelista at the Binan Elementary School.

A workshop on suturing and hand tying technique was held last April 25, 2014 in cooperation with B Braun. Dr. Ramon Inso assisted by Dr. Emman Baes demonstrated to the clerks, interns and Family Medicine residents at the UPH-DJGT-MC.



The next day, a workshop on Basic Principles of Mesh Fixation and Sutureless Mesh was held at the Perpetual Help Medical Center Auditorium with Dr. Deogracias Reyes as speaker. This was attended by PCS-STC fellows.



A "Fun Shooting" event was held in Jethro Alabang on March 23, 2014 and in Camp Malvar Shooting Range in Batangas City on May 24, 2014.

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A "Fun Ride"(biking) was held last July 27 and August 3, 2014 in Nuvali Sta. Rosa, participated by fellows, their families and friends.



Drs. Emman Baes and Warren Roraldo served as instructors during the ATLS course held at the PCS building on July 3 and 4. Dr. Edgar Palacol, PCS Fellow from STC passed the ATLS course.



Dr. Emman Baes (president) and Dr. Warren Roraldo (vice president) as instructors at the ATLS course

The PCS-STC held circumcisions during summer at the CALABARZON and Mindoro area, namely: Alfonso, Cavite headed by Dr. Warren Roraldo; Sta. Cruz; Laguna headed by Dr. Edgar Palacol; Lucena, City headed by Drs. Froilan Dacamus and Rolando Padre; Jonelta Foundation in Perpetual headed by Ramon Inso and Silang Health Center headed by Emman Baes.



The chapter also went to different provinces in coordination with the AY Foundation headed by Nilo Quinte as Project Manager. Places visited were Occidental Mindoro on April 26-30, Angel Salazar Medical Center in Antique, Aklan on May 22, 2014 (team headed by Dr. Eric De Leon) and in Cabadbaran District Hospital in Agusan del Norte, headed by Dr. Emman Baes on August 4 to 8, 2014.

Fellows from the chapter attended the PCS Midyear Convention in Davao last May 9 and 10.

Drs. Emman Baes and Darvi Mag-iba participated in the pre-convention "Amazing Race" and won second runner up. The chapter looks forward to hosting 2015 Midyear Convention in Tagaytay City.



The PCS-STC continues the program on Cancer awareness by giving fliers and informing OPD patients in various hospitals. Fellows from the chapter guested in a local TV station to promote cancer awareness. Shown at the Royal Cable Station was an episode regarding Prostate Cancer and Thyroid Cancer Awareness with Drs. Emmanuel Baes and Rex Barza.



A round table discussion on Parenteral Nutrition was held at Contis Restaurant in Nuvali, Sta Rosa with Dr. Jeff Inciong as speaker. Dr Napoleon Alcedo Jr. spoke on Surgical Nutrition at Omakaze, Molito, Alabang on July 31, 2014.

competitive side of the institutions. More importantly it brought the netizens' attention to our cause. For this the Philippine Urology Resident's Association, led by Dr. Pipo Caringal and Dr. JM Ursua, provided the much needed help and creativity on this. In addition the "Prostate Cancer Awareness Month" FB page got 2,740 likes and numerous inquiries in the 2 weeks that it was set up. Up to now the this FB page is still attracting netizens to our cause. The following are the top posters in terms of likes and shares:

- St Lukes Medical Center: 470 likes, 4934 shares
- University of Sto Tomas: 190 likes, 3035 shares
- East Avenue Medical Center: 47 likes, 2634 shares
- Jose Reyes Memorial Medical Center: 103 likes, 1549 shares
- Veterans Memorial Medical Center: 209 likes and 189 shares
- Vicente Sotto Memorial Medical Center: 156 likes, 126 shares
- University of the East Ramon Magsaysay Memorial Medical Center: 47 likes, 86 shares
- National Kidney and Transplant Institute: 134 likes, 56 shares
- Adventist Church: 66 likes 55 shares
- AFP Medical Center: 124 likes 30 shares

The Takbong Urology was equally successful not in the number of participants but in its media exposure. We only had 130 runners but we were able to convince channel 2 and 4 to cover the event and make it look big and ultra successful. We are truly thankful to DOH Assistant Secretary Eric Tayag who came straight from the airport from a trip abroad, to lead the warm-up exercises and start off the event. His presence provided great media mileage for our activity. We are now planning to stage a full national marathon for next year as an additional highlight for the prostate cancer and men's health awareness month.

The National PaDRE was an overwhelming success. There were 62 DRE centers and 11 Urology Clinics that provided free consult and DRE on the 14th of June. Most centers had increased number of patients as compared to the previous year. Some centers had 3-4 fold increase in the number of patients seen on that day. For 2013 we were able to check on

2,066 patients and for last June 14, 2014 a total of 4,348 men sought consult which is more than double from the previous year's. It would have been more exciting if our application for a Guinness Book of World Records entry was approved by that time. We will however, for sure, try this again for next year.

There were of course several glitches along the way especially in the distribution of campaign materials. However, the 3 to 4 month preparation was just too short for such a big activity. Though things went out great we, have already "suggested" and which the Executive Council has approved that planning for next years National PaDRE should be started as early as August or September this year. The Committee is setting its plan on the following :

1. MOA with media institutions in the promotion of Prostate Cancer and Men's Health Awareness
2. MOA with government and Non-government institutions in the promotion of Prostate Cancer and Men's Health Awareness, i.e. PNP, senior citizen group
3. Full National Marathon
4. Seek a Presidential Decree declaring June as "Prostate Cancer and Men's Urologic Health Awareness Month" -
5. A Guinness Book of World Record for our activity
6. Youtube Informative Video Contest - among institutions and urologists
7. Research - with one of the research grants to be reserved for this





Philippine College of Surgeons, Inc.

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THE 10TH PCS



PHOTO CONTEST

**THEME: "LOCAL TRAVELS"**

**Mechanics for the Photo Contest**

1. The contest is open to all PCS Fellows.
2. A maximum of three (3) entries per Fellow will be accepted.
3. Entries can be in black & white or colored, digital or analog, enhanced or non-enhanced. The Fellow is given full leeway to express his/her ideas in any photography medium he/she may choose.
4. The title of the contest is: "Local Travels"
5. Entries must be in 8" x 10" size and printed on photo paper (2 copies per entry) with short description of the photo pasted at the back.
6. Photographs should be submitted either personally or mailed to the PCS Secretariat in a cardboard padded envelope. Please include the EXIF data of the pictures submitted.
7. Deadline for submission of entries will be on or before September 28, 2014.
8. All entries will become the property of the PCS and may be used for any purpose the College may deem fit.
9. Thirty (30) entries will be chosen for display during the 2014 PCS Annual Convention.
10. The decision of the Board of Judges is final.
11. For further details, contact the PCS Secretariat through Ms. Jemmie O. Diquito at tel. nos. 927-4973 or 927-4974 or email at pcs\_1936@yahoo.com.ph

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  - A. Company Name: *Philippine College of Surgeons, Inc.*
  - B. Subscriber Name: *Name of Fellow/ Payor*
  - C. Subscriber No: *PCS Membership Number*
  - D. Telephone No/ Other details: *Cellphone Number*
  - E. Mode of Payment: *Cash/Check/Debit Account*
  - F. Amount of Payment: *(Amount in figures and amount in words)*
  - G. Payment details: *(Cash or Check Payment Breakdown)*

**Note: Slips are to be accomplished in duplicate copies (1st Copy -Bank copy while 2nd Copy -Client's copy)**
- Step 3: Present payment slip to Metrobank tellers together with cash/check.
- Step 4: Once validated, MBTC Teller will give PCS member/member representative a validated copy.
- Step 5: Before leaving, check and verify the copy received:
  - a. If validated.
  - b. And, if the copy was the one accomplished and presented to the bank teller. **The payment slip will serve as proof of payment.**

### Metrobankdirect (Internet)

- Step 1: Go to your Metrobank branch of account and enroll in **MetrobankDirect**.
- Step 2: Login to <https://www.metrobankdirect.com> and select **Pay Bills**.
- Step 3: Under **Special Bill**, choose **Philippine College of Surgeons, Inc.** from the dropdown list of billers.
- Step 4: Enter the Subscriber Name: **Name of Fellow/ Payor**
- Step 5: Enter your Subscriber Number: **PCS Membership Number**
- Step 6: Choose **Account Number** where the payment will be sourced from.
- Step 7: Choose **amount** you wish to pay.
- Step 8: Select **"Immediate Payment"** (account is immediately deducted upon approval) or **"Future Dated"** and click **"Continue"** button.
- Step 9: Click **"Confirm"** button for the system to process your payment.
- Step 10: View or print **Transaction Acknowledgment Receipt** as proof of payment.

### Metrobank Mobile Banking

- Step 1: Go to your Metrobank branch of account and enroll your Globe, Sun or Smart phone in **Mobile Banking**.
- Step 2: Access the Metrobank Mobile Banking applet installed in your mobile phone and select **"Pay Bill"**
- Step 3: Select **Bill**; select **Others**; and select **"Philippine College of Surgeons, Inc."**
- Step 4: Select the **account number** from which your payment will be paid from.
- Step 5: Enter your Subscriber Name: **Name of Fellow/ Payor**
- Step 6: Enter your Subscriber Number: **PCS Membership Number**
- Step 7: Enter the **amount** you wish to pay.
- Step 8: Key in your **M PIN** to confirm the transaction.
- Step 9: Wait for the **SMS confirmation of the status** of your payment and save the message for future reference.

**\*No service charge will be collected**

For inquiries, contact Metrobank 24/7 Customer Hotline at 8700-700, or log on to [www.metrobank.com.ph](http://www.metrobank.com.ph). For provincial areas, call toll-free 1-800-1888-5775.

**PHILIPPINE COLLEGE OF SURGEONS**

**70th ANNUAL CLINICAL CONGRESS**

**TECHNOLOGY AND THE CHANGING PRACTICE OF SURGERY**

NOVEMBER 30 - DECEMBER 3, 2014  
EDSA SHANGRI-LA HOTEL  
MANDALUYONG CITY

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