



ECTOPIC MURMURS

Volume 27

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Opinions and articles published herein are those of the authors and do not necessarily reflect that of the FEUDNSM Alumni Foundation

RICK DE LEON MD⁶⁴

2014 Triply Outstanding Awardee

CESAR D CANDARI MD⁶¹ FCAP Emeritus, Henderson NV

RICK DELEON MD⁶⁴ was chosen most outstanding alumnus of the year at the 35th annual reunion and scientific convention of the Far Eastern University DNRSM Alumni Foundation during his Class' Golden Jubilee

Reunion, celebrated at the Wynn's Las Vegas on July 9-13, 2014. Fortunes do not come alone for Rick in this year 2014. Indeed, the saying *when it rains, it pours* cannot be any more relevant than it is in Dr De Leon. *continue to page 20*



CESAR D CANDARI MD

APOLOGIES to Class⁶⁴
for the slight and other debacles inadvertently fronted upon the Golden Jubilarians during the 35th annual summer reunion Saturday, July 12, 2014, grand dinner ball, at the Wynn's Las Vegas.

Nostra culpa, nostra culpa

FROM THE HOME FRONT OUR ALUMNI NEED YOUR HELP!

LINDA D TAMESIS MD⁸⁵

Dean, FEU-NRMF IM

The road to getting a United States residency program is long and arduous. After graduation, the young doctor must pass the USMLE (United States Medical Licensure Examination), write a personal statement, coordinate the credentialing of all necessary documents from the Philippines, and get Letters of Recommendation (LORs)

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LINDA D TAMESIS MD

FAITH CORNER

REV MELVIN ANTONIO MD⁶⁵

San Antonio TX

A psalm attributed to King David: **Psalm 145:8-9, Psalm 145:13-20**

The Lord is gracious and merciful, slow to anger and abounding in steadfast love. The Lord is good to all, and his compassion is over all that he has made. *continue to page 15*



REV MELVIN ANTONIO MD



APPA 2014 Lifetime Achievement awardee Dr R de Leon (right) is flanked, from left, by outgoing APPA President Dr Leonora Pagtakhan-So, Dr Renato Judalena, and Dr Henry Eugenio.

Editorial SOLOMONIC WISDOM OR PILIPINO STYLE OF POLITICS?

NAPOLEON P ABANDO MD⁶⁸
Woodstock IL

The report invoking a King Solomon-like decision to thwart division of the board of trustees revives my interest in Philippine politics. What happened in the board trustees room during the



NAPOLEON
ABANDO MD

last annual reunion in Las Vegas was a vivid display of Philippine politics sans *goons, guns and gold*.

Unknowingly to them it was a demonstrative interplay of our Pilipino values or traits of

Amor propio,
Utang na loob,
Pakikisama,

Confrontational
avoidance,

Kinship groupings,

SIR (smooth interpersonal relations) and

Gambling proclivity.

Pilipinos value self esteem (*amor-propio*) more than anything else. We do not want to hurt the individual's self esteem for fear of hurting the whole clan. We resort to a *fixer* or outsider to mediate a dispute before it explodes.

Sociologists called it SIR (smooth interpersonal relations). We excel on it. Westerners envy us about it.

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FEUMAANI 1st scholar, a local valedictorian

MARA MAKASIAR of
Plano IL



MARA
MAKASIAR

resume records that she was a good volleyball player for four years, team captain and interstate 8

all-academic awardee.

She was as good in soccer, receiving the most versatile player award in her senior year.

In community services and volunteering, she is a National Honors Society member, transformers freshmen/ big brothers/ big sisters mentor, and a librarian at her free time. She also edited the sport section of her school yearbook.

Academically, she is an Illinois State Scholar awardee, four years in the honor roll, and 2014 valedictorian with a GPA of 4.4.

She is also a budding essayist; and here are as follows some of her writings:

On NOTRE DAME I

If I were fortunate enough to receive this scholarship award, I would put it towards paying for my tuition at the University of Notre Dame. I plan on attending college here because of its world-renowned, quality education. I will be very involved, since there are plenty of clubs and volunteer will able to join to really become a part

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INSPIRATIONAL LEADERSHIP

Forward and Growth
CESAR D CANDARI MD⁶¹

FCAP *Emeritus*, Henderson NV
After reading the messages

by the newly elected officers of the FEUDNRSM Alumni Foundation as chairman of board, Oscar Tuazon MD⁷³ and as president Manuel Malicay MD⁷²,



CESAR D
CANDARI MD

posted in **ECTOPIC MURMURS** July 2014 issue, it is but fitting to make a judgment - thoughtful judgment of their leadership. Judgments are conclusions arrived at through examination of evidence and careful reasoning.

These new officers were voted by acclamation – a rather smooth election under a ‘pick a lot’ process (candidates for chairman)... the reawakening of a non - political purview of the Alumni Foundation! Call it any kind you wish. Borrowing from Dr Cesar V Reyes, our editor, it was a *Solomonic election*. The fires of *politicking* was gone.

Well and good!

When I sent this draft for comments to the Dr Malicay, his response email ... *What an inspiring and insightful essay on leadership! It challenges and reminds me that I have a goal and a job to achieve that will benefit our members, our alumni foundation and our Alma Mater.*

Well-said Manny!

In my view, these two gentlemen –newly elected

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TENDERLY YOURS

NOLI C GUINIGUNDO MD⁶²
Immediate Past President



NOLI
GUINIGUNDO MD

After a busy July reunion at the famous Wynn's Las Vegas, there is a lull prior to the January reunion in the Philippines. It used to be *Balik-FEU* but the FEU-NRMF Medical

Society changed it to local medical reunion.

In this column I prefer to call the reunion, *Balik FEU* because that is what it is and I will continue to call it as such. This originated from the *balikbayan* which all expatriates are called when they come home from the US.

The *Kapihan sa Piyo* is no longer. The reason for the changes is not clear to me.

We hope 2015 will not be devastating as this year. Let us pray to God for a more pleasant new year and also help our poor countrymen always devastated by weather and of course the economy.

On the local front, those who are still practicing, it's about time to renew our license, depending on the state you are in. About time also for our DEA registration renewal, depending on birthdate. Those who are medical examiners/ coroners, at least I know of two and both are in state of Louisiana, death certificate reporting is through LEERS which makes reporting much easier but sometimes the procedure can be full of glitches.

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OWL IMAGES

ROLANDO M SOLIS MD⁶³



I AM PROUD TO BE PILIPINO-AMERICAN

JOSE M T ANTONIO MD⁶³
Dedicated to our pioneers who pass the torch to our children to know and to generations to come.

Part II

Our impeccable forefather's legacy is all sacred, and must not be ignored. We have to be proud with admirations. We must be very proud of their past heroic struggles, from the pre-colonial era to colonial centuries by the two empires that gave us opportunities to be what we are now, and what we should have been and would not be. We must continue to live up to their expectations for our next generations to come.

The winding and bumpy roads with detours, to climb up the mountain tops that one day we may have a Pilipino-American president, continuing presence in US Congress, or attain a number of positions in any State of the Union from bottom up. Hence, we have to continue to pass the torch to the next generation for them to obtain the highest education as my beloved father had imparted to his ten (total was 13 but three died when we were young) professional successful children, the brain power without malice toward none will be the cornerstone, and building block for stronger foundation to

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JMT ANTONIO MD

TO THE SPECTACULAR CLASS⁶⁵

Golden anniversaries, in marriage, education, or other facets of life are milestones worthy of remembrance and celebration. Our Class⁶⁵, the Spectacular⁶⁵, is celebrating its 50th year on January 21-

24, 2015, at the Crown Plaza Hotel, Manila, and in July 2015 at Wynn's Las Vegas.

As the conventional wisdom says, life is short, let us enjoy it to the hilt, because, after all, happiness is our ultimate reward for a job well done, for our family, friends, and society as a whole.

As our friend and *kumpadre* Philip S Chua MD says in his book, *Leaving this world after this life is not a tragedy. Dying without significance, without making a difference, without leaving a good legacy, is.*

You and your family have every reason to be proud of your combined accomplishments in life, making this world a better place to live in. You deserve the acclaim and the honor.

Let us all, members of the Spectacular⁶⁵ meet during one or both of our two reunions, have a group lunch or dinner, and celebrate each other's company, and create more happy memories to cherish and keep us warm during the winter of our life.

The success of our reunion, which maybe our last hurrah,

would depend on the warmth of your presence and unbridled spirit. With our concerted effort, our Golden anniversary will certainly emerge as one spectacular affair to remember by Spectacular⁶⁵ers like us all.

With love in our hearts, *We can, we will.*

Please let me hear from you about this proposal so we can plan ahead of time.

You may kindly contact me for any questions or suggestions at 386-447-5688 or by email at rollycas1@aol.com,

Or Melinda Fabito MD at 702-622-2976 or by email at LindaFabitoMD@gmail.com.

or Roger Cave MD at 773-406-0536 or by email at roeCave68@comcast.net.

Please forward this to all of our classmates.

Thank you, best wishes, and God bless you and your family.

ROLLY C CASIS MD

Past-President & Chairman
Emeritus, FEUDNRSMAF

LETTER TO THE EDITOR

I would like to comment on several articles published in the last issue of **ECTOPIC MURMURS** July 2014.



**HERNANI
TANSUCHE MD**

First, I would like to personally thank my classmate Cesar V Reyes MD for continuing as

editor of our official newsletter during my term of office and for his generous and kind comments about my administration. I will remain

active in the affairs of the FEUDNRSM Alumni Foundation as board trustee.

Second, there is no position of *emeritus* president on the board trustees. Recent amendments to our by-laws approved and passed by the general membership in Chicago last year states that the immediate past chairman is not automatically designated as chairman *emeritus*. There is a two year waiting period after which a committee forwards a past chairman's nomination to the board of trustees with approval of the nominee.

Third, my understanding of the meeting last July is that it was brokered and arranged by several of the chairman *emeriti* headed by Renato Ramos MD prior to the election of officers.

I think the intent of the meeting was to avoid a divisive electoral process if both Drs Edgar Borda and Manuel Malicay were allowed to run for president. Lots were drawn by both doctors; and Dr. Malicay drew the winning lot and thus was elected president when he ran unopposed.

Dr Borda may decide to run for president in 2016 but this does not preclude other members of the board trustees from seeking the same position.

I do not think any *group* is forcing any particular candidate for a position to the board of trustees. Our elections every two years have always been a democratic process and conducted in a nonpartisan manner respecting the will of the majority.

Fourth, during the grand reunion dinner ball night, I said goodbye to the 19th annual Dr Nicanor Reyes Jr memorial

lecturer, Antonio Alfonso MD, and thanked him for donating his honorarium of \$2000 to a new **Ricardo Alfonso MD annual memorial lectureship** series. Dr Alfonso told me that he will donate more in the future.

Lastly, my son Chris Tansuche suggested that perhaps one way to encourage more attendance at our future reunions would be to utilize the current influence of the social media like Facebook and Twitter. We should encourage those who were present to [tweet, text](#) or post on Facebook their memorable experiences during the reunion to their absent classmates and friends. There have been some positive responses as gleaned from the comments to postings made by Class⁶⁸ and Class⁶⁹ on Facebook. I encourage and request other classes especially the last Silver Jubilarians Class⁸⁹ to do the same.

HERNANI TANSUCHE MD⁶⁸
Immediate Past Chairman

LETTER TO THE EDITOR

I just finished reading the July 2014 issue of the **ECTOPIC MURMURS**. I enjoy this everytime.

As I read thru the articles and see the pictures, I see several familiar names mentioned and

pictures, and in particular about Amelia Cruz MD⁶⁴ as one of the outstanding alumni and Manuel Malicay MD⁷² as the newly elected president of the

FEUDNRSM Alumni Foundation.

Thru this **ECTOPIC MURMURS** page, I want to congratulate both Dr Cruz and Dr Malicay. Mely was the senior resident in OB-Gyne when I was an intern at St Lukes Hospital Quezon City in 1966 and join her as a St Lukes Hospital resident after internship. I am not sure she would remember me as I was in the department of medicine and she had left in 1968 for the United States.

Manny and I were acquainted during the times we lived in the Chicago area. He and I and my good friend, classmate and partner with the late Sen Martin MD who had lived and practiced in the western Chicago suburb and had admitted and taken care patients at the same hospitals in Downers Grove, Lagrange and Hindsdale.

Just before I moved to Texas in 1979, Manny gave me a textbook as a gift, The Heart, 3rd edition by Dr J Willis Hurst. This is now a 40-year old textbook, but I want him to know I have kept this all through these years.

I was not there but reading the articles about the event at Las Vegas. It appeared to be very successful and enjoyable.

Congratulations to the Golden Jubilarians. Aside from Dr A Cruz, friends I know who belong to Class⁶⁴ are Victorico Singson MD and Dr Armando Espiritu MD and Ed Relucio MD.

RICARDO D TARUN MD⁶⁷
Georgetown TX

LETTER TO THE EDITOR

The FEU Election Facts. At our 35th summer reunion at Wynn's Las Vegas, minutes prior to the FEUDNRSM Alumni Foundation Board Trustees annual meeting, former chairmen and presidents,



EDGAR BORDA MD

including Drs Renato Ramos, Daniel Fabito, Philip Chua, Ed Relucio, and Oscar Tuazon, along with the current chairman Dr Nane Tansuche, president Dr Noli Guinigundo, and presidential candidates Dr Manuel Malicay and myself had a brief huddled meeting

Dr Ramos moderated the meeting, explained why we had to have this meeting before the board meeting itself, and suggested that we either toss a coin, or pick a lot to select who the next president of the Alumni Foundation will be for 2014-2016 and 2016-2018, rather than doing the regular election as required by the constitution and by-laws.

Dr Ramos wrote the years 2014-2016 in one small piece of paper and in another the year 2016-2018.

The papers were folded and I was asked to take the first draw. I got the year 2016-2018.

I believe the ECTOPIC MURMURS July 2014 headline Solomon Election is not true, or even a close analogy of the election results.

I could only suggest, with due respect that if we make some conclusion, the conclusion

should always be founded and supported by facts, not hearsays.

EDGAR A BORDA MD⁷²

Pine Ridge SD

Editor. The first hand and reliable sources of the headline SOLOMONIC ELECTION (**ECTOPIC MURMURS** July 2014) were Dr R Ramos and newly elected board trustee Dr Divinagracia A Obena.

AN OPEN LETTER TO CLASS⁶⁴

Our reunion was great!

Charlie and I had a grand time! He was so impressed and is already looking forward watching us practice for our 55th year presentation.



ROSALINA L ABBOUD MD

We send our gratitude to every one who tirelessly work behind and on the scene to make this a memorable event --- Danny/ Melinda, Cora/ Mark, [her son], Tyrone, Eng, program committee members and many others.

The days after our reunion had been extremely busy, with kids and relatives visiting, one after another. As I unwind, I had my first glimpse of the awareness that I had fallen victim again to my ego --- criticizing Dr Oscar Tuazon's interaction with the Golden Jubilarians as less than optimal, to say the least.

Explaining to my husband that he most probably has had a rough day did not help. He was quick to respond that, *It is no excuse to be disrespectful to your colleagues-----more so, to*

the senior ones celebrating their jubilee. I completely agreed.

The voice in my head kept talking. What gave him the right to treat us this way? Does he really deserve to be in this leadership role? How can he be an effective leader with such an attitude? I think he owes us an apology.

My judgmental thoughts were repetitive and on-going. I even shared these thoughts to Cora in our last conversation. My egoistic mind was so quick to defend, rationalizing every unloving emotional response I can think of. It is events like this that we need to be very vigilant of our ego --- and I terribly failed.

We all came from One Source. Each one of us is equally cherished by Him, each one equally worthy of being loved and appreciated.

Each one of us has our own notes to sound, which may or may not be in tune with God's love. Most of us strive to live by the Golden Rule. Most of us try to be mindful when we interact with others --- speaking words of love, understanding and compassion.

However, oftentimes we are challenged if someone says or does something that we do not agree with or hurts our feeling. It is during these moments that we need to remind ourselves that our true being is by nature to be loving, for we were created by a Master Creator of unconditional love.

The awareness of God's presence within us and within others prompts to create a peace-filled environment in all our relationships --- a sense of spiritual oneness.

This incident is a learning experience, learning the divinity within us and touching the divinity within others --- for we are all one, we are all members of God's universal family of love. There will be many more similar challenges along the way and we hope to grow spiritually with each one.

I wish him well for his term, and I hope you will do the same. I forgive myself for being spiritually unconscious during and for days after this incident --- and look forward to do better next time. Harmony within brings harmony without. To all our co-jubilarians who have had past and recent ill health, you are in our prayers.

See you all in Vegas next year and please join me in wishing the best of the best for the next Golden Jubilarians!

God bless and take care.
ROSALINA L ABBOUD MD⁶⁴
Rochester MN

AN OPEN LETTER TO CLASS⁶⁴

I still feel the excitement and joy of meeting all of you. After our reunion, we stayed for another



DRS MARTIN MENDOZA & CORA MENDOZA

three days to visit friends and family. We saw two shows, Jubilee and Donny & Marie, which we enjoyed very much. We then flew to San Diego and stayed for one week at my brother's home by the golf course. I met Albert Valenzuela and spoke by phone to Zeny Flores Poblete and hubby Ed

Poblete and told them of our beautiful reunion. They promised to attend future reunions.

Let us congratulate our classmates, Drs Amelia Cruz and Recto Deleon for their professional achievements. You make us proud to be in the Class⁶⁴.

Thank you Danny and Melinda for organizing our Golden Reunion in the Philippines and Las Vegas. Thank you Melinda for letting me sing *Hopelessly Devoted to You* during the Welcome reception and to the young lady who gave way to a senior performer.

When I was asked to do a Class presentation based on the recommendation of the committee, I did not expect it to be perfect, but expected participation for those who could. Wow, I was so amazed at the cooperation and eagerness of everyone involved. The rehearsals were a joy and I felt more bonding among us through songs and dances. Thank you all!

We are waiting eagerly for the video that we ordered so we can see the performances which many raved about. I emailed John, the photographer, on how we can order pictures and he gave me this link: <http://seastorm.instaproofs.com/store>.

But when I viewed 700+ pictures, I did not see any of our group pictures or performances on the grand night. I am awaiting his reply as to whether he is posting more pictures.

Also, Lina and I tried to get a bigger screen to show our Class picture video during the medallion ceremony but was

told that it should have been requested earlier. Only the few by the Presidential table saw it on the small screen. Well, I am glad the *Men in Tights* topped it all. So proud of you. This is our Golden years and we still **have it!**

I almost forgot the rude actions of Dr Oscar Tuazon when we were in the hallway waiting to get inside the ballroom. Later, I read in the July 2014 issue of the ECTOPIC MURMURS that he is the new board chairman. One person can ruin the hard work of the reunion committees.

I spoke to some of our classmates and we agreed that he should know of our complaints and should apologize to us in the next issue of ECTOPIC MURMURS.

Emilie Ongcapin told me that night that she reported Dr Tuazon to the board trustees.

Thank you Tyrone and my son Mark for making the Class picture video which you can all enjoy in the comfort of your home. You can also share it with family and friends on YouTube. Thank you Lina and Tyrone for the beautiful shawl which will warm my heart every time I wear it.

I called Manding and Adrian and am happy to tell you that they are both recovering well.

Our continued prayers for Lester, Manding, Adrian, Guia and other classmates who were not able to join us due to illness and disability.

May the Good Lord bless and keep us till we meet again.

MARTIN MENDOZA MD

CORA MENDOZA MD

Livingston NJ

RESPONSE TO CLASS⁶⁴

Thank you for the newsletter which I always enjoy reading. This issue, however, did not deliver. I was aghast at the unbridled public chastisement of Dr Oscar Tuazon. Allowing these articles to be published as such - one sided, reflects poorly on the entire organizational leadership and puts our new board chairman in a very bad light. Considering Dr Tuazon's steadfast commitment, invaluable personal contributions: time, monetary and energy that he has unselfishly given to our organization, and to make our events successful through the years, I expected a fair treatment. I strongly suspect based on experiences in the past that this unfortunate incident might be attributed to futile crowd-control by Dr Tuazon. At times, we attendees in our eagerness to be the first in-line to enter the ballroom, sit with our friends and get the best vantage point possible, forget to act civilly and ignore directions, appeals, and refuse to comply to suit our needs.

We just have to contain our excitement and remind ourselves that our volunteer alumni organizers are there to help make the event more orderly so that we all have a meaningful and enjoyable experience.

I have said my piece.

AMETHYST CUREG MD⁷³

Henderson NV



AMETHYST
CUREG MD

AUGUST IMAGES



Class⁶⁴ ladies in formal golden long gowns with their golden medallions



Class⁶⁴ Golden Jubilarians in full force during the grand Saturday night dinner ball during the recent 35th annual reunion held at the Wynn's Las Vegas.



Fabulous Class⁶⁴ banner is held by Drs Emelie Ongcapin and Daniel Fabito, leading the Golden Jubilarians as they parade into the Wynn's Las Vegas grand ballroom.



A Silver Jubilarian Lazaro Rabang MD is flanked by FEU-NRMF board trustee Kit Reyes and Dean Linda D Tamesis.



The FEUDNRSM Alumni Foundation Las Vegas Chapter members in a happy welcome reception picture during the 35th annual reunion at the Treasure Island Las Vegas grand ballroom



The 2015-2016 officers of the St Lukes Alumni Nursing Foundation USA, led by president Carol Bautista RN of San Francisco (left), were formally inducted into office by SLANF-USA adviser Cesar V Reyes MD (right) during their 19th annual reunion continuing education seminar, held July 25-26, 2014, at the Music Road Hotel convention center in Pigeon Forge TN.

CLINICAL IMAGES

FUNDIC GASTRIC POLYPOSIS ASSOCIATED WITH PROTON PUMP INHIBITOR?

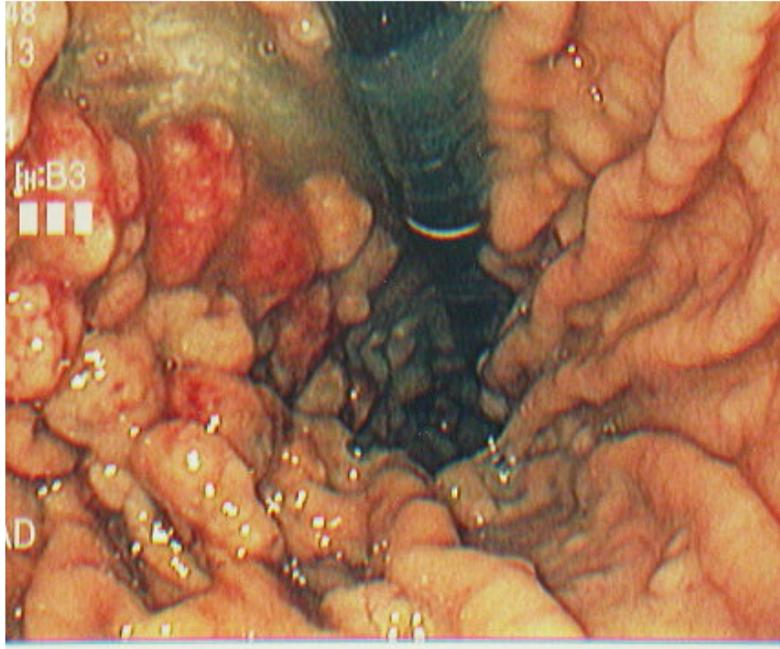


Figure 1-The majority of the polyps are overlapping, confluent, some of them having a cauliflower-like configuration.

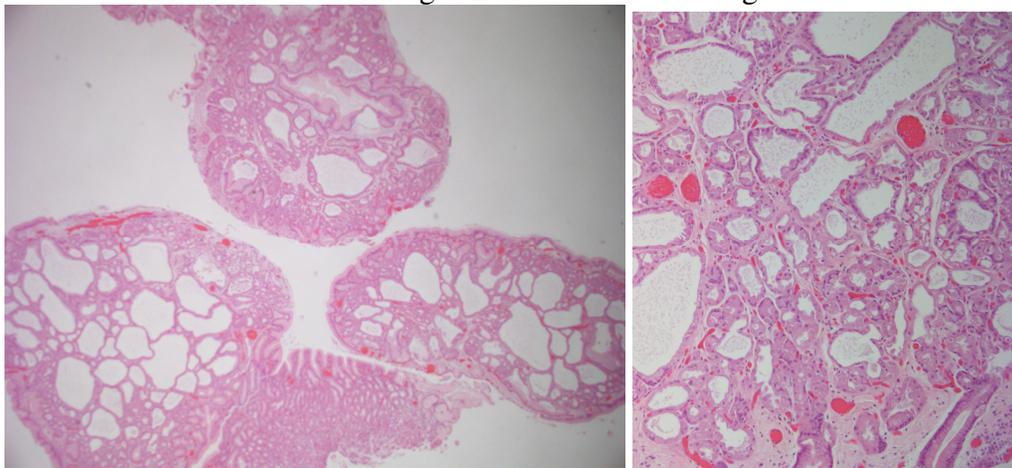


Figure 2-The polyps are benign and fundic gland-type (HE stain, x100, x200, respectively).



Figure 3- Much less polyps at six months with PPI replaced.



Figure 4- The gastric endoscopy is almost normal at 23-month follow up.

These images are from a 63-year-old female who presented with complaints of epigastric abdominal pain and heartburn. Of note in the clinical history was a chronic reflux esophagitis with protracted treatment with proton pump inhibitor (PPI). At times, she was diagnosed with abuse and/ or overdose of PPIs.

An esophago-gastro-duodenoscopy revealed multiple gastric polyps (n>50) in the body, fundus, and cardia, and nonerosive gastritis in the antrum and body (**Figure 1**). Twelve polyps were snared/ sampled and microscopically benign fundic gland-type polyps (**Figure 2**).

CLO test and special stains of the biopsy tissues were negative *Helicobacter pylori*.

With the strong history of long-term PPI use and abuse, the possibility of cause-and-effect relationship of the drug and the gastric polyp topped the clinical interpretation. Further work up failed to indicate intestinal polyps.

Her PPI therapy was discontinued. When her reflux symptoms returned, a histamine blocker was initiated, with good symptom relief.

Repeated surveillance upper endoscopy showed less polyps (**Figure 3**) at six months, and almost absent fundic polyps at two- year follow up (**Figure 4**).

The final diagnosis was proton pump inhibitor-related fundic gland-type gastric polyposis.

COMMENTS and LITERATURE REVIEW.

The estimated incidence of gastric polyps is <1% of autopsy and radiology case data. Most are detected incidentally during esophago-

gastro-duodenoscopy of about 3% of patients.

Most polyps are about 10 mm in size with 30% larger than 10 mm. They are frequently solitary, though multiple polyps are seen in 1/3 of cases. By definition, if there are more than 50 polyps, the term gastric polyposis is used.

About 80-90% of gastric polyps are non-neoplastic. The neoplastic varieties include fundic gland polyp (FGP), hyperplastic polyp, hamartomatous polyp, adenoma, carcinoid Peutz-Jeghers polyp, juvenile polyp, polypoid carcinoma, leiomyoma, stromal tumors as in Cronkhite-Canada syndrome, inflammatory fibroid polyp, GIST or gastrointestinal stroma tumor, lipoma, MALT (mucosa-associated lymphoid tissue) lymphoma, pancreatic heterotopia, vascular tumors, xanthomas, Brunner's gland nodules, lymphoid hyperplasia, histiocytosis-X, granulomas, and amyloidosis with underlying polyposis syndrome

The rule of thumb dictates that when a polyp is causing symptoms eg, bleeding or obstruction, it should be removed, as polyps >2 cm in size, when its histology cannot be reliably distinguished by endoscopic appearance, and for any suspicious lesion.

It is still unclear whether proton pump inhibitors (PPIs) causes FGPs at all, or in patients without *H pylori* infection. The frequency of FGPs in patients during PPI therapy has not been compared with a control group of patients who did not have *H pylori* infection and were not undergoing PPI treatment.

In a retrospective 12-month study, the frequency of FGPs in 2,251 patients without *H pylori* infection receiving PPI therapy (of at least four 4 weeks duration) was compared with a control group of 28,096 patients who did not have *H pylori* infection and were not receiving PPI therapy.

FGPs were identified with an identical frequency in both groups (5% in the control and 5.2% in the PPI group). Thus, no significant differences are observed between the groups with respect to the presence of gastritis or age or sex.

One publication, however, indicates an unusually high frequency for FGPs of 36% (¹²/₃₃) among patients receiving long-term PPI therapy. Since the total number of patients in this study is only 33, the high frequency of FGPs is probably coincidental.

This result is also confirmed by another report of 231 patients without *H pylori* infection in whom newly developed FGPs could be identified in 3.9% of the patients receiving long-term PPI therapy.

Another study demonstrated a 4-fold increase in the risk of developing FGPs with long-term PPI use.

Gastric FGPs are the most common type of gastric polyps found in middle-aged adults undergoing upper endoscopy. FGPs have typical and characteristic endoscopic and histologic hallmarks.

Why certain patients are more likely to develop FGPs in the setting of acid suppression remains unclear.

One theory is that PPIs elevate serum gastrin, which is

a growth factor for oxyntic mucosa. The development of hyperplasia and protrusion of parietal cells is thought to be one of the initial steps in FGP development. These protrusions are thought to develop secondary to PPI impairment of hydrochloric acid secretion within secretory canaliculi.

Fundic gland cyst formation secondary to dilated glands is considered to be the second step in FGP formation, and as the fundic gland cysts enlarge, they develop into FGPs.

FGPs can be sporadic, or they can be associated with an inherited polyposis syndrome. Patient age, history of acid suppression, family history, and prior colonoscopy results should be evaluated to determine the possible presence of an inherited syndrome.

Ultimately, genetic testing may be necessary to establish the diagnosis and facilitate subsequent screening and surveillance of the patient and family members.

The role of surveillance for sporadic FGPs on the other hand is controversial, because these polyps have typically been regarded as benign lesions without dysplastic or malignant potential.

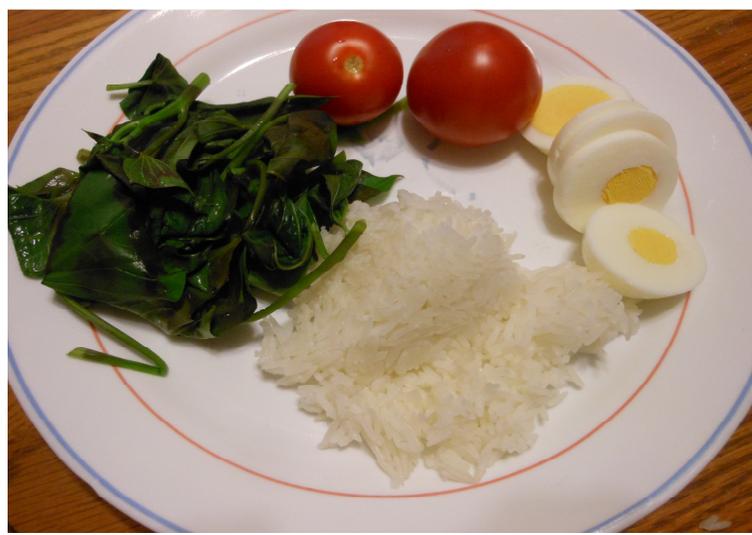
CONCLUSION: Fundic gland polyps associated with proton pump inhibitor is a distinct entity and accepted.

A list of **REFERENCES** is available upon request.

Cesar V Reyes MD⁶⁸

AUGUST QUOTE

Lord, your love is eternal; do not forsake the work of your hands.
Psalm 138:8



KAMOKAMALOG

Tapsilog, the prototype of Pilipino breakfast food, composed of *tapa* or dried beef steak, garlic fried rice and fried egg, has expanded to several other dishes, including:

Daingsilog – *daing* (smoked fish), rice and fried egg;

Adosilog – *adobo* (spiced vinegar-based cooked pork) rice and fried egg;

Bacsilog - bacon, rice and fried egg;

Bangsilog - *bangus* (milk fish), rice and fried egg;

Bisteksilog – beef steak, rice and fried egg;

Dangsilog - *danggit* or rabbitfish, rice and fried egg

Vicsilog – *vic* or chinless hogfish, rice and hard-cooked egg yolks;

Chosilog – chorizo, rice and fried egg;

Chiksilog – fried chicken, rice and fried egg;

Cornsilog – corned beef, rice and fried egg;

Hotsilog – hotdog, rice and fried egg;

Longsilog – *longganiza* (Vigan sausage), rice and fried egg;

Litsilog – *lechon* (roast pig), rice and fried egg.

Masilog - Ma Ling brand Chinese meat, rice and fried egg;

SPAMsilog - SPAM brand meat, rice and fried egg; and
Tosilog – *tocino*, rice and fried egg.

All of the above recommend fried rice and fried egg. However, boiled rice and boiled egg are better and healthier, especially when red and green vegetables are added to the dish.

A plated food, pictured above, is not new, but the name is; and you read it here for the first time.

A nutritious, healthy and tasty breakfast is **kamokamalog** which is short for *kamote* leaves, *kamatis*, and *itlog*) in boiled rice. The actual ingredients are, as follows:

- 1 cup of hot boiled rice
- 1 boiled egg, sliced
- 1 handful of steamed *kamote* leaves

Optional: 1 cup of hot cornhusk tea (can be replaced with orange cranberry or dark grapes juice, 2% milk, irregular coffee, or any regular tea).

Kamokamalog in rice is not only great for breakfast, but it can also serve as very wholesome lunch or dinner food, particularly for those weight and waistline watchers.

Try and you will like **kamokamalog** in hot boiled rice!

- cvr

OBITUARY

BEN P BINGCANG MD⁷¹



Ben passed away quietly at home on July 31, 2014 at 7:30 am, surrounded by his family after a long-fought battle with lung cancer.

Funeral arrangement is by Kerr Brothers Funeral Home, Harrodsburg Road, Lexington KY with visitation and celebration of Life Service at 7:00 pm.

A funeral mass was also at Saint Luke's Catholic Church in Nicholasville KY, by Reverend Patrick Fitzsimmons.

A graveside service was performed at Camp Nelson National Cemetery.

Memorial contributions are suggested to

SOS (Surgery on Sunday)
1451 Harrodsburg Road
Lexington, KY 40504.

NELLIE C BINGCANG MD
2184 Vince Road
Nicholasville KY 40356

I AM PROUD

continued from page 3

help this great country. For being educated and excelling with cognitive knowledge and logic will enable us to conquer



JMT ANTONIO MD

anything negatives in this beautiful place earth --- emphasizing the power of positive thinking and ideas.

Racism, bigotry, and hypocrisy with prejudices conquering first the devils in any forms or shapes especially in politics and religions.

These negative risks from time immemorial historically pre- and post civilization were agents of grafts and corruptions, and killings of innocent people that had happened then but have continued unabated globally to present.

Our children children's highest education may open the window for serenity, love, compassion, with verbal or written peaceful dialogues, and humility to attain positive impact in seeking their opportunities to attain what they want to be. The best power to conquer the devils that they might confront later will be education. Just open your eyes, and look at the big continent of Africa, and other countries that are poor.

All of us must continue to support higher education learning for that is one impregnable basic foundation to lift up the poor and unlettered. Otherwise, the poor will remain to be poor and unlettered, thus

an easy prey for fanaticism and government hand-outs.

The poor do not have the luxury of higher education because their colonizer, or their present government officials are corrupt, hence the poor may not even have food in the table, proper clothing to wear, or the luxury of going to school, and very susceptible to communicable diseases.

They are much easier preys for the missionaries of any religious organizations to entice with their golden tongue to join the latter (that is how religion spreads historically) But the impact of these uneducated people are mostly emotional for those religious organizations surely loot their lands and resources...this is a historical fact and not fiction.

All these sad stories are rampant to present time, like the competition of various sectarian wars among the Muslims; they continue to kill each other, or us. Did their prophet Muhammad encourage killing? This matter applies to any nations for it had happened here for centuries. The black slaves were not given opportunities to improve for centuries, except self-study of the two African slaves who were able to escape from their bondage.

Mind you, education is strong building block; but education alone is not the only single answer for our next generation(s). We have to consider their upbringing at home and other multi-factorial influences around and outside environments.

Our children children's will have their own respective destiny, flawless or not, we just need a place in our mind Zen-

AUGUST QUOTE

*For if we live, we live to the Lord,
and if we die, we die to the Lord.*

*So then, whether we live or whether
we die, we are the Lord's*

Romans 14:8

like calmness and timeless, but with principled wisdom and purpose to help the innocent people without any string attach.

Again, I am very proud to be Pilipino-American for all the legacies that we inherited from our **roots** together with the legacies of our heroes in our Motherland; and for our colonizers especially the United States for their integrity and incomparable depth, providing giving all of us as promised --- education with the bill of rights: freedom of choice, opportunities, and to be what we want to be so as for our children's children.

Globally the devil is all around us. All of us must try to continue and contribute to improve with unified cohesive force for the goodwill of mankind. My beloved late father further stated that money would follow when you were highly educated with greater passion to serve first in their own respected professional expertise.

But educations are getting expensive exponentially with the years. In case we have Pilipino-American with exceptional talents (in music, paintings, sculpting, physical activities like playing soccer, football, basketball, tennis, etc) and sacrifice like the first settlers of this great country by refining their talents with hard work, bravery, persistence and enjoying their talents in any non-academia endeavors so they will be lifted up from their slums and evil gangs with appropriate dress codes, using appropriate language, and etiquette developing their characters and virtues then we

have to help them materially to increase Pilipino-American next generations opportunities by increasing positively without relying on government hand-outs.

I am not preaching for I am not pretentious to serve and swindle their fanatical parishioners or their political constituents. These were my personal observations through the years with historical facts almost every single day.

Every single day we may lift them up with our materially-moral support for their children and siblings, not by raping, and killing, but by example of doing good. Therefore, our children's children will be all in the same playing field to minimize the devil acts if we will be able to inculcate in their brain cells regarding higher degree of education with normal brain chemistries.

With our capitalistic way of life in any forms or shapes by Pythagorean principles we will be able to help improve and at least minimize all these evil empires encircling us that continue to devour our unfortunate helpless people.

To be continued in the next issue.

TENDERLY YOURS

continued from page 3

The latest cover of Time Magazine featured **menopause**



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and the \$2 billion testosterone industry. Men come in droves to

clinics to have their T level (testosterone level) checked. If low, their take their testosterone shots. For any complain of tiredness, depression, weakness, no energy, it is blamed on low T.

But consideration should be given to potential side effects of testosterone including cancer, cerebrovascular accident, heart attack, sleep apnea and blood clots to mention a few.

Remember the viagra myth when it came out ;in 1998, it was a wonder drug for ED (erectile dysfunction). Sale had approached close to \$2 billion dollar but then recently there was a decrease in demand for Viagra, sales levelled off, and we don't hear anymore about it.

The recent rioting in FergusonMO reminds us who were in the United States in the 60^s about the civil rights movement and the rioting happening all over the US.

My brother in law reminded us not to go to a state below the Mason Dixon Line and we fully understood what he meant at that time. Discrimination was so strong in the South that you would not know what toilet to use, where to sit in the bus, where to eat in the restaurant.

We were in Hamilton OH close to Miami OH, home of Miami University, and 15 minute drive from where we were. We saw the civil rights workers who later on were murdered in Mississippi.

As usual participants in the riots and demos are not strictly from Ferguson but came from other states, New York and California in particular. Please keep your eyes open and your ears listen to what is going on in places not too far from you.

Another disheartening news is the ISIS attack on Christians. People are decapitated if they do not switch to Islam.

Question: Is the world coming to an end soon? It reminds one of the persecution of Christians during the time of our Lord and Savior, Jesus Christ.

Keep on praying that these things will improve.

FAITH CORNER

continued from page 1

The Lord is faithful in all his

words,

and gracious in all his deeds.

The Lord upholds

all who are

falling,

and raises up all

who are bowed

down.

The eyes of all

look to you,

and you give them food in due season.

You open your hand,

satisfying the desire of every living thing.

The Lord is just in all his ways, and kind in all his doings.

The Lord is just in all his ways, and kind in all his doings.

He fulfills the desire of those who fear him; he also hears their cry and saves them.

The Lord watches over all who love him,

but all the wicked he will destroy.

If you are looking for Scriptural witness to the character of God, look to this statement of faith attributed to King David. It is a song of praise but bear in mind that psalms or songs of praise are

not meant to flatter God but to bear witness to God's deeds so that others may know God and be in a relationship with Him. These verses are like a creed or statement of faith that is at the heart of our faith. We worship God who is merciful and just, whose faithfulness endures forever. We are the beneficiaries of God's grace.

This brings us to the operative word that defines our relationship with God: GRACE. This is how God acts for us, in us, for the sake of the world. In Christian theology, grace has been defined as the love and mercy given to us freely by God because God wants us to have it, not because of anything we have done to earn it. In other words, it is undeserved blessing from the One who created us and who takes pleasure in His creation simply because He saw that it was good.

What is the means by which believers receive God's grace? An Augsburg Press publication *The Use of the Means of Grace*, opens with this statement: Jesus Christ is the living and abiding Word of God. By the power of the Spirit, this very Word of God, which is Jesus Christ, is read in the Scriptures, proclaimed in preaching, announced in the forgiveness of sins, eaten and drank in the Holy Communion, and encountered in the bodily presence of the Christian community. By the power of the Spirit active in Holy Baptism, this Word washes people to be Christ's own Body in the world. We have called this gift of Word and Sacrament by the name *the means of grace*. *The living heart of all these means is the presence of*

Jesus Christ through the power of the Spirit as the gift of the Father.

There you have it in a nutshell – the way our Triune God acts in the means of grace. The critical aspect of all this is how we respond to all that has been said so far – about God who is faithful and just, gracious and merciful, slow to anger and abounding in steadfast love, always acting on our behalf, extending His hands through the means of grace, not because of our good deeds but because it is in His nature.

FEUMAANI 1st

continued from page 2

of the school and take advantage of the united atmosphere on campus.

I want to study psychology at Notre Dame's College of Arts and Letters, as it

is a subject I am very passionate and willing to discover more about. With a bachelor's degree in psychology, I will have had gained interpersonal skills, allowing me to work with people and this opens up more career opportunities even if outside the psychology spectrum. I aim to end up in the medical field. Since I possess a passion for learning, I do plan on pursuing a master's degree or even a doctorate's. My ultimate goal while attending college is to learn as much as I can to prepare myself for life after it, whether it be in my



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studies or in my day-to-day life in general.

With the knowledge I have attained, I plan on applying it to real people and be around them and make a difference in their lives.

With a \$57,000 price tag, Notre Dame looks like it is far out of my reach, since my parents barely make half of that a year. But I have high hopes. They expressed their interest to have me there by admitting me, and I will do anything it takes to cover what I can of that cost. The education I will receive in college will be worth every penny, and I plan on proving that in my life after college. My dream is to be able to give back to those who have helped me along the way since their support has meant so much to me.

II

Some students have a background or story that is so central to their identity that they believe their application would be incomplete without it. If this sounds like you, then please share your story.

I remember beginning preschool as a new kid in a new school in a new country. The extent of my fear became evident on the 5th recess of the year. I sat on the bench alone, well, if you didn't count the recess aide in charge of supervising us kids. Out of the corner of my eye, I could see her watching me. She scooted closer and asked, "Why don't you go play with your friends on the play set?" I squirmed a bit in my seat. I didn't want to tell her I was scared. I didn't want to tell her the whole thing reminded me of a dark maze of some sort that I could

potentially get lost in. But as she continued to look intently at me, I decided to say, "I'm scared."

A few recesses later, I felt a little braver while sitting on that bench. The supervisor asked again, "Why don't you go play with your friends on the play set?" I took a deep breath and finally said, "Okay." I started making my way towards the wooden play set. One of my classmates spotted me and grabbed my hand. "Follow me! I'll show you how to go up from here!" she said enthusiastically as I followed. Once I climbed that first step, I became paralyzed with terror. My friend was urging me to continue. Other kids were shoving past me up the steps while I stood there looking up at the darkness of the play set. I looked down to see the crack of light and hopped down, ran right out, and sat back down on my bench, hyperventilating. The supervisor could tell I didn't have fun. She told me, "That's okay. Try again next time!" Over time, I realized I didn't want to sit on the bench anymore. My friends thought I could do it and so did the recess aide, so I figured that maybe they were right. So I did it. At the top of the steps, the highest point of that wooden castle, you could see the entire playground. Eventually, I grew out of that playground and entered a new one. What finally got me off my bench this time was a very rude awakening. My father was doing his bills at the computer table as usual. I was well aware of the fact that we were very financially unstable, but I could tell by his darkened expression something wasn't right. He

glanced quickly from his bank account information on the screen to the pile of bills on the desk. I saw my mother standing next to him after just coming home from work. She put her hand on his shoulder as he put his face in his hands. I started panicking. My dad, the rock of the family, was crying. This was the first time I had ever witnessed it.

High school has been a part of my newest maze. I was and still am driven to do my very best in school because I know an education would be the quickest way for me to extract myself from the life I live now and build a better one. I challenged myself to do better than I did before in my schoolwork and extracurriculars. There were times I wanted to quit or do the bare minimum of what my teachers expected. But I always felt an uncertainty about my future, the dark nothingness of the play set. While still scary and intimidating, this dark nothingness has kept me climbing. My friends, family, and mentors have helped me to continue. I want to climb up to college and a career that will allow me to provide myself and my family with the stability and happiness they so much deserve. I can see how far I've come already, and want to help others successfully conquer their own dark, wooden play sets.

III

In his 2005 inaugural address, Rev. John I. Jenkins, C.S.C., president of the University of Notre Dame, challenged our community: "we at Notre Dame must have the courage to be who we are. If we are afraid to be different from

the world, how can we make a difference in the world?" When you leave Notre Dame, what is one way you will bravely face the world, stay true to your values, and make a difference large or small?

My ultimate goal when I leave Notre Dame is to pursue a career that allows me to directly help people who need guidance and help in their lives. I want to touch the lives of others, and I plan on doing this first to those who have touched mine. I want to help my family, my biggest influence and inspiration, to have the stability and happiness in their lives they so much deserve. From there, I see no limit. I believe so much that people can change their lives for the better. I believe people can come from the bottom and climb all the way to the top. Once I reach my "top" or maybe even before then, I want to revisit the bottom, and take people up there with me. This is what I feel is what my life goal is. This is what I was meant to do.

IV

Tell us about a time you fell in love... with an academic concept. What excited you about this idea, project, or lesson? While taking the Behavioral and Developmental Psychology classes at my school, I realized the concept of the human brain intellectually excited me. I have always been curious about how it works. I love learning about its different functions and the influence each part of it has on our bodies and behavior. Why is it that we do what we do and think what we think? How is it that we are capable of having emotions and thoughts? We

know a lot about many things yet we are still discovering the very organ that allows us to have this knowledge. It is what is allowing me to think about what to write next and what commands my fingers to type out these thoughts. It is what allows you to then read what I have just typed. It contains our personalities and our memories. It allows us to dream. That is what is so impressive to me; it is capable of so much and is so complex and there is still so much to discover about it.

V

By the end of the college application process, you will have probably written dozens of essays and responded to a multitude of questions. Use this opportunity to try something new.

Is anything truly original? We admire, are impressed by, and even envy those who are original. We praise "original" ideas and works. We sometimes ask ourselves, "Why didn't I think of that?" when we believe someone has an "original" idea. But was the idea really original? In order to come up with ideas, we take from our own experiences; we take from other resources and synthesize these pieces to create one idea. If we take from already existing ideas, then technically that is not original. If an idea was to truly be original, it must be completely spontaneous and not come from an idea. Think of it as "pulling it out of thin air".

I came to think about this as I struggled to think of what to write for this prompt. I had an internal battle going on, trying to figure out what to write about that would be original. It even crossed my mind that I was

maybe being "original" by doing this. But the thought process that led up to my decision in writing about originality was all a synthesis of multiple ideas that I used to form what I thought to be an "original idea".

So maybe true originality does not exist. Maybe we just do a really great job of piecing together ideas, or following one idea to another. Maybe we are just great "idea synthesizers", or "idea unifiers", or "idea blenders". Maybe I'm just making up phrases now. But they sure aren't original organizations that I will be able to join to really become a part of.

INSPIRATIONAL LEADERSHIP

continued from page 2

Chairman and the President of the Board

unquestionably are in possession of the clarity and profound truism in their physical display of their integrity, dedication, and commitment. Both

have already created for themselves a niche in the halls of outstanding and quality leadership and achievements as shown by the number of years of services and dedication to the Alumni Foundation. What they have done is more important than anything else. It was success in their journey to carry the banner of leadership. Dr. Tuazon and Dr. Malicay will be both poised to be the monumental figures to continue



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all the heady zest for supporting our Alma Mater.

I remember writing about leadership in the past. Invariably, this perspective of leadership I have learned is worth to be shared with everyone again. With your indulgence, I may sound to be repetitious, as I believe I touched on the subject in my past writings. However, there are words which must be said even at the risk of repetition, rather than be left unsaid altogether.

First, let us define leadership. It is *the process in which an individual influences the group of individuals to attain a common goal*. Psychologists to explain the traits of a leader have formulated various theories since years. The researchers as listed certain traits of a good leader: intelligence, extraversion, and adjustment, openness to experience, general self-efficacy and conscientiousness. It has been inferred that an individual possessing these traits results as a good leader. Leaders must be able to first discipline themselves and then those who they lead. With little effort, a leader should be able to put others on the right track. It is their choice to use them effectively or not to use them at all. It is the ability of the leader to induce subordinates to work with confidence and zeal. It is my profound belief that Drs. Tuazon and Malicay are in this scenery of exemplary leadership. The conventional wisdom that says that some people are born leaders and others are not is wrong.

Leadership is actually a skill-- and one that can be developed.

The position of a good leader is indispensable. A good leader must have the knack to align his team members and prepare them to take on any challenge that may put down in their path towards success.

Everything is possible for a good leader, despite the arduous and bumpy road to getting there. It was at this moment that I realized leadership was so very important. People strangely rise to leadership. These select people have certain characteristics - confidence, morality, discipline and respect - that help people recognize them as leaders.

Leaders have a responsibility to make decisions on behalf of the people who have elected them to the position and the interests of the organization. It is not always perfect.

What I believe is that if you keep yourself at peace with everyone, they can easily listen to your inner self, despite the confusions that others may give. In the past Board of Trustees (BOT) meetings, such confusion arose and was readily resolved. Leaders must look back not to worry of the "vicissitudes in life" (as stated by past President Guinigundo), learn from it. Like what Abraham Lincoln said, "You can please some of the people some of the time; all of the people some of the time; some of the people all of the time; but you can never please all the people all the time. It is natural that some will question our actions."

A true leader must be willing to do what is best for everyone,

not just his own personal benefit and selected few. To be a good leader requires a tremendous sense of dedication ... you don't even consider the dimension of time. You do everything you can, without limit, to do what's best for everyone. These select people have certain characteristics that help people to recognize them as leaders. I am absolutely positive these two new leaders will be in the kingdom of excellent leadership.

I have understood that to be leader is not a small thing. It has a lot of responsible and duty to handle. A leader has to have a very strong personality. A leader should also understand and be a good leader so he can lead his followers well and in the right direction.

Effective leadership necessitates good communication skills. By communication skills, I mean talking AND listening skills. A leader needs to create a proper system of communication for the organization.

Finally, a good leader must be faithful to his group members and activities. Having faith in self-abilities and the world around him inspires others in the process.

We must welcome Drs. Tuazon and Malicay to stir the boat in cool and calm, smooth waters for the next two years. Think of our medical school, the library, the infrastructure (building construction to the 18th floor in progress) and the hospital in Fairview, our grants, chairs and scholarship awards and much more. Think of Forward Movement and Growth! If everyone is moving

forward together, then success takes care of itself- Henry Ford.

I hope I have inspired you.

To the past chairman Hernani Tansuche, MD and Past President Noli Guinigundo, MD, we thank you.

To end the article on a positive and hopeful note I wish to leave you a famous quotation on what I believe a leader must be: I will quote Walter Lippmann - "The final test of a leader is that he leaves behind him in other men, the conviction and the will to carry on." Superior leadership is essential in today's high-pressure competitive world.

Editorial SOLOMONIC

continued from page 2

We hate confrontation hence no

election just lottery. There is no better venue than Las Vegas as in Philippine scene the *cockpit*.

We love gambling in lottery, slot machine, or table

games and of course cockfighting. Las Vegas is an idyllic setting.

Pakikisama is another trait we all cherish within the context of kinship. For the sake of the whole group we do things the *barkada* way. No matter what happens, the interest of the group must prevail.

We do not want to *rock the boat*. We do not want to expose any individual shortcomings that may later damage the refutation of the kinship group.

We also do not want to confront the another group for fear of further alienation and ugly retaliation..

To us, election is an exercise of division, not unification nor expounding ideas to resolve issues. If possible we avoid frontal confrontation at all cost.

Our election is based on personal connection that is kinship oligarchy augmented by (*compadrazco* system) and *utang na loob*, not on ideas.

We do personalize the issue and keep the grudge forever. To paraphrase Governor General William H. Taft who became president of the United States said as a sad commentary to our character values, *We can teach the Pilipinos the principles of democracy but it will take them centuries to learn the intricacies of democracy*. He should know. He nurtured us for thirteen years as governor general, secretary of war, then as president.

The election of officers of the board is the very opportunity to practice one of the essence of democracy. Election of our leaders must be in fair honest and objective manner. They failed to show it to the membership. Any candidate who cannot accept the verdict and resort to divisive rancor and animosity then that person is not worth the position.

The board members regressed to the Malayan trait of *backslide* to the traditional Pilipino politics. There was no real election in that board meeting. If there was one, it surely was *fixed (lutong Macao)*.

How can the present board of trustees elect presidents for

the next six years and by lottery? We were just true to ourselves as Pilipinos. We cannot help but smile that even if you are in America you are still a Pilipino.

FROM THE HOME FRONT OUR ALUMNI

continued from page 1

from US physicians affiliated with training programs. Once they have accomplished all of this, they must carefully select the programs for which they have the greatest chance of success: internal medicine, pediatrics, family medicine in the east coast. The process takes on the average four (4) years.

The USMLE is now a multistep evaluation of competency.

Step 1 focuses on the basic subjects and is said to be the *killer*.

Step 2 CK assesses clinical knowledge while Step 2 CS assesses clinical skills. All of these steps must be passed in order to start the residency application process.

There is a Step 3 that may be taken before or during residency training as it is a requirement, not to enter a program, but to get a license.

What can the school do?

1 - The vacation between the 2nd and 3rd year has been re established. This gives the student at least two months to review and take Step 1 while the information is still fresh in the mind. There are great



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review programs and question banks on line. Therefore, during these two months, I am recommending that part of the library be cordoned off as a review area. This way the students can study as a team: feeding off one another. Faculty can be avail for coaching and explanation. The same can be done for those who want to take Step 2CK after or in place of the Philippine Physician Licensure Exam.

2 - The registrar will promptly verify and upload documents through the portal. The Dean will personally check the progress of the applications.

3 - The Dean will write the MSPE with data submitted by the departments and students. Statistical rankings and distributions are already being routinely submitted by all departments for the students in the 1st to 3rd years. For the 4th year, the Chief of Clinics is initiating a clinical attitude assessment this year.

What can the alumni do?

1 - Steps 1 and 2CK can be taken in the Philippines while Step 2CS can only be taken in the United States, and testing centers are very limited.

Alumni could offer a place for students to stay while they take the Step 2CS. When the interview process begins, applicants will also need to be fetched from airports and shown some world famous Pilipino hospitality.

2 - LORs are given a lot of weight; especially those written by US-based physicians in training programs. Alumni who are staff in teaching hospitals can allow our graduates to *shadow* or observe them. These alumni could then write LORs

that contain observed performance of the graduates.

3 - The personal statement must make a big impact. It must make the applicant stand out and be very desirable for the program.

Dr Arsenio Martin understood this and dedicated his time for this, amongst other things. Although English is my first (and truthfully, only language) I am not adept at writing or proof reading. I am sure that there is someone out there, who is creative and good at grammar, who would not mind looking over personal statements before they are submitted.

4 - Alumni who are in charge of training programs or friends of program directors can use their influence to introduce and endorse our graduates.

5 - For some reason, FEU-NRMF graduates are not allowed to observe in certain states, such as New York, because the school is not accredited. I would greatly appreciate someone to help me find out how the school can become accredited.

Just get the requirements and I will do the rest.

There are 15 graduates applying for the September match. These graduates will gladly join the US-based alumni society if they feel that the alumni/ society supports them. I plan to send a list of the names and email addresses of these applicants to Dr Manuel Malicay and Dr Oscar Tuason. Hopefully these future US-based physicians can be contacted and welcomed into the FEUDNRSM Alumni Foundation.

RICK DE LEON MD⁶⁴

continued from page 1

Another award was bestowed to him from the Association of Philippine Physicians in America (APPA) lifetime achievement award - during APPA annual convention and scientific seminars last July 29 - August 3, 2014 in Lexington KY.

Last March 14, 2014, at the induction ball of the Philippine Medical Society of Northern California (PMSNC), Dr De Leon was chosen as the outstanding physician of the Year.

All these, he considered as surprises to him, albeit receiving these awards with deep humility and appreciation. He is not a grandstander. Politesse and demure always his personality, notwithstanding the too many accomplishments to mention in total, highlighted by his unquestionable dedication and allegiance to the Alumni Foundation, FEU-NRMF and to the medical profession are impeccable.

We rarely see the likes of Dr De Leon.

To say that his successes, achievements and contributions to society are impressive is an understatement. Rick has not only achieved so much more than any high achievers, he has also given back much more one can expect. As the saying by Billy Graham, *God has given us two hands, one to receive with and the other to give with.*



CESAR D
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His accomplishments, recognitions, and awards will not be enough to be listed in six pages. Two pages of this script are not enough to tell his story.

Rick was born in Natividad, Pangasinan. His parents Sylvester P DeLeon and Nida, hardworking and loving parents, must have Almighty God's blessings to have a son like Rick who graduated as valedictorian in both elementary and in high school. He is a dreamer. At the touch of love, everyone becomes a dreamer!

Rick dreams his dream. He came from a poor but distinguished hard working family with great faith in God. He had lots of dreams, foremost of which is to become a physician. Admire the tenacity, the boldness, and the passion he had to attain that goal trying to make a difference in the lives of others. In the practice of medicine, he tried to be the best he could ever be, very willing to help and compassionate to all his patients and others.

Dr Rick is board certified in American Board of Family Practice and a fellow of the American Academy of Family Practice.

Some people stand out with their great qualities and Dr De Leon is one of those people. He is highly deserving of people's profound respect and inspiration for his leadership not only in the Alumni Foundation but also in significant major positions in the community, civic associations, and medical organizations in America. He was former president of the premier national medical association, the (APPA).

Dr De Leon is simply born as a leader, social worker,

endowed with natural diplomatic skills.

He is a man of superior intelligence, well known for his role of emotions and vision as well as leadership effectiveness and performance. He has that leadership as a quality hidden in the personality of a human being based on the organic structure of his personality, which includes experience, skill, responsibility, intelligence, power of organizing people and social interaction. It also includes charity and humanitarian messianic zeal, passion and total devotion.

His assertive nature, his personal and professional tact, and his many achievements and altruistic deeds that benefited his communities in the Philippines and United States are outstanding.

Truly he is one who has achieved the countless achievements and selfless services to the Alumni Foundation, to our country, to his community, to charity, and to the medical societies. He is the one that has that noble aspiration to make that great difference in this lifetime by touching the lives of others – a philanthropist.

As George Washington Carver once said, *How far you can go in life depends on your being with the young, compassionate with the aged, sympathetic with striving, and tolerant of the weak and the strong. Because someday in your life, you will have been all these.*

Indeed, Dr De Leon, the outstanding physician, philanthropist, entrepreneur, and mostly a devoted and

loving husband of Clarita De Leon MD⁶⁸, is also a proud father of three children all grown up and very successful: microbiologist Clarence Rick; nurse Nida Ann; internist/emergency physician Richard Rick.

Congratulations Dr De Leon!

Through your own resolve, grit, determination and ingenuity, you have accomplished great things. The best part of it all, you will have inspired others to follow and seek their niche in life by the legacy of accomplishments.

AUGUST QUOTE

For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.

Matthew 6:14-15

COMMENTS

Editorials, news releases, letters to the editor, column proposal and manuscripts are invited.

Email submission, including figures or pictures, is preferred.

FEUMAANI News

for the August 2014 issue

August 27, 2014

Please address submissions to acvrear@gmail.com

PMAC medical mission, January 2015

Tacloban, Leyte medical mission

Wednesday, January 21, 2015, to Thursday, January 22, 2015

Air PAL, leaves Manila Wednesday, January 21, 2015, 4:45 am, be at the airport 3:30 am

Fare P3,473 (\$80)

Hospital Bethany Hospital of Tacloban (?)

Billeting Z pad Residencies

Mini Pad \$30 **Single Pad** \$33

Queen Pad \$51 **Twin Pad** \$51 **Suite** (sleeps 3 – 5) \$150

Return Air PAL, departs Tacloban Thursday, January 22, 2015 at 4:30 pm
arrives in Manila 5:45 pm

Calamba, Bay, Los Baños, Laguna medical, surgical, dental mission

Bus Trip from designated Manila/ Makati meeting place to Laguna
(bus provided by Laguna Governor)

Monday, January 26, 2015, arrives in Calamba (Solemar Homes and Campus)

Tuesday, January 27, 2015, Calamba

Wednesday, January 28, 2015, Bay

Thursday, January 29, 2015, Los Baños

Dr Jose Rizal Provincial Memorial Hospital

Friday, January 30, 2015, - Saturday, January 31, 2015, R&R

Visit Calamba Rizal Family home

Visit at the IRRI UP Los Banos campus, Villa Escudero, Tiaong, Quezon,

Waterfall luncheon and Filipiniana stage presentation

Dapitan, Zamboanga del Norte

Saturday – Sunday, February 1-3, 2015

3D2N Dakak De Luxe Full Package: P13,264 per person (\$294)

Historical shrine and favorite tourist destination

PAL air

River cruise lunch

Tour of Dr Rizal shrine and other sites

One buffet dinner

Dinner at Inato Lang, Dampa

Aqua Marine Park, Fantasyland rides

A visit to Gloria de Dapitan leisure complex

COMMENTS

**Editorials, news releases, letters to the editor,
column proposal and manuscripts are invited.
Email submission, including figures or pictures,
is preferred.**

PMAC News

Deadline for the September 2014 issue

September 3 2014

Please address submissions to

acvrcar@gmail.com

PHILIPPINE MEDICAL ASSOCIATION in CHICAGO

54th Anniversary Autumn 2014 SCIENTIFIC SEMINAR

Urology for Everyone & Induction Dance

Saturday, September 20, 2014

Hyatt Regency O'Hare Hotel

9300 West Bryn Mawr Road, Rosemont, IL 60018

Telephone [1 800 233 1234](tel:18002331234) or [847] 696-1234

Programme

- 7:30 am - 8:00 am** *Registration, visit exhibits and displays*
7:50 am - 8:00 am *Opening Remarks*
Ramon G Lopez MD, President
Celso Del Mundo MD, CME Chairman
- 8:00 - 8:30 am** *Urology Update 1*
Michael S Gomez MD
UroPartners & Mercy Hospital Chicago
To be introduced by *Celso Del Mundo MD*
- 8:30 - 9:00 am** *Sexual Dysfunction Update*
Pierre J Mendoza MD
Coastal Urology Associates
Jersey Shore University Medical Center
To be introduced by *Leticia Claridad MD*
- 9:00 - 9:30 am** *Coffee Break, visit exhibits and displays*
- 9:30 - 10:00 am** *Hematuria Update*
Eric L Lenting MD
Illinois Urological Institute of Geneva
To be introduced by *Gerardo Guzman MD*
- 10:00 - 10:30 am** *Selected Urology Pathology Update*
Gladell P Paner MD
Associate Professor of Uropathology
The University of Chicago
To be introduced by *Cesar V Reyes MD*
- 10:30 - 11:00 am** *Coffee Break, visit exhibits and displays*
- 11:00 - 12:00 noon** *Sixth PMAC Professorial Lecture*
Benign and Malignant Prostate
Issues, PSA Dilemma, Approaches
Ananias C Diokno MD
Professor of Surgery & Urology
Oakland University
William Beaumont School of Medicine
To be introduced by *Jose Manaligod MD*
- 12:00 - 3:00 pm** *Coffee Break, visit exhibits and displays*
6:00 - 12:00 pm *PMAC 54th and PMAC Auxiliary 48th anniversary, and PMAC Foundation Induction Dinner Dance*



**MICHAEL S
GOMEZ MD**



**PIERRE J
MENDOZA MD**



**ERIC L
LENTING MD**



**GLADELL P
PANER MD**



**ANANIAS C
DIOKNO MD**



The Philippine Medical Association in Chicago

together with

The Auxiliary to the PMAC and

The PMAC and Auxiliary Medical Foundation

*cordially invite you
to the*

PMAC 54th and PMAC Auxiliary 48th

Inaugural Ball

Saturday, September 20, 2014

Hyatt Regency O'Hare

9300 W. Bryn Mawr Avenue

Rosemont, Illinois

(847) 696-1234

Cocktails 6:00 P.M.

Dinner 7:00 P.M.

Attire Black Tie

Donation \$85.00

Checks payable to the PMAC

Net proceeds to benefit Medical Mission

RSVP by September 10, 2014

Ramon G. Lopez, M.D.

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FAR EASTERN UNIVERSITY MEDICAL ALUMNI ASSOCIATION in NORTHERN ILLINOIS

22nd Biennial Anniversary Autumn 2014 SCIENTIFIC SEMINAR

Internal Medicine for Everyone & Induction Dance

Saturday, October 4, 2014

Hyatt Regency O'Hare

9300 West Bryn Mawr Road, Rosemont, IL 60018 Telephone

(800) 233-1234 or (847) 696-1234

Programme

- 7:30 am - 8:00 am *Registration, visit exhibits and displays*
7:50 am - 8:00 am *Opening Remarks*
Richard Mon MD, President
Celso Del Mundo MD, CME Chairman
- 8:00 - 8:30 am *Emerging Infectious Diseases*
Sampath Kumar MD
Advocate Christ Medical Center
To be introduced by **Celso Del Mundo MD**
- 8:30 - 9:00 am *COPD Update*
Estrellita Velezjo MD
Advocate Christ Medical Center
To be introduced by **Franklin Montellano**
- 9:00 - 9:30 am *Coffee Break, visit exhibits and displays*
- 9:30 - 10:00 am *Chronic Renal Failure Update*
Edgar V Lerma MD
Clinical Professor of Medicine &
Nephrology
University of Illinois at Chicago College of
Medicine
To be introduced by **Leilanie Mon MD**
- 10:00 - 10:30 am *Alzheimer's Disease Update*
Wayne R Gavino MD
Neurologist, Northern Chicago Suburbs
To be introduced by **Conchita Gavino MD**
- 10:30 - 11:00 am *Coffee Break, visit exhibits and displays*
- 11:00 - 11:30 am *Disorders Often Misdiagnosed:
Irritable Bowel Syndrome and
Celiac Disease*
Hareth Raddawi MD
Advocate Christ Medical Center
To be introduced by **Cesar V Reyes MD**
- 12:00 - 3:00 pm *Coffee Break, visit exhibits and displays*
- 6:00 - 12:00 pm **FEUMAANI 22nd Biennial
Anniversary Induction Dinner Dance**



SAMPATH
KUMAR MD



ESTRELLITA
VELEZJO MD



EDGAR V
LERMA MD



WAYNE R
GAVINO MD



HARETH
RADDAWI MD



FEU MEDICAL ALUMNI ASSOCIATION OF NORTHERN ILLINOIS

Induction of New Officers

October 4, 2014
6:30pm Till Midnight

Hyatt Regency O'Hare

9300 Bryn Mawr Avenue, Rosemont, IL. 60018

Attire: FORMAL

Donation: \$75

CONTACT PERSONS:

Dr. Richard Mon Tel.: 708-275-3167

Dr. Melinda Tolentino Tel.: 708.460.1942

COMMENTS

Editorials, news releases, letters to the editor, column proposal and manuscripts are invited. Email submission, including figures or pictures, is preferred.

ECTOPIC MURMURS

Deadline for the September 2014 issue

September 17, 2014

Please address submissions to

acvrear@gmail.com

AUGUST DONATION

MR & MRS DESIDERIO MERCADO
Student Achievement Award
in Public Health

DR & MRS JOSE M SAGULLO
Student Achievement Award
in Obstetrics Gynecology

from **NESTOR M SAGULLO MD⁶³**
CELIA M SAGULLO MD⁶³
Paramus, NJ