



PCS *Newsletter*

News and Views for the Philippine College of Surgeons

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July to September 2011



COME AND VISIT
OUR PHILIPPINES

PCS Newsletter

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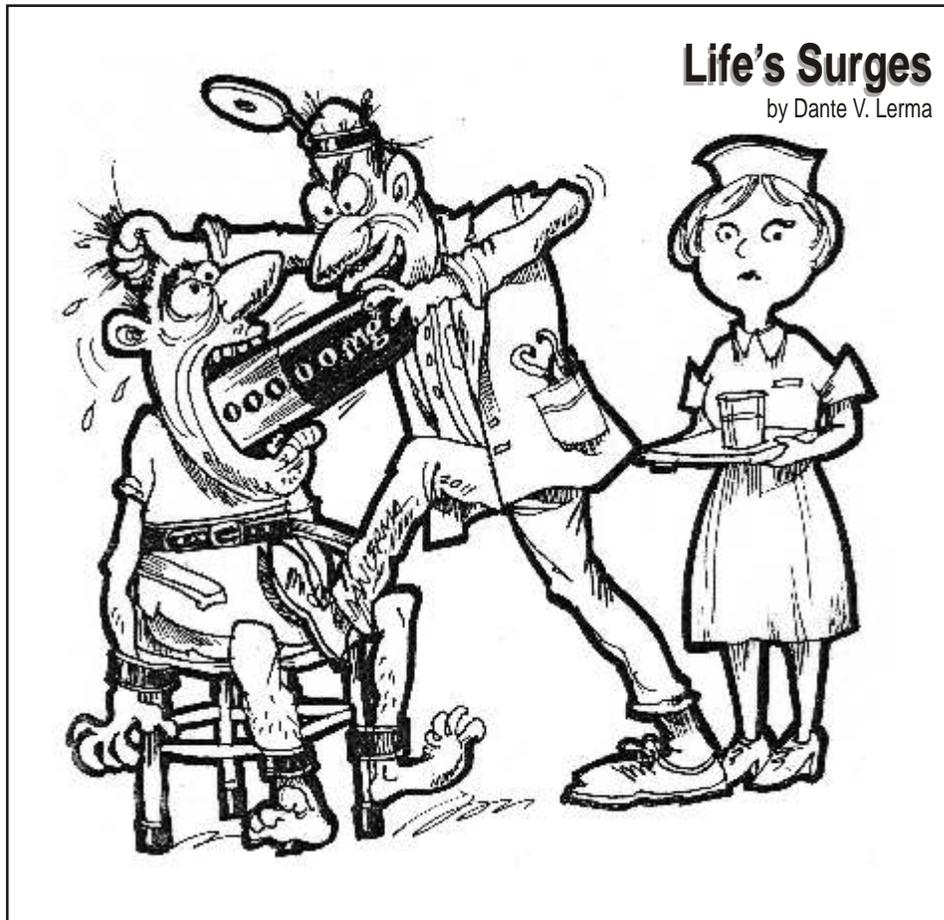
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Life's Surges

by Dante V. Lerma



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The *PCS Newsletter* is a quarterly publication of the Philippine College of Surgeons, 992 EDSA, Quezon City 1005, Tel. No. 928-1083. Comments and feedback indicating the writer's full name, address, contact numbers and e-address are welcome. *Letters to the Editor* may be edited for reasons of clarity and space. E-mail to pcs_1936@yahoo.com.ph.

Go Wander and Wonder



Ma. Concepcion C. Vesagas, MD, FPCS

The world is shrinking. What used to be a journey of days, even months (think ocean liners in the likes of the Titanic) has been reduced to mere hours. And because of the influence of the internet, more and more are aware of a world outside their comfort world. The 5 other continents (Antarctica remains to be inaccessible) suddenly are just hours away, or at a maximum, 2 or 3 days away. The economic downturn and government regulations of the airline industry should not hinder our wandering, specially in our own backyard.

The Philippines has geographically 7,107 islands and nearly 300,000 square kilometers of land to visit. Politically, there are currently 17 regions with 80 provinces ready to be explored. If you want to stay urban, go wander through 138 chartered cities. For those who want to get away from it all, go visit the 1496 municipal towns and 42,026 barangays all over the country. There are, by the way, 254 airports to choose from and 213,151 kilometers of roadways to get by. Or you can try riding the railways (we only have 995 kilometers of it, though). Being an archipelago (the second largest in the world, next to Indonesia) we have no land boundaries but there are 36,289 kilometers of coastline to explore. That makes our country the 24th in the world in terms of the length of our coastline. As to travel by water, there are at least 5 major ports in the country and other minor ports. There are 75 ships to ride on and 12 roll on, roll off vehicles scattered in our country.

Just recently, the California Academy of Sciences conducted a biodiversity study between April 26 and June 10, 2011 in the country and have validated that indeed, the Philippines is one of the biodiversity hotspots of the planet. Shallow water, deep water, volcanoes (Taal, Makiling and Banahaw), forest, jungle were visited. Every expedition since 1992 has discovered new species endemic and unique to our country. If that is not enough to interest you in exploring the country, maybe the next paragraph will.

Take Taal Lake. It is the the third largest lake in the Philippines and located in the caldera of an extinct and ancient volcano. It is, however, about 200 meters deep, making it one of the deepest in the country. However, its elevation is only 30 meters, and thinking further, that makes its depth even below sea level! Astounding, isn't it? To the west is the Puerto Princesa Underground River (PPUR), currently in the running for the 7 new natural wonders of the world. Yes, there are many underground rivers all over the world, but the PPUR has the longest (12 kilometers) navigable river in existence. Biri Island in Northern Samar has rock formations that ooh and aah. Do you wish to join a fiesta? There is one somewhere every month.

We need not look far and travel further to widen our horizons. Indeed, travel enriches you and broadens knowledge. It makes one aware of different cultures, traditions, language (or dialects) and other riches waiting to be discovered. And with 11 regional chapters of the PCS all over the country, think of the people whom you can meet and discover, too.

Think land! Think beach! Think sand! Think mountains! Think caves! Think fiesta! Think Filipinos!

Think Philippines! ■

Q3 2011

Scientific Program and Surgical Education Concerns

The PCS will conduct its 67th Annual Clinical Congress on December 4-7, 2011 at the EDSA Shangri-La Hotel. This year's theme is "Towards Optimum Surgical Care". Invited international faculty includes Dr. Jatin Shah of Memorial Sloan-Kettering Cancer Center, New York, Dr. Karin Brohi, a trauma specialist from London, England and Dr. Patricia Neuman, President of the American College of Surgeons. As of press time, Asian surgical colleges that have signified their intention to join us include India, Pakistan, Myanmar, Singapore and Malaysia. During the Opening Ceremonies, the College will confer Honorary Fellowship on Dr. Davide Lomanto of Singapore; the GT Singian Lecture will be delivered by Dra. Marita V. T. Reyes and a new batch of Fellows will be inducted. The GT Singian Book will be launched before the opening of exhibits.

The Committee on CSE has designed a comprehensive program to address the wants and expectations of Fellows; topics on Cancer, Research, Surgical Training, Inventions and Innovations are interwoven with governmental concerns, the arts, surgical economics, patient safety and legal medicine. This year's photo contest theme is "Motions"; winning pictures will be published in the 2013 PCS Calendar.

The Committee on Trauma is continuing its consultations with various hospitals in an effort to determine which are trauma-capable or trauma-receiving facilities. A Trauma Manual will be published to complement the BEST Manual. The idea of bringing the ATLS into the country is being studied, if only to be at par with our Asian counterparts.

The 4th edition of the Primary Care Manual is being readied for publication. This will contain updated concepts and information on various conditions encountered by our first-line health



Across the Board

Gabriel L. Martinez, MD, FPCS

care providers – the family physicians. This will be supplemented by lecture-dialogues and wet clinics to be conducted by the Committee on Primary Care.

Political Functions

In an effort to further empower the Chapters, the Committee on Constitution and By-Laws will assist the chapters in framing their Chapter Manual – a document that will address their geo-cultural uniqueness, needs and bureaucratic processes while remaining aligned to the Mission and Vision of the PCS. Membership will be categorized and activities of Fellows will be documented and monitored. The Board approved the proposal from the BOG that Chapters be allowed to issue Certificates of Good Standing prior to the issuance of the PCS-PMA Certificate of Good Standing.

After due screening and validation of 100 applications for Fellowship, the Membership Committee has recommended conferment of Fellowship on 85 applicants – 62 GS, 5 Urology, 4 Transplantation Surgery, 3 each for Pediatric Surgery, Plastic and Reconstructive Surgery, and TCVS, 2 ENT and 1 each for Ophthalmology, Neurosurgery and Vascular Surgery. Refinements in the contents and process of application for fellowship were introduced. The Committee will embark on the adoption of the RFID to document the activities of individual Fellows for PCS-PMA certification and CSE credits monitoring for PRC purposes.

In preparation for the future implementation of the Asean Mutual Recognition Agreement (MRA), after meeting

with the Regional College Presidents, the PCS formed the Joint Coordinating Committee for the Accreditation Council (JCCAC) to formulate the core criteria for accreditation of training programs and certification of specialists in surgery. While the MRA seeks free access to surgical care in all Asean countries, the JCCAC aims to equalize surgical training and standards across the region.

The PCS conducted a workshop on Organizational Development to design complementary programs to implement the mission and vision of the organization. Among these was a proposal to conduct a constitutional convention to improve the structure, board representation, and management of the organization. This was followed by sessions on Strategizing and Project-based budgeting. Funding for the 2012 budget is being finalized.

The PCS Secretariat is now at the 4th floor of the PCS building giving way to two new function rooms for the PCS and about 90 sqm to be rented out. The Ad-Hoc Committee on Administrative Concerns has taken steps to improve the efficiency and effectivity of the Secretariat – results of daily activities report, self-assessment reports, and performance evaluation are being made part of an incentive package; team-building activities are in the pipeline. Moreover, salary adjustments are being studied in relation to organizational and national economic realities.

External Affairs and Public Relations

Despite being financially-healthy, the PCS seeks to be financially-independent. Strategies toward this end were tackled during the organizational development workshop. We



continue to enjoy the trust and confidence of our friends and benefactors as we embark on newer paradigms to generate resources.

The PCS has joined hands with the PMA, Philippine Hospital Association and Private Hospital Association of the Philippines for a dialogue with relevant authorities concerning the long-term negative impact of the Case-based Payment program of the PhilHealth on the health care delivery system of the country.

To implement the provisions of the MOA between the PCS and the AMHOPI, individual Service Agreements will be collected by the College during the Annual Convention. Those who will sign up will be accredited by AMHOPI to render services to its 21-member HMOs. A registration

desk will be made available for the Fellows for this purpose.

The Coron District Hospital is the recipient of the PCS-LGU-World Surgical Foundation Adopt-a-Hospital Program with the Panay chapter as the lead chapter. A medical-surgical mission is being planned to kick-off this multi-lateral program.

The Committee on Patient Safety and Quality Assurance co-hosted the launching of the WHO multi-disciplinary curriculum on Patient Safety at the Mariott Hotel in Paranaque last October 19, 2011. ■

Patient First and Foremost



Legacy
Vicente Q. Arguelles, MD, FPCS

Patient First! This sounds like the name of a clinic in one of the Malls in Metro Manila but in reality, it should be the motto of every health care practitioner. Be they medical, surgical, paramedical, health care provider or hospital. All of them should be dedicated to the care and well-being of the patient, first and foremost.

As a clinical health practitioner, the most important person to us is the sick patient. The patient should be the main focus of our attention. In business there is the saying the “the customer is always right.” In our profession the patient is not only right but is our priority. They are the reason we became doctors. In fact, they are the most important person in our profession. All our efforts should be for the benefit and well-being of the patient.

The patient’s life is literally in our hands. They entrust to us their lives and well-being. We became doctors or surgeons because of them. And because they trust us we should show great concern for them. We should take care of them with compassion and honesty. We have to give them the care that they deserve and that we are capable of.

Early in my practice I learned five important things that we should consider in the care of our sick patients.

Communication

One of the first things that we should do is to communicate with our patients. The patient should be told what we intend to do with them, when we intend to do it, how we will do it. Tell him also why we are going to do it and what to expect. And when we already have a diagnosis

or possible diagnosis, it is always a good policy to be truthful to the patient and especially to the relative. When we have good rapport with the patient, half of our task is finished and the rest will be relatively easy .

Communication does not only mean telling the patient all the facts but also telling him in such a way that you win his trust and confidence.

Relevance

The history and physical examination, laboratory, diagnostic and therapeutic procedures to be done should be relevant or have a bearing on the problems of the patient. They should be necessary in the proper diagnosis, management and prognosis of the patient’s condition. No unnecessary or superfluous procedure should be done. Exceptions maybe made when preparing the patient for management. Prior to these procedures, evaluation of other systems maybe done.

Ease

The procedures and examinations should be easy and simple to perform. The management should not be difficult to the patient and to the physician. Ease should also be accompanied by efficiency and availability. They should be performed at the proper time.

Invasiveness

By this we mean that the procedures, examinations and management of the patient

PCS Initiates 2011

ENT Surgery

1. Del Rosario, Orlando B.
2. Gubantes, Kerwin Mark L.

General Surgery

3. Aguinaldo, Amado S.
4. Akalal, Ferdauzi I.
5. Angeles, Aldous S.
6. Arellano, Aristotle R.
7. Barretto, Robert John R.
8. Barretto, Svetlana P.
9. Beltran, Tommy L., III
10. Bielgo, Joseph Roy P.
11. Bonilla, Stephen Jo T.
12. Bravo, Anthony J.
13. Buban, Antonio Jr., B.
14. Cacas, Romualdo, Jr., G.
15. Castillo, Paul S.
16. Catabay, Cyril C.
17. Celaje, Joel C., IV
18. Cepillo, Joel C.
19. Dacumos, Frolian U.
20. Dahilan, Quinn H.

21. Del Rosario, Danilo C.
22. De Veyra, Michaelangelo E.
23. Diokno, Theo S.
24. Dychingco, Crisle O.
25. Esguerra, Marlow T.
26. Estrella, Rico D.
27. Failagutan, Leah Ruth C.
28. Fajardo, Arlene T.
29. Fuentes, Marilou B.
30. Gellido, Malen M.
31. Gonzales, Sandra B.
32. Guerra, Jeffy G.
33. Herman, Gavino Gino Robertino P.
34. Hilario, Allan L.
35. Inciong, Darwin Jay M.
36. Javier, Gerardo Q.
37. Lantano, Louie P.
38. Lawenko, Michael M.
39. Lee-Ong, Alembert C.
40. Licup, Ronald F.
41. Lucero, Babie Normita T.

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should not cause unnecessary pain or discomfort. If possible, the least disfigurement and scarring should be the aim. Major procedures or operations should be done after all other minor procedure have been considered and felt to be inadequate.

Cost

This is one of the most forgotten items in the health care of the patient. Healthcare costs have been escalating lately. Maybe because of the fact that marketing techniques have been more aggressive. It generally does not mean that because a procedure, examination or treatment is more expensive it is much better than the others. We have relegated the finances of the care on the back burner. Our patients are already burdened by the high cost of medicines and they would appreciate it if we can lower their healthcare costs without compromising the quality of their care.

All of the foregoing should be considered in the total management of the patient. We should always keep in mind to do whatever is to the best interest and benefit of the patient. Rich or poor, we need to take care of our patients in the same way, if not better than our loved ones, our family, relatives and friends. A general rule is “do unto others what you would want others to do unto you.”

We became doctors and surgeons because God wanted us to be one. He wanted us to take care of his loved ones. To quote Mother Theresa “We are like little pencils in God’s hand. He does the writing; the pencils have nothing to do with it.”

He said that “As long as you do these things to the least of your brethren, you do it to Me.” He also said “Love one another as I have loved you. This is my commandment.” ■

Good Mourning

“Come lovely and soothing death”

Walt Whitman (1819-1892), American poet
“Leaves of Grass” (1900)

I missed my mother’s death last Friday (Oct 7) by an hour or so. I was at the Philippine Orthopedic Center seeing OPD patients when my sister from the US called me. “*She’s gone,*” Ate Fides sighed. At the ICU, I saw my mother draped in white, mummy-like, but I asked the nurse to unwrap her for a final kiss on the forehead, and some pictures too. My father, who was with her as she gave up the ghost, was not around because he was already arranging her early cremation – the next day, to be exact. Our family saint is wasting no time to get to heaven. Instead, I found my aunt Tita Vin (and Tito Jimmy) by the hallway. Tita Vin, my mother’s sister, was ever dependable during this stressful six months of my mother’s illness.

Grief Stages. In 1969, psychiatrist Dr. Elizabeth Kubler-Ross forever changed how we thought we should view death by postulating the 5 Stages of Dying: denial, anger, bargaining, depression, and acceptance. By the 1970s, the stages of dying were modified into *stages of grief*. But the fact remained that these were not products of scientific research. She herself wrote: “How do you research on dying, when the data is so impossible to get? . . . We believed that by doing many interviews ...we would get a feeling for the terminally ill”.

Stages are Myths? Russell Friedman and John W. James, co-authors of the *The Grief Recovery Handbook* dispute the stages of grief and believe that “since every griever is unique, there are no pat answers about grief.” For them, wide acceptance is not the same as scientific fact. They argue of the *potential harm* of believing in stages. For example, the elements of sadness of losing a long-term spouse or partner overlap with clinical depression. Some of these are:



Jose S. Pujalte, Jr., MD, FPCS

inability to concentrate, disturbance of sleeping patterns, upheaval of eating patterns, roller coaster of emotions, lack of energy. But by most accounts, not all grievers are clinically depressed. To accept depression may be counterproductive because the ones left behind will just wait for it to lift. What’s worse is that professional help may bolster the diagnosis of depression leading to the use of anti-depressants. Sadness is different from depression.

Grieving is Unique. Dr. Ross’ last book, co-authored with David Kessler was *On Grief and Grieving* (published after her death in 2004). She wrote nothing short of an *apologia*: The stages have evolved since their introduction, and they have been very misunderstood over the past three decades. They were never meant to help tuck messy emotions into neat packages. They are responses to loss that many people have, *but there is not a typical response to loss*, (italics mine) as there is no typical loss. Our grief is as individual as our lives. Not everyone goes through all of them or goes in a prescribed order.”

Grieving is not Forever. This much I know I guess, as a son and doctor: grieving doesn’t last forever. Maybe it doesn’t methodically follow “stages” or steps but each one of us has enough wisdom to go through difficult times and emerge stronger. Who mourns but those who are alive? Since grief is part of living, we have the choice to embrace it thoughtfully, gently, instead of wishing it was over, or denying it was ever there. After all, we only grieve for those we have loved. ■

Dr. Pujalte is an orthopaedic surgeon and a PCS Fellow since 1999.

Experience Metro Manila and the PCS-MMC: A diversity of people and tastes!

Did you know that...

Metro Manila, the National Capital Region, is the metropolitan region composed of 16 cities (Manila, Caloocan, Las Pinas, Makati, Malabon, Mandaluyong, Marikina, Muntinlupa, Navotas, Pasay, Pasig, Paranaque, Quezon City, San Juan, Taguig, Valenzuela) and 1 municipality (Pateros). It is the political, economic, social, cultural, and educational center of the country. It is also the seat of government and through PD No. 940, Manila was made the nation's capital.



The PCS-MMC is headed by a board of 15 members (14 male, 1 female), which are representative of the different specialties of surgery -- General Surgery, Plastic and Reconstructive Surgery, Pediatric Surgery, Ophthalmology, Urology; Neurosurgery; Thoracic and Cardiovascular Surgery, OB-Gyn. Delegated to the PCSMMC members are many activities of the mother organization, the PCS, whose national office and secretariat is in Metro Manila.

The PCS-MMC is composed of 1,198 fellows, from the following specialties: GS, Urology, Pediatric Surgery, Plastic and Reconstructive Surgery, Orthopedics, Ophthalmology, OB-Gyn, Transplant Surgery, and ENT. It has the largest membership among the different chapters. Among its members are the surgical leaders of this country, who are awarded **“Legend of the Knife,”** during an annual tribute to the Chapter’s senior Fellows in recognition of their



dedication to the College and the training of future surgeons.

History:

Metro Manila was created in 1975 during the Marcos regime, through P.D. 824, creating the Metropolitan Manila and the Metropolitan Manila Commission (MMC) to administer the emerging metropolis. Mrs. Imelda Marcos was appointed its governor. In 1986, Pres Corazon Aquino changed the

structure of the MMC and renamed it Metropolitan Manila Authority (MMA), with Metro Manila mayors choosing the chair of the agency. In 1995, the MMA was reorganized and became the Metropolitan Manila Development Agency, with the chair appointed by the president.

On the other hand, in the College, since majority of the Fellows were from Metro Manila and were adequately represented in the PCS Committees, other PCS Chapters were created first. It was only in 1992 when the PCS-MMC was recognized as a distinct chapter, with Dr. Modesto Llamas to serve as its first president.

Interesting facts...

Metro Manila is the smallest of the country's administrative regions, but the most populous and most densely populated, having a population of more than 11 million (2007 census) in an area of approximately 638.55 sq kilometers. It is the most populous of the 12 defined metropolitan areas, and the 11th most populous in the world.

LOCATED IN METRO MANILA:

- Philippine's Largest Mall
- Philippine's Tallest Building
- Oldest Church in the Philippines

PCS-MMC RECORDS CONTINUE...

- Most number of "tuli"
- Surgical quiz contest
- Annual Post-graduate Course
- Quarterly surgical symposia
- Semi-annual golf tournament

WHAT'S UP, METRO MANILA! TRY SOMETHING OLD? OR SOMETHING NEW!!!

• Arts, Culture and History Tours

Intramuros Tour

Made refreshingly unique in Celdran's "Walk about tour", see the authentic Fort Santiago, Casa Manila, San Agustin Church (oldest church in the Philippines, built in 1587) and its Museum, which houses a collection of religious artifacts.



Binondo walking and Food Tour – the traditional central business district founded in 1594! It remains a thriving business district, with streets almost unchanged since centuries ago. Eat your way around Manila's Chinatown, on foot, on a bike or on a kalesa, and shop for gold jewelry (the cheapest in the city)! Try Sincerity restaurant, famous for its yummy fried chicken and oyster cakes!

National Museum Art Gallery - home of master painter Juan Luna's Spoliarium, and the **Museum of the Filipino People**, which highlights an exhibit of artifacts recovered from the Spanish galleon San



Diego. The **Metropolitan Museum of Manila** holds impressive displays of pre-Hispanic gold and pottery, and a collection of contemporary artworks. **Quezon Memorial Shrine Museum** is located inside the Quezon Circle at the heart of Quezon City. This is where memorabilia, photos, and tomb of the late President Quezon are located.



Marikina Shoe Museum
Housed in an authentic Spanish period arsenal, the shoe museum contains hundreds of shoes, including those left by former First Lady Imelda Marcos...surely Imeldific!

• **Ecology Tours**

Manila Ocean Park is a must see! Walk along its 25-meter long tunnel with 220 degree curved acrylic walls which showcases marine animals found in the deepest parts of the Philippine's waters, such as *Pagi* (Sting Ray) and *Pating* (Shark).

Ark Avilon Zoo is a miniature version of the largest zoo in the Philippines. The Avilon Zoo is on a 7.5-hectare (19-acre) facility located in San Isidro, Montalban (Rodriguez), Rizal and houses more than 3,000 specimens of exotic wildlife. A smaller version, the Ark Avilon Zoo is located in Frontera Verde, Pasig City and is an interactive zoo designed specially for kids.



Places for Shopping, Dining, etc. depending on your budget

Upscale **Greenbelt** vs. **Divisoria** (Tutuban Mall and 168), a haven for bargain shopping.



FOOD!!!!

Best Burger? Try the angus beef burgers in Charlie's Grill in a Carwash in Pasig.



Love Steak? Try Mamou's home kitchen in Serendra, Bonifacio Global City, Taguig.



On a Saturday, go to **Salcedo Market** in Makati.

On a Sunday, check out **Sidcor Sunday Market** at Eton Centris, Quezon City.

Best Buffet for a Good price? **VIKINGS!**



PLAY!

Resorts World Manila

Located in Newport Boulevard, Newport City, Pasay, RWM claims

to be "Asia's newest playground, and the most exciting integrated tourist destination". Located just across Terminal 3 of the Ninoy Aquino International Airport, it is home to the 5-star Marriot Hotel Manila, and the luxury casino hotel, Maxim's Tower. Check out

Republiq for night clubbing! RWM also features the upscale Newport Mall, with shops carrying international luxury brands, cinemas, dining outlets, and the Newport Performing Arts Theater, a 1,500 seat venue whose latest feature is "The Sound of Music". ■

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42. Macadagdag, Teodorico M.
43. Macaisa, Reynand C.
44. Mackay, Honorato R., Jr.
45. Magdale, Angel Stephen S.
46. Maniago, Jesus L.
47. Matic, Marwin Emerson V.
48. Mercado, Joseph Jude A.
49. Navarro, David Don C.
50. Nonato, Romano M.
51. Olalia, Vincent Paul C.
52. Pala, Isaac Niño N., Jr.
53. Pekas, Annie Claire B.

54. Quilendrino, Peter Raymund M.
55. Ramos, Noel Victor L.
56. Resurreccion, Derek C.
57. Ricardo, Riman M.
58. Santelices, Errol Rhett A.
59. Serrano, Dindohope B.
60. Tanco, Louis Francis C.
61. Tenorio, Jose M.
62. Terencio, Felix T.
63. Tiangco, Joseph D.
64. Unay, Emmanuel P.
65. Venturina, Robert S.

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The Chapter President at the Monument of Rizal at Plaza Rizal, Binan, Laguna



Marcus Jose B. Brillantes, MD, FPCS
President, PCS – Southern Tagalog Chapter

SOUTHERN TAGALOG'S LAGUNA – “LAND OF HEROES AND HISTORY”

Geographically, the Southern Tagalog area – and more particularly – the Laguna province – is a mere 30 – 45 minute drive from Metro Manila. Considering the convenience of the Skyway, it's a mere heartbeat away. In composing the PCS –Southern Tagalog Hymn with Dr. Eric de Leon, the opening line I penned was “Down from Metro, further south – Land of Heroes and History...” Such summarization seems most apt and appropriate. And such is what Laguna has to offer the curious traveler with a mindset on history.

This year, 2011, the country celebrates the sesquicentennial (150th) Birth Anniversary of our National Hero – Dr. Jose Rizal. Our Chapter co-sponsored a play (“Rizal At Ako”) last June in Binan that honoured Dr. Rizal's life and martyrdom. Those bullets in Bagumbayan that tore into Laguna's native son, inflamed an already near-intolerable state of co-existence into a full-blown revolutionary conflagration in the Laguna province. Rizal's execution activated the Katipunan in this province. A formal state of war was declared in 1896, making Laguna one of the first provinces to revolt against Spain in the nation's battle for independence. It is historical fact that among the first eight (8) provinces that revolted against Spain, three of these were from the Southern Tagalog area – Batangas, Cavite and Laguna.

In Binan, Laguna, at the city center of Plaza Rizal, proximal the City's San Isidro Labrador Church and marketplace, an almost forgotten 200 year old structure stands. Though clearly weathered and beaten by age due to corrosive elements, it remains unbowed. It is known as the Alberto House. Its importance in our history lies in the fact that during his crucially formative and secondary school years, it was at this very house where the young Jose Rizal lived. From this area, “Pepe” would walk daily each morning to school some 3 blocks away to study under Maestro Justiniano Aquino Cruz. Sadly, the schoolhouse no longer exists but a national marker is placed in the area where the school once stood.

Three cities southward from Binan is the city of Rizal's birthplace. When you arrive in Calamba



Photo taken during the 1920's of Plaza Rizal and of the Alberto House

City in Laguna, you know for certain you are in Rizal territory for almost everything you see has in imprint or image of our National Hero. The house of Rizal was restored in 1949 – after years of delays and deliberations since 1928 due to a political deadlock on whether to set up a shrine or to rebuild the house - and also because of the Second World War (Fortunately, the Japanese respected Rizal's memory, erected a protective fence and even assigned a caretaker). Despite the bankruptcy of the Philippine Government during the post-war years, the Quirino Administration came up with a brilliant plan: the restoration was to be funded primarily through charity, the bulk of which would come mainly from the centavo donations of schoolchildren. Today, the Rizal Shrine stands proud as a testament of the city's enduring qualities and of its esteem in honouring its most illustrious son.

Next further south, along the placid waters of Laguna de Bay, is the town of Los Baños. In this area, "the other Rizal" is revered. Here, Paciano Rizal, our National Hero's older brother, who was a mentor to Jose and who likewise served as a revolutionary general in the Katipunan after his

younger brother's death, chose to live peacefully after the wars against Spain and the U.S. Because of the persecutions the Rizal family suffered under the Spanish and religious authorities in Calamba, Paciano decided to settle in this quiet town. A modest bungalow, which belies the celebrity status of the former distinguished occupant, has been declared a national shrine. The Lopez siblings, who take care of the house, claim that the small house truly represents the austere simplicity of their grandfather. He had always shunned publicity and detested having his photograph taken. In this Facebook crazy world of ours today, it is unfathomable to note that only two photographs of Paciano exist: a stolen shot taken when he was an old man and a portrait taken at his death. Like his house, Paciano has always chosen to pass unnoticed and live anonymously.

From Los Banos, as you travel further around the towns bordering Laguna de Bay, passing through the towns of Bay, Calauan, Victoria and then Pila, one arrives at Sta. Cruz (the same route Rizal's mother, Teodora Alonzo, was forced to walk in 1872) – another Laguna town which takes pride in being associated with

one of the country's revolutionary heroes. The key figure of note here is Emilio Jacinto, the Philippine Revolution's 'enfant terrible', who joined the Katipunan at age 18. He was the secret society's youngest and brightest recruit. Historians have named him as the "Brains of the Katipunan". Jacinto was wounded in battle in Maimpis, Magdalena in February 1898. The Spanish authorities, unsure of his identity and unable to extract any information from him, eventually released the wounded prisoner. Weakened by his war wounds and hunted, first by the Magdalo faction of the Katipunan and then the Americans during the Fil-Am War, Jacinto was protected and taken in by the Andal family in Sta. Cruz. He supported himself and his family as a meat merchant. It is common knowledge among the old folk of Sta. Cruz that Jacinto died in the town's barrio of San Juan of the cholera epidemic of 1899 and that he was buried there in a small plot on a coconut farm. It was only at the national hero's



The Alberto House at Plaza Binan today

100th death anniversary in 1999 did Sta. Cruz take the necessary initiative to validate folklore as fact. After corroborative data, supportive evidence and extensive investigations, there now is a NHI marker at Jacinto's gravesite. ■

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Life in the land of Pili and Sili



Maria Sara Padua-Labilles, MD, FPCS

The PCS-Bicol chapter is composed of the certified surgeons of 6 provinces - general surgeons and specialty surgeons. The Bicolandia is a region composed of 6 provinces – Camarines Norte, Camarines Sur, Albay, Sorsogon, Catanduanes, Masbate, and 2 charter cities, Naga and Legaspi. It is the southernmost tip of the Luzon on the east. Bicol is a region endowed by nature with rich, fertile land and seas, and by the Spaniards with fervent Roman Catholic traditions.



The chapter activities have exposed the members to the different sites and destinations of our peninsula and islands. The camaraderie among the members makes all of our activities fun and meaningful. I will share with you some of the places and events we have been to as well as the places we plan to go to.

It is a holistic destination offering a balm both for your body and soul.

Naturewise we offer a whole gamut of seascapes, mountains, volcanoes, and wonderful flora and fauna. For the weary soul, Naga City has the most number of churches per square kilometer. Let me take you on a tour from the northernmost province downwards.

Camarines Norte has the Calaguas Island, a rustic version of the Boracay Island, with its beach

of white powdery sand minus the manic partying and commercial establishments. For the sportier tourist it has the Bagasbas Beach with its robust waves favored by surfers. It plays host to the Daet International Kite-boarding Competition.

For those who favor land-based activities it has the Bicol National Park where you'll be delighted to find rare flora & fauna including the smelly giant flower of *Rafflesia*. And, for the foodies you can try their different entrees and desserts with pineapple, their main produce.

The next province, Camarines Sur or Cam Sur has a roster of eco-tourism sites. Ragay Gulf offers visitors sightings of spotted and Indo-Pacific Bottle nose dolphins especially during the month of August – December. On its east is the Caramoan Peninsula, composed of hundreds of islands waiting to be explored. It has underwater coral gardens, sky scraping limestone formations and hidden lagoons. Caramoan Peninsula has been the location of several *Survivors* series abroad e.g France, Israel, Turkey.

Cam Sur has become famous for its Cam Sur Water Sports Complex (CWC), a group of man-made lakes with cable wake board facilities and other water-based sports.

At the heart of Camarines Sur is the Pilgrim City – Naga. It is the home of the beloved Virgin Mary Our Lady of Peñafrancia. Every September millions of people flock to the city for the



Traslacion and the fluvial procession of Bicol's Ina-Our Lady of Peñafrancia. These traditions have been going on for the last 301 years.

In Albay is the world-famous Mayon Volcano with the perfect cone despite its volcanic activities. The lahar and lava which flowed out of the volcano makes a perfect backdrop for an adventure via all-terrain-vehicle (ATV). Riding the ATVs you can follow the trail of the lahar and lava rocks to the foot of the volcano. A great family bonding activity.

For visitors who want a luxurious beach holiday, Albay has the Misibis Beach Resort. It is a holiday beach destination boasting of world-class accommodations and amenities, and the breath taking view of the Mayon volcano.

Down south is Sorsogon with its numerous beaches, hot springs and the gentle giants. Donsol, Sorsogon is the whale shark capital of



the world. It has the highest concentration of whale sharks or *butanding* in the world. Their presence peaks from February to May. The Donsol Bay has been declared a sanctuary of these awesome creatures. The opportunity to swim with these giants is priceless.

The island provinces of Catanduanes and Masbate offer an array of beaches and caves. Masbate has Ticao, a great diving site for Manta rays.



In the quest for a healthy and fit body, Bicol hosted several international and national events like the Iron Man, North Face Mayon Trail Run, Summit Marathon, etc. Please take note that several of our chapter members have participated in these activities.

For the foodies, the whole region is the source of the great pili nut, a unique nut with its delicate flavor and fine texture. And where else will you find almost everything cooked with coconut milk and chili?

Come 2013, we invite all of you to come and enjoy the different sites and tastes of Bicolandia. As the chapter host of the Mid-Year Convention 2013 we endeavor to give you a nourishing experience you will never forget.

See all of you in 2013! ■

(with contributions from Rex Madrigal, MD and Roberto Sarmiento, MD)

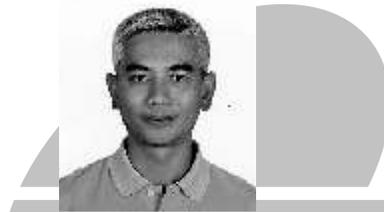


PCS Cordillera Chapter



Baguio City is located in the province of Benguet. From the National Capital Regional (Manila), Baguio City can be reached by a 45-minute plane ride or by a 5-hour land transportation. With the completion of the Tarlac, Pangasinan, La Union Expressway by 2013, this 5-hour drive will be shortened to 3 hours.

The city, blessed with its all year round nippy climate and pleasant, invigorating mountain sceneries, was designated by the



Bayani B. Tecson, MD, FPCS
President, PCS Cordillera Chapter

The Philippines is composed of 3 major groups of islands, the Luzon, Visayas, and Mindanao. The Cordillera region is composed of 6 provinces (Kalinga, Apayao, Ifugao, Abra, Mt. Province, and Benguet) and 2 cities (Baguio City in Benguet and Tabuk City in Kalinga), all located in the northern part of North Luzon mountain ranges. Owing to its high altitude location, the region enjoys an all-year round temperate cool climate, not found anywhere in the Philippines. The second highest mountain in the Philippines, the highest point of the Philippine Highway system, and the highest city are all found in the Cordillera region. The Cordillera people are generally called "Igorots". However, this name is now loosely given to any person born in the Cordillera region.

Philippine Commission as the Summer Capital of the Philippines on June 1, 1903. It was incorporated as a city by the Philippine Assembly on September 1, 1909.

The name of the city is derived from the word "bag-iw" in Ibaloi dialect, the indigenous language of Benguet province, meaning "moss". The city is at an altitude of approximately 1500 meters (5100 ft) above sea level in the Luzon tropical pine forests eco-region conducive to the growth of mossy plants and orchids. Baguio City holds a hall of fame record as one of the cleanest and greenest cities in the country. The naturally grown pine tree forests gracefully blending with this highly urbanized city is a sight that makes it a paradise city in the Philippines.

On the way up to this mountain resort city, the zigzagging path previews some highland



scenic highlights. Along the 32-kilometer highway (Kennon Road) are the Bridal Veil and Colorado waterfalls. The city made for sightseeing, was master planned with lots of beautiful parks for a refreshing retreat.

While Manila has Luneta or Rizal park, Baguio City has Burnham park. Located in the heart of the city is the city's premier park and most popular amongst the many parks. Named in honor of its planner and architect, Daniel Burnham, the park features a man-made lagoon ideal for boat rides, and a tree- and- flower lined promenade ideal for strolling and jogging. Within the park is a skating rink, an athletic field and stadium, basketball and tennis courts, an olympic-size swimming pool, football ground, a children's playground, a biking zone and an orchidarium. There are landmark restaurants around the park for visitors to savor the native recipes in the Cordillera region. The park gets so many visitors during the summer particularly the Holy Week and during Christmas season. By tradition, people flock to Burnham Park on Christmas and New Year's day for picnics.



Ornate iron gates open to the Mansion House, the official summer residence of Philippine presidents. It offers

tourists with great photo opportunities with its rectangular reflecting pool along a tree-lined walkway. It also houses a museum of presidential memorabilia. Near the Mansion House is Wright Park where neophyte riders can trot around an oval track guided by trainers who lead horses with a hand-held leash. More nature and ecological adventures can be experienced with horse riding along the many old mountain trails. However, this is only recommended for the bravest visitors. At the Mines View Park, tourists can have a panoramic view of the old mines of Benguet. At the park entrance is a flea market for souvenir items.

Sitting on top of a hill in Upper Session Road is the twin spired Baguio Cathedral, another city landmark. The beautiful cathedral is accessed through a steep stairway or using a vehicle through a road around the Baguio Post Office loop.



Beside the cathedral is a parking lot that also serves as a view deck for Baguio's surroundings including the Baguio Athletic Bowl, Burnham park, Mount Santo Tomas Radar station, and Baguio City Hall.

Another pilgrimage site is the Grotto of Our Lady of Lourdes which sits on top of Dominican Hill. Devotees prefer to climb the 252-step ascent than drive through a winding road to reach the shrine. The Bell Church in nearby La Trinidad town holds a religious service of mixed Buddhist, Taoist, Confucian and Christian dogmas but tourists come here to have their fortunes told. Located on an elevated pine-forested ground is the Philippine Military Academy, the country's foremost military learning institution. Its Saturday morning Parade in Review by cadets in full regalia never fails to attract visitors. This is America's Westpoint equivalent in our country as most of the country's military officers come from this military academy. Also within the campus is a

military museum and relics of the World War II armory and warfare.

Local and foreign artists usually find this mountain resort city a haven to practice their craft and inspire their artistic talents. The Tamawan Village, a cultural haven established only in 1998 by noted Baguio artists, recreates a typical ethnic village in the Cordilleras with authentic Ifugao and Kalinga tribal huts uprooted from their original locations and reset on similar terrain.



The city's newest tourist attraction is the famed BenCab Museum, composed of several galleries that house the permanent collection of the Philippine National Artist Benjamin Cabrera. There are BenCab's personal paintings, collection of indigenous art and crafts of Cordillera and Northern Philippine highlands such as rice gods, lime containers, tribal weapons and other native implements that showcase the rich culture and traditions of the Cordillera region. There are also art works of Filipino masters and contemporary artists. The different areas of the museum are the BenCab Gallery, Cordillera Gallery, Erotica Gallery, Sepia Gallery, Philip-pine Contemporary Art Gallery 1 and Gallery 2, Maestro Gallery, Patio Salvador and Larawan Hall.

There is also an art gallery-cum-coffee shop where one can purchase souvenir items, art books, paper products, wood carvings, textiles, and art work by one of the many well-known artists.



A popular golfing destination, Baguio City takes pride of its Baguio Country Club and Camp John Hay golf courses with pine trees and pretty flower gardens lining the fairways. What used to be the rest and recreation facility of American military personnel during the American occupation and World War II, the Camp has been transformed into a world-class resort with a world-class 18-hole golf course, many trendy restaurants, world-class hotels, suites and condominiums. It is a popular destination for people who wish to see the pine forest in the city as it keeps the biggest pine tree conservation area. These golf courses are just within five kilometers from the central business district. In fact, the Fil-Am Golf Tournament, the biggest and oldest running amateur golfing event in the world is being held in these two adjacent golf courses annually.

Baguio City has been transformed into a highly urbanized city and has become the center of business and commerce, as well as the center of education in the entire Northern Luzon. The biggest malls and other business establishments are all located in the city. SM City-Baguio is a

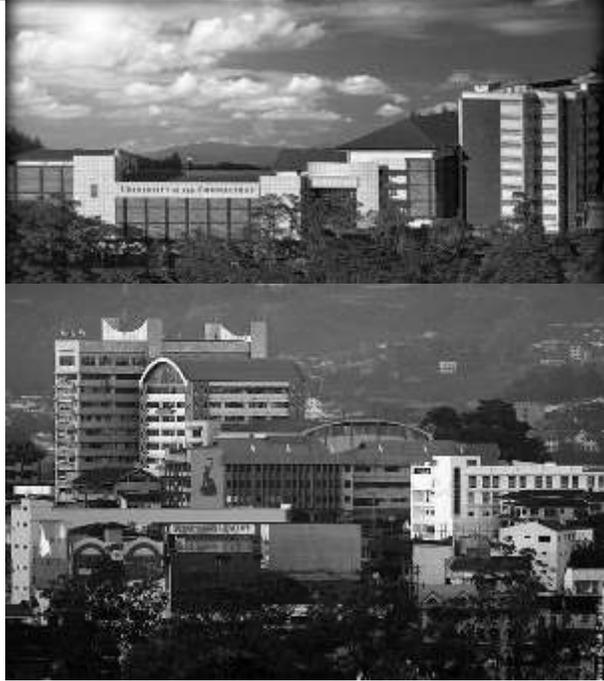




place never to be missed when someone is here in Baguio for business, pleasure, honeymoon, or looking for a place to settle for retirement. The building architecture is unique from any SM mall branch anywhere in the Philippines. Being the biggest mall and one of the largest buildings in Baguio City, it houses more stores, entertainment centers as well as shops than any other mall located in the city. The cruise ship-patterned mall is surrounded by towering pine trees and beautiful lush gardens. The accessible stores are roofed with translucent white fiber enabling sunlight to illuminate the inside on a clear sunny day. Also, the verandas overlook the whole city, giving the best view of the city's tourist attractions, such as the Burnham Park & its Lake, the City Hall, the Athletic Bowl, as well as the Session Road and the Baguio Cathedral.

At the fore as centers of education for higher learning are the premiere institutions in the city and the nearby La Trinidad, the capital town of Benguet Province. These well-renowned universities are the Commission of Higher Education accredited Centers of Excellence on their different programs. Foremost in the list are Saint Louis University, University of Baguio, University of Cordillera, Baguio Central University, and Benguet State University.

At Saint Louis University, the School of Medicine is a top performing medical school in the Philippines. Just recently, the Philippine Regulation Commission and the Board of Medicine conferred another award of excellence to SLU- School of Medicine for exemplary performance in the recently concluded August 2011 Physician Licensure Examination. The award was presented by the Health Secretary, Dr. Enrique T. Ona and the Board of Medicine



during the Oath taking ceremonies of the new Physicians at the Plenary Hall of the Philippine International Convention Center.

These universities are regarded as some of the Philippines' respected and leading educational institutions. They have grown with the demands of the current and future generations of students and have played a pivotal role in the evolution of the city into a center for higher learning in the North. They have welcomed and nurtured students from all walks of life, race, nationality, and belief.

The City also serves as the tourism hub of the Cordillera region. The region boasts of its nature based tourist spots. The world-renowned UNESCO world heritage site, Banaue Rice Terraces, is located in the province of Banaue, Ifugao. Taking an estimated 2,000 years to build, these rice terraces stretches far beyond the eyes can see. This is one of mankind's



grandest scaled engineering feat. The vertical distance between bottom and top rows exceeds the height of the world's tallest building to date. If the terraces were laid end to end, they would stretch half way around the globe.

A 3- hour scenic drive through the Halsema highway will lead you to the Mountain Province. Here, a tourist is treated with a lot of cultural and natural wonders. The hanging coffins in Sagada town is a place never to be missed. These hanging coffins has been there for hundreds of years for some cultural reasons. The people of Mountain Province believe that hanging the coffins of their dead will make them closer to God.



The world's best selling Travel Guide Publication Lonely Planet listed Sumaging cave as one of the best adventure travel destinations in the world in 2009. This 2-hour cave adventure treats the visitor with hardships and pleasure in one. Once inside the cave, tourists are awed by the marvelous limestone rock formation and



soothed by a cool clean soak at chest deep waters in its natural swimming pool.

Sports facilities are world class in the city of Pines. No less than the pound for pound king and eight division world champion, Manny Pacquiao can attest to this, as he always comes to Baguio City for his high altitude training and conditioning prior to big boxing fights. The athletic bowl and stadium, the Melvin Jones football ground, the Teachers Camp oval, Burnham park jogging lane around the lake, and his training camp at the Shape Up Gym at Cooyeesan Hotel are only some of the many sports facilities that one can look into while in Baguio.

Currently, the city is the home of multi-cultural people living together in harmony. More than half of the people residing in Baguio City are migrants from all over the world and call this resort city their home.

The people in the Cordillera, particularly in Baguio City are generally peace loving and God-fearing people.



Just like in any part of the country, festivals are also part of the culture and tradition of the Cordillera people. The Panagbenga Festival (Panagbenga -" blooming season"), features month-long festivities and the most awaited festival in the city. During the month of February, the Panagbenga Festival highlights the grand float parade, much like the parade of roses in America.

The fluvial parade at Burnham lake and street dancing along Session Road are equally magnificent activities during the festival. With ever improving grandeur of the festival, local and foreign tourists are coming back every year to celebrate this blooming season with the Cordillera people.



The Philippine College of Surgeons - Cordillera Chapter

The Cordillera Chapter is currently the youngest chapter of the Philippine College of Surgeons, chartered as the 11th chapter on October 9, 1998 by 34 Cordillera surgeons lead by a prominent urologist, Dr. Rolando Santos who later became the charter president.

The logo of the chapter was creatively made by our art wizard neurosurgeon, Dr. Jesus Nigos. The enchanting and colorful native woven cloth of the Cordillera Region was sensitively chosen as the background of the logo. The 7 pine trees represents the 6 provinces and one city which makes up the Cordillera Region. The science and

art of surgery as practiced by the Cordillera surgeons is symbolized by the scalpel.

There are 5 tertiary hospitals in the region, 4 of which are located within Baguio City, and one in the La Trinidad, the capital town of Benguet province. Two of these health institutions are training hospitals with PCS - accredited training programs in General Surgery.

The Baguio General Hospital and Medical Center is a 450-bed government medical center. This is the largest and most equipped regional hospital and trauma center in the Cordillera region.

The Saint Louis University Hospital of the Sacred Heart is a 235-bed, private, and university teaching hospital. Both of these training hospitals offer quality training programs in the 4-major specialties of medicine. Graduates from the program regularly pass the qualifying and certifying examinations of the specialty boards of the Philippines.

No matter what interests you most in life, the Cordillera Region and Baguio City, in particular, will offer you the most exhilarating experience. So, if you are in for a vacation, a student in any level of education, a businessman, a family man or a retiree looking for the best place to settle, you don't need to look any further, Baguio City and the Cordillera region is the place to be. So come and visit us soon. We will always be here to warmly welcome you. ■

Dr. Bayani B. Tecson is president of the Philippine College of Surgeons - Cordillera Chapter 2011.



PCS Northern Luzon Chapter



Mario T. Bautista, MD, FPCS
President, PCS Northern Luzon Chapter



Philippine College of Surgeons Northern Luzon Chapter welcomes you to La Union, a surfing getaway.

San Fernando and its neighboring coastal towns are ideal for weekend surfing escapades.

Urbizondo Beach further ahead of San Fernando City, has best breaks suited for beginners. Surf Camps are common in the area, and may offer good deals on board rentals for new learners. Best season to enjoy perfect waves is between July and February or a week after a strong typhoon.



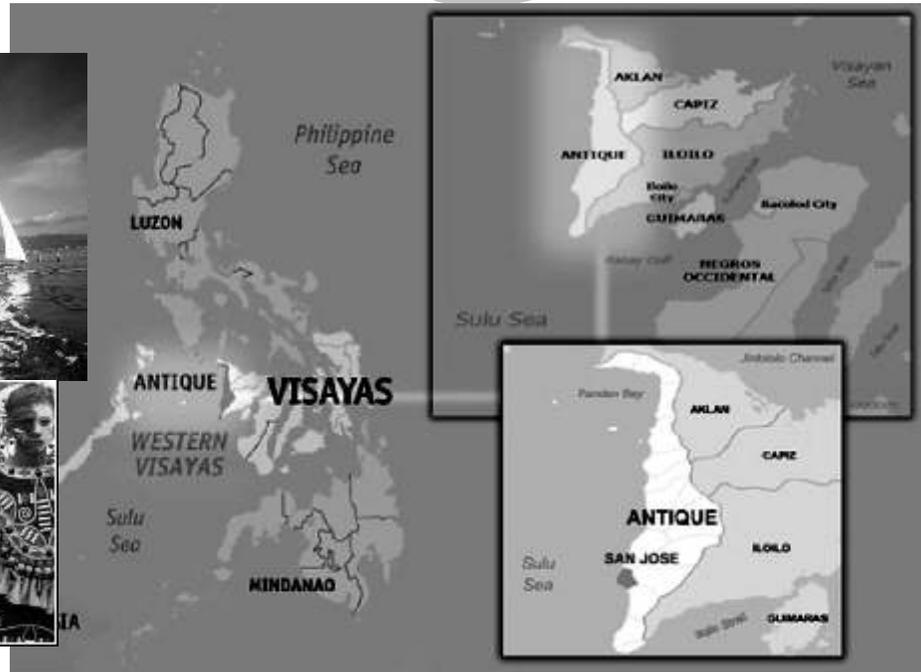
For adventure seekers, Pugo Adventure or PUGAD offers a new kind of adventure. You can fly high like a bird with its zip line facility. Pugo boasts the longest zip line (380 meters) in Luzon. It is reportedly the second longest in the entire Philippine archipelago.

Kagaling, Palina, Pugo, La Union
pugoadventure@yahoo.com
<http://pugoadventure.multiply.com>
Contact Nos.: 0917 506 6931
0927 667 2619

Panay Island: Our Home, Our Pride



Venerio G. Gasataya, Jr., MD, FPCS
PCS Panay Chapter



In the heart of the country is Panay Island. It is a beautiful island with wonderful people, world-class scenery, very rich culture with a glorious past. It is politically divided into four provinces: Aklan, Antique, Capiz and Iloilo and just across it, a separate island-province of Guimaras, known internationally for its very sweet mangoes.

Ethnic groups native to the island are Ati, Visayan which includes Aklanon, Capiznon, Caluyanon, Hiligaynon, Karay-a, and finally Suludnon. Its highest elevation is 2,117 meters (6,946 ft.) with Mount Madias as its highest point.

Panay Island is also known internationally (thanks to the World Wide Web) for its many beautiful white sand, palm-fringed beaches. Among these are, the Sicogon island beaches in Estancia, Iloilo; Olotayan Island beaches in Roxas, Capiz; Balbagan beach in Carles, Iloilo; Iyang beach, Anhawan beach and San Vicente Island beaches in Concepcion, Iloilo. Of course one should never miss the Boracay island beaches in Malay, Aklan, known for its world-class

resorts. The island of Boracay is regarded as “the finest beach of all Asia”, and popularly known as “the number one tropical beach in the world.”

And it doesn't stop there. If you love waterfalls, there are lots in Iloilo Province alone. Visit Nadsadjan Falls in Igaras, Darangkulan Waterfalls in Anilao, Nagpana Falls in Barotac Viejo, Binugsukan Falls in Miag-ao, San Juan Falls in Sara and Sta. Ana waterfalls in Anilao, among others.

Historical structures in Panay Island are among the best in the country and in the world. To mention, Miag-ao Church in Iloilo province built in 1786 has been declared a national



Miag-ao Church, Miag-ao, Iloilo

landmark and part of UNESCO's World Heritage List. The Spanish Bailiwick in Banate, Iloilo is a historical landmark known as the hiding place of Spanish authorities from the Moros. Molo District in Iloilo City, called Pari-an was the Chinese quarters in the olden days. Also located in the center of this district is its beautiful Gothic church, unique in itself and recently restored to its old glory.

Of great historical significance further south are the Imbidayan Rock and Siwaragan River where the "Barter of Panay" between the native Ati and the early Malayan settlers is believed to have taken place. Iloilo City has also been the regional seat in the struggle for freedom against the Spaniards, for it was in Plaza Libertad where the flag of the 1st Philippine Republic was raised in triumph over Spain on December 25, 1898. In Panay still, you can find the ancestral home and birthplace of the 1st Philippine President of the republic, President Manuel Roxas in Roxas City, Capiz.

Only the best Festivals and Fiestas in the country happen in Panay. Join the "Dinagyang" Festival in Iloilo City every 3rd Sunday of January. The festival is vibrant with colors with practically unequalled fun when you frolic and join the street dancing. It was awarded as the "Country's Best Festival – Hall of Fame Awardee" during the annual Aliwan Festival in Manila for three (3) consecutive years. Its international

standard of performance made the Ilonggos proud when it represented the Philippines in a festival in New York City, U.S.A.

The Ati-atihan festival of Kalibo, Aklan held in honor of the Santo Niño is also known as the "wildest" among Philippine festivals. It is celebrated every 3rd Week of January every year coinciding with the second Sunday after Epiphany. It was documented to be similar to the Mardi Gras Celebration in Rio, Brazil. As the drum beats continue, people dance to the rhythm, exploding in fun and burst to repeated shouts of "Viva El Señor Sto. Niño"! This is to show devotion, faith and thanksgiving to the Child Jesus. The Binirayan Festival in San Jose, Antique is also a celebration of fun and pageantry every 3rd weekend of April, commemorating the legend of the arrival of the 10 Bornean Datus in the island of Aninipay now called Panay Island.



Molo Church, Molo, Iloilo City



In terms of business opportunities, Panay Island, especially Iloilo Province, is considered as one of the major economic hubs of the country. With the vibrant textile and sugar industries in the past, the first millionaire's row in the Philippines was along the E. Lopez St. in Jaro, Iloilo City. Famous families like the Lopezes, the Javellanas, the Montinolans, the Ledesmas and the Jalandonis lived along the strip. As such, because of the so

many historical places in city, Iloilo City is now considered a museum city in itself.

According to the website Geo Tayo Philippines/World Culture Expo 2011, the province with its large urban center, vast agricultural land and modern infrastructure projects coupled with several historical and natural attractions, big and small enterprises have room to grow in this part of the country. Recommended industries are power generation, ship building, construction materials, chemical plants, food processing, furniture and consumer goods, as well as advanced technology and tourism.

Panay Island and its provinces are known for its seafood cuisine and native delicacies, the reason why even in history books it is written that Miguel Lopez de Legazpi and his men went to the island in search for food. If you are on the island, you should try kinilaw na isda, pritong alimango, La Paz batchoy of La Paz, Iloilo City, Pancit Molo, binakol, lumpiang Ilonggo, the chicken “inasal” and other popular native delicacies typically Ilonggo.

But the most special and best feature of Panay Island is its people loving, caring



Lopez-Vito house, Jaro, Iloilo City



Mount Madia-as, Culasi, Antique



Nagpana Falls, Barotac Viejo, Iloilo



The Olotayan Beach



The Sicogon Island



Nelly's Garden, a manorial pride of Iloilo



Ancestral house near Jaro plaza

and ever-smiling people of the island. Ilonggos are a rare breed - hard-working, determined and sincere, soft spoken even in their anger while Ilonggas are known as “cariñosas” for their tender-loving care.

Visit the island and experience for yourself what is truly “Ilonggo” and experience this literature of beauty in its reality. ■

PCS Cebu Eastern Visayas Chapter



Marilou S. Viray, MD, FPCS
Secretary, PCS Cebu-Eastern Visayas Chapter

THE BEGINNINGS....

The year 1948 marks the founding of the PCS-Cebu Eastern Visayas Chapter with Dr. Jose Augustines, then the chief of hospital of Southern Islands Hospital (now Vicente Sotto Memorial Medical Center) as the Chairman of the regional chapter. The PCS- Cebu Eastern Visayas Chapter has survived through the years with the able hands and great minds of the fellows of PCS that span 63 years of service to make the chapter solid, patient and community-oriented and prestigious of what it stands for: to promote the highest quality surgical care; a world class organization of surgeons with the core values of social responsibility, quality care, teamwork and integrity and a breakthrough objective of social accountability and responsibility.

The chapter received numerous accolades and national recognition with the most current, the first Cebu-based national presidents: Dr. Stephen Sixto Siguan, FPCS, 2010 PCS President and Dr. Maribel Du, FPCS, 2011 national president of the Philippine Society of Pediatric Surgeons.

The chapter, under the term of Dr. Leopold Lucero as president of 2010-2011, has achieved so much, fulfilling its vision-mission statements and aligning with other associations to strengthen its advocacy. Towards the end of Dr. Lucero's term, the preparations for the PCS Midyear Convention were taking shape: the welcome reception at Maribago Bluewater Resort; the Waterfront Cebu City Hotel as the convention site and the Grand Convention Center of Cebu for the Fellowship Night. Dr. Jose Rizalito Catipay willingly took over and

whole-heartedly continued the planning and staging of the midyear convention.

Dr. Jose Rizalito Catipay, FPCS was inducted as the current PCS-CEVC President by PCS President Dr. Josefina Almonte, FPCS. Stephen Bullo, MD, FPCS, vice-president; Marilou Viray, MD, FPCS, secretary; Steve Rama, MD, FPCS, treasurer; Axel Elises, MD, FPCS, auditor; Henry Chua, MD, FPCS, PRO; and board of directors: Christopher Go, MD, FPCS; Pimbaya Pangilan, MD, FPCS; Don Edward Rosello, MD, FPCS; Andrei Yu, MD, FPCS, make up this year's CEVC roster of officers. The event was also witnessed by the national vice-president, Maximo Simbulan, MD, FPCS and Leopold Lucero, MD, FPCS, ex-officio and PCS governor for Cebu Eastern Visayas Chapter. The new diplomates and fellows were also inducted. This was held last February 05, 2011 at Radisson Blu, Cebu City with Dr. Stephen Sixto Siguan, FPCS as the resource speaker on I.M.P.A.C.T.

In May of this year, the PCS-CEVC hosted the 37th PCS Midyear Convention and the 18th Asian Congress of Surgery (1st time outside Manila) and Diamond Jubilee year celebration in a grandiose fashion, from May 12-14, 2011. Even with some difficulties, the host chapter never wavered in its commitment and promised to give the best to delegates. It was a showcase that they will never forget and a sneak preview of what the host city can offer to both local and foreign delegates. What makes it more interesting and worthwhile knowing is the rich cultural heritage and the diverse historical spots that place the Cebu-Eastern Visayas Region as an international tourist destination, as the center of attraction.

Witness its wonders, experience the exhilarating rustic beauty.....**CHOOSE Us...**

DALI..SUROY TA BAI!!

The Visayas is strategically located in the center of the archipelago between the major islands of Luzon and Mindanao, destination of many races and nationalities. Come and experience your dream vacation, taste the slices of paradise of CEBU, BOHOL, DUMAGUETE CITY, LEYTE AND SAMAR.

CEBU

The main island, Cebu, is the premier destination of the country. It has a unique distinction of being the oldest province with the country’s oldest city and oldest street; with vast stretches of clean, fine, white sandy beaches, excellent dive spots, modern malls, resorts, hotels, museums and parks, all within a compact geographical macrocosm. Cebu is a rich and varied bouquet of attractions touched with the warmth and charm of its people—the Cebuanos. Cebu’s provincial capital, Cebu City is the “Queen City of the South”.

The site seeing circuit contains many historical landmarks that we are proud of:

Magellan’s Monument

Ferdinand Magellan crossed the channel to Mactan Island in an effort to spread Christianity. Before reaching the shore in knee-deep waters, Magellan encountered a battle against Lapulapu, the local chief of Mactan on



April 27, 1521. The marker stands on that fateful battleground in memory of Magellan and his fallen men.



Lapu-lapu Monument

A bronze statue proudly stands at Punta Engano, the victorious site of Lapu-lapu, famously known as the first Filipino leader to resist Spanish attempt at colonization. Did you know that Lapu-lapu was a datu of Mactan?

Magellan’s Cross

Planted by the Portuguese explorer, Ferdinand Magellan for the glory of



Spain in 1521, this marks the spot where the first Christian Filipinos were baptized. The original cross is now encased in “tindalo” to protect from further deterioration and housed in a monument shrine.



Fort San Pedro

This is the smallest and oldest fort built at the start of Spanish colonization to protect Cebu. Built in 1565 by Miguel Lopez de Legazpi, it served as the core of Spanish settlement in the Philippines. It is located in front of the Plaza Independencia.



Plaza Independencia

Considered to be the largest park of Cebu City, it has statues of some of the prominent

figures in Philippine history.

Colon Street

The oldest street in the Philippines is named after Christopher Columbus. It was built by the Spaniards during the time of Miguel Lopez de Legazpi. At present, it is the heart of downtown Cebu, a glittering city by night lined with restaurants, department stores and other business establishments.



Fuente Osmena

This circular park is dedicated in memory of Cebu's Grand Old Man, the

late Sergio Osmena. This famous landmark has a fountain at the center and is perfect for picnics, skating and people-watching on a lazy afternoon.

Casa Gorordo Museum

A Cebuano lifestyle museum, this was once the 19th century residence of the first Filipino Bishop, Juan Garces Gorordo. The strong faith of the Cebuanos reminds us of the rich religious heritage left by our ancestors, preserving what is good, pleasing and perfect, and mirrored through the presence of the sacred treasures of the Archdiocese.

Basilica Minore de Sto. Nino

The Basilica houses the image of Sto.Nino, the oldest Spanish religious relic in the Philippines and Cebu's



patron. The Sto. Nino was a baptismal gift of Ferdinand Magellan to Queen Juana and has survived fires and catastrophes since April 14, 1521. The Basilica is one of the country's oldest churches which originally was a hut made out of nipa.

Taoist Temple

Taoism, a philosophical and religious order introduced by the Chinese to Cebu, is practiced in this temple. It is an excellent site for self-contemplation by people of any religion.



Get High!

Sky Experience Adventure

The city's newest craze at the Crown Regency Hotel offers an exhilarating roller coaster experience at the edge of the country's tallest hotel.



Food Extravaganza

The mouth-watering feast that Cebu can boast of: the tastiest lechon,

the crunchy chicharon with different flavors, the sweetest mangoes and the well-loved danggit (dried fish).





BOHOL

Chocolate Hills

Top tourist destination synonymous with Bohol, the Chocolate Hills are composed of 1268 perfectly cone-shaped hills scattered over an area of 50 square kilometer (19 sq.miles) in the central part of the province. The hills are the country’s 3rd National Geological Monument and are believed to be millions of years old and the only one of their kind in the world.



Baclayon Church

The oldest stone church in the country, this was built by the Jesuits in 1595.

L o b o c River

Famous for the river cruises, guests are treated to leisurely lunches aboard floating restaurants.



Danao Eco Park Adventure

E.A.T. Danao is the town’s newest brainchild. “E.A.T.” does not only pertain to the partaking of the town’s organically grown and fresh food in abundance but also a whole new experience far superior to the common offer of the Chocolate Hills’ tour, tarsier and dolphin/whale watching.

E.A.T. Danao is a tourism concept set up to benefit the municipality of Danao and its people. The tour involves a responsible tour of Danao’s God-given gifts. It is the town’s major task to conserve these gifts and enhance them to sustain the well-being of all its constituents.



Danao offers unique and exhilarating activities in different categories set amidst verdant valleys framed by the majestic expanse of mountain ranges. To trim down the choices for the individual tourist, specific activities were grouped into three: Extreme, Economic, and Educational. So “E” stands for any of the three; “A” for Adventure; then “T” for Tour.

Tarsier

The smallest primate in the world is found in Bohol and measures around 12 cm (5 inches). Its tail is longer than its body.



Bohol Bee Farm

Fascinating Bohol Bee Farm is located off the main road to the southeast of Barangay Dao. Atop lava rock on top of a cliff, exquisite organic salads and other foods are available, in addition to unique souvenirs and handicrafts.



Panglao Island

Separated by a strait from the mainland Bohol, this beach hideaway of the province is famous for its white sand

beaches, clear waters, lush marine life and the lively beachfronts of Alona and Dumaluan.

What is a sweet sticky delicacy that is popular in many regions of the Philippines? If you answered "kalamay", then, you got it right!

Usually used as a sweetener in many Filipino desserts and dishes like "bukayo", "suman" and even in coffee, hot choco or milk, kalamay can also be eaten directly right off its packaging. It is made of ground glutinous rice, sugar and coconut milk and can be flavoured with vanilla, margarine or peanut butter (yum!).

NEGROS ORIENTAL



A province noted for its alluring bodies of water with the mile long strip of powdery white sand bar between Bais City and Tanjay, Negros Oriental is the largest

province of Central Visayas.

Dumaguete City is the capital of Negros Oriental, known as the "City of Gentle People", and regarded as a university town as evidenced by the presence of Silliman University. The university was built in 1901 by the American Protestant missionaries, reflective of American colonial architecture

Rizal Boulevard

A popular attraction at the bayside, it is commonly called "The Boulevard". Abuzz with coffee shops, specialty restaurants, live entertainment and watering holes at night, the strip is also superb for jogging and sunrise watching.



Dumaguete Belfry

The oldest belfry in the Visayas region is found in Dumaguete, built in 1811. It was



originally constructed to serve as a watch tower to warn residents who were always threatened

by pirate raiders in search of slaves.

EASTERN VISAYAS

A region that boasts of a unique history in an unspoiled setting and blessed with the enchanting islands of Leyte and Samar — a HIDDEN PARADISE.

LEYTE

Its name is etched in history from the Spanish colonization to the Japanese occupation as the site of the first mass in the Philippines and the site of the most monumental battles of World War II. The single largest naval battle in history took place in the Leyte Gulf during World War II, a precursor to the massive landing of Allied forces in Palo. The provincial capital is Tacloban City.

San Juanico Bridge

The impressive bridge connects Leyte to Samar, making it the country's longest bridge. Spanning almost 3 kilometers (1.8 miles), it lies across the San Juanico Strait.



MacArthur Landing Memorial Site

MacArthur returned to the Philippines on October 20, 1944 and personally led the drive to liberate the community from the



Japanese forces. Located at Palo, the momentous occasion was immortalized with larger than life bronze statues of the landing of the Allied Forces.

Sto. Nino Shrine

The shrine is actually the Romualdez Museum, named after the family who hail from Leyte. It was an actual mansion during the Marcos era. It contains a huge chapel which seats around 300 people, 13 themed guestrooms on the



first floor, and 8 bedrooms (each for the members of the Marcos family, Ferdinand, Imelda, Bongbong, Imee, Irene, Aimee, the Governor (Imelda's brother) and Ferdinand's bodyguard).

Tacloban's native delicacy, "moron" is a smoother variety of suman. Chocolate moron is a sweet tasty treat made of glutinous rice or rice flour mix, chocolate, sugar and coconut milk. It is rolled and wrapped in banana leaves then boiled or steamed.

SAMAR

Composed of 3 provinces, Samar was a key destination for the Spanish Galleon that plied between Mexico and the Philippines during the Manila Acapulco Galleon Trade. It is the home of some of the most intriguing and lesser known wonders.

Guiuan's Church of the Immaculate Conception

A 16th century fortress church which serves a refuge for the townsfolk's spiritual



guidance and spiritual safety is one of the major draws to this clean and peaceful town. Its wooden doors are magnificently carved.

Balangiga Bell Tower

This town is forever etched in history when Filipino freedom fighters made a surprise attack and won a moral victory over an American detachment in 1901 during the Filipino-American War. In retaliation, U.S. troops mounted a massive counter attack and took the 3 bells from the town church, which to this day are displayed at 2 air bases in Wyoming and South Korea.



St. Michael the Archangel Church

Considered as one of the oldest Catholic churches in the Philippines, this church in Basey, Samar dates back to the 16th century. Jesuits oversaw its construction during the Spanish Era in 1521.

What an EXPERIENCE!

IMMERSE in the culture of the region...
“HUWAG MAGING DAYUHAN SA SARILING BAYAN”.... CHOOSE...CEBU

BOHOL

DUMAGUETE

LEYTE

SAMAR ■

Sugar and More...

(Inside Negros Occidental Chapter)



Hector G. Gayares Jr, MD, FPCS
President, PCS Negros Occidental Chapter



Bacolod is the gateway to the province of Negros Occidental, often referred to as the land of genteel people and large sugar plantations.

Authentic 1912 steam locomotives and well-preserved ancestral homes serve as reminders of the sugar barons and rich Spanish families in the past.



Mountain of sugar, prime product of Negros Occidental

It is particularly popular for sugar-based food items and delicacies. From upscale restaurants to wayside eateries, one can sample the heavenly concoctions this land is famous for.



A beautiful land, charming people and delectable cuisine – these elements make for a destination that is best when experienced. Bacolod and Negros Occidental promises to be a destination like no other – a breath of fresh air, away from a harried pace of city life.

Its people with their endearing lilting accent are known for their easygoing, old world charm and gracious hospitality. They have a natural knack for entertaining which is best experienced during MassKara, a mardi gras festival in October when there is merrymaking in the streets and parties at private homes in its capital, Bacolod. Negros Occidental’s wealth has always been in its land, its charm in its people, it’s pride in its cuisine.

Negros Occidental’s cuisine is legendary. Its mouthwatering dishes rank among the best that the islands

Negrenses celebrate in style. Negros cuisine developed from this eagerness for festivity, though much of this remarkable cuisine is



Famous Bacolod Chicken "Inasal"

g u a r d e d
j e a l o u s l y
i n
f a m i l y
k i t c h e n s .
A s i d e
f r o m
d i s h e s
c o o k e d
w i t h
S p a n i s h
i n f l u e n c e s ,



probably the most famous dish Negros Occidental and Bacolod is remembered for is Inasal (barbecued marinated chicken). Negros pastries and confectionery are equally renowned, with guapple pie, piyaya, barquillos, pinasugbo, pastel de manga, panyo-panyo, butong-butong and dulce gatas ranked among the favorites. Even in the field of cockfighting, it is known as the home of the best handlers and game fowl breeders.

Negros Occidental is rich in structures and buildings that are remnants of a once affluent lifestyle. The Palacio Episcopal (1930), San Sebastian Cathedral (1876) and the Capitol Building (1931), are popular Bacolod landmarks. Silay City has fine examples of sugar barons' palatial homes, two of which have been converted into the Balay Negrense and the Bernardo Jalandoni Museums.

Negros Occidental has been popularly known as "Sugarland" for producing almost 60 percent of our country's sugar supply. However, there is more to Negros Occidental than just sugar – from the flashing smiles, the lilting singsong dialect, the opulent heritage, world famous arts and crafts, interesting churches, sparkling white beaches, mountain resorts and many more.

Negros Occidental is a fascinating place to choose when one wants to get away from the hectic life in the metropolis. And with the inexpensive accommodations and food, the primitive beauty of the forests and the white beaches just a stone's throw away from the luxury of modern facilities, a visit will definitely leave a deep impression and would want one to come back for more and discover this paradise.

Other nice- to-know information:

Campomanes Bay is a favorite dive site for safari divers with its beautiful coral gardens and sunken warships. It has enticing pristine waters and white sand beach.



Sugar Beach formerly called Langub Beach is a long stretch of sugary light brown sand with pristine blue waters. There are high quality standard resorts in this fine stretch of sand. They are the Taka Tuka Beach and Diving Resort, Bermuda Beach Resort, Driftwood Village Resort, Sulu Sunset Resort and Langub Beach Resort. Sugar Beach is a 20-minute boat ride from the town proper.

Punta Ballo Beach is found on the other side of the Sugar Beach. This place boasts of first class diving resorts like Artistic Diving and Beach Resort and Easy Diving Resort. Nataasan Beach Front is also found in this side. This area is blessed with white sand and cool blue waters



Sagay Marine Reserve, a well-managed protected area and a balanced marine and terrestrial ecosystems with abundant resources that caters to the needs of the stakeholders towards sustainable development and progress and is considered as one of the prime eco-tourism destinations in the country.



Carbin Reef is a marine sanctuary with its huge, tongue-shaped, creamy white sandbar and its clear water offers the freshest option for swimming, scuba diving, snorkeling, picnic, boating or just frolicking in the sand.

Panal Reef is another marine sanctuary which offers the best snorkeling area for tourists to enjoy the colorful corals and marine life.

Macahulom Reef is a beautiful sight with its migratory birds flocking to its shore during certain months. Its crystalline waters and pure sea breeze make boat cruise in the area a soulful experience.

Molocaboc Island is home to fisher folk where big jars, mangrove reforestation and a miracle hole “amatong” fishing are found.

Lakawon Island Resort is a white sand island paradise amid clear blue waters. The resort has a magnificent view of the sunset. It is a peaceful haven that offers diving, surfing and jet skiing.

Sipaway Island is geographically known as Refugio Island, a favorite rendezvous of local and

foreign guests. It has beautiful century-old Balete trees, white sand beach resorts and natural reefs for snorkeling and scuba diving. Travel time is only 15 minutes from the pier by local outrigger.

Whispering Palm Island Resort in Sipaway is a white sand beach resort and a 15-minute boat ride from the city proper. It has air conditioned cottages, cocktail bar, multi-purpose hall, restaurant, gym, seafood grill house, mini-zoo, swimming pool, tropical garden and children’s playground.

Danjungan Island is the largest of the Bulata Islands in Cauayan whose white sand beaches and underwater world rich in marine life makes it a favorite destination of foreign diving enthusiasts and conservationists, particularly coming from the United Kingdom, among them the Coral Cay Conservation volunteers.

Managed by the Philippine Reefs and Rainforests Conservation Foundation, Inc, this 15 kilometers long and half kilometer wide island is comprised of lush tropical forest, five lagoons, beach and mangrove forests, seagrass beds and coral reefs.

Punta Bulata White Beach Resort and Spa. Enjoy life through nature and wellness in comfort. Wake up to the call of Kingfishers and Orioles. Take in the fresh sea air on your early morning walk on the sandy white beach. Swim in the clear blue waters of the Sulu Sea. ■

Source: Negros Occidental Tourism Office, with permission



Church of the Angry Christ Chapel, Bacolod City

Davao



Robert B. Bandolon, MD, FPCS
President, PCS Davao -
Southern Mindanao Chapter

It is with great pleasure that I invite you to Davao, one of the most, if not, the most dynamic cities in Mindanao. Our city is a top destination in the country. It has a very good range of accommodation and meeting facilities, shopping malls, restaurants, health and wellness centers that define modern living in a safe and green environment.



waling, the “Queen of Orchids”; the Philippine Eagle, one of the world’s largest eagles and the country’s National Bird; the Durian, the “King of Fruits”; and “Kadayawan”, the Philippines’ “Festival of Festivals” held every third week of August.

Our city is also proud of our water system, one of the safest not only in the country but also in the world. In fact, it was cited by the World Health Organization as having the second best most potable water in the world.

Davao is a city of 1.4 million people of different religions and cultures, all living together in peace and harmony. These people enjoy the easy going lifestyle that the city has to offer. The traffic is minimal, the areas for rest and relaxation are within easy reach and the food is relatively inexpensive. The Davaoenos also enjoy typhoon-free weather all year long. It is because of this calm weather that fruits like pomelo, banana, mangosteen, lanzones, and rambutan can be grown bountifully. This enhances Davao’s positioning as the “Fruit Basket of the Philippines”.

The locals and tourists also feel safe in the city, as the local government has taken a hard stance against crime. This has made the crime rate low and has allowed people to walk the streets at night without any fear or apprehension. Another factor that contributes to the feeling of well being of the people is the presence of the country’s first emergency response program, the Davao Central 911. Any person in need of help anywhere in the city will be assisted at the soonest possible time as the 911 uses computerized systems to filter distress calls.

The number of beaches in the city, including that of nearby Samal Island, still continues to grow. New resorts are constantly being put up and this has made Davao one of the hotspots for tourists in Mindanao. The city also has zip lines and white water rafting, to name a few, for the adventurous souls. The tourists are also eager to view several notable Philippine symbols which are found in Davao, namely, the Mt. Apo, the “King of Philippine Mountains” and the country’s highest peak; the Waling-

It is due to the above mentioned that Davao City is consistently cited by the Asian Institute of Management Policy Center as one of the top metropolitan cities that has a business environment favorable to investors and by Asiaweek Magazine



as one of Asia's top 20 Most Livable Cities. Davao City is also named as one of the Top 10 Asian Cities of the Future by the Finance Direct Investment magazine of the Financial Times Group, based on investment opportunities and governance.

So come on over and experience what others have known for so long. Don't take my word for it. You have to try it to believe it. See you in Davao! ■

Masters of Surgery Programme Faculty of Medicine University of Malaya

The Masters of Surgery programme, University of Malaya takes a minimum of four years to complete and consists of two components: clinical coursework and a research project.

Candidates either rotate through different hospitals of the Ministry of Health or at the University of Malaya Medical Centre (UMMC).

The programme is divided into 3 phases.

Phase	Duration and Posting
Phase 1	<p>(a) six (6) months of General Surgery including courses in Applied Basic Sciences and Principles of Surgery</p> <p>(b) the option of a further six (6) months of General Surgery OR two postings of three (3) months each in Accident and Emergency, Orthopaedic Surgery, Intensive Care, Anaesthesiology, Obstetrics and Gynaecology, Radiology or any other surgical specialty not covered in Phase II, subject to approval by the Department of Surgery and Faculty of Medicine</p> <p>(c) initiation of a research project</p> <p>Candidates are encouraged to participate in the following courses:</p> <ul style="list-style-type: none"> Basic Surgical Skills Advanced Trauma Life Support Advanced Cardiac Life Support Intensive Care Course Basic Research Methodology Scientific Writing <p>Candidates must pass the Part 1 Examination and have satisfactory evaluations in order to progress to Phase 2 of the programme.</p>

Phase	Duration and Posting
Phase 2	<p>(a) twelve (12) months of rotation in surgical specialties comprising four (4) postings of three (3) months each: two compulsory postings in Urology and Neurosurgery, and a further two postings in any of the following: Cardiothoracic Surgery or Critical Care Medicine, Plastic and Reconstructive Surgery, Paediatric Surgery.</p> <p>(b) continuation of a research project</p> <p>Postings in Phases 2 & 3 are interchangeable, to allow for variations in availability of accredited specialties in different hospitals, provided this has been planned in advance, with approval of the Department of Surgery. Urology and Neurosurgery must be undertaken in UMMC.</p>
Phase 3	<p>(a) twenty four (24) months in General Surgery including rotating through general surgical sub-specialties, namely Colorectal, Upper GI, Hepatobiliary, Breast, Endocrine and Vascular.</p> <p>(b) completion of a research project</p>

Research Project

A research proposal should be agreed upon between the candidate and their respective supervisor by the end of the first year, whereupon it will be formally evaluated at departmental level. Formal yearly thesis evaluations will continue to take place, culminating in a thesis defense three months prior to the Final Examination. **Candidates are required to successfully defend their thesis in order to appear in the Final Examination.**

Interested parties may contact the PCS Secretariat for more details.

OBITUARY

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Specialty
 Orthopedic Surgery
 Urology
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Philippine College of Surgeons



67th Annual Clinical Congress

MANAGING COMPLEX PROBLEMS IN SURGERY

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