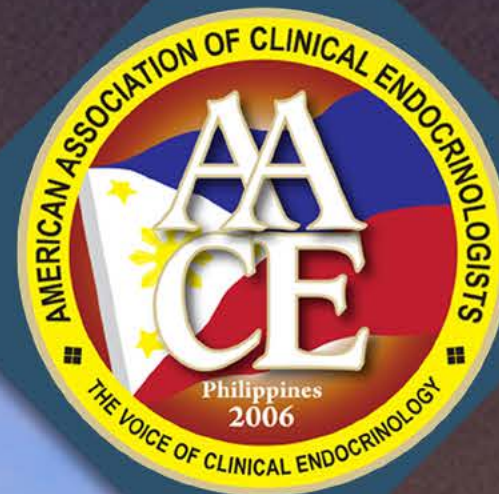




ENDOCRINE LEGACIES

Setting The
Standards For
Endocrine And
Diabetes Care



Endorsed by the
American Association of
Clinical Endocrinologists

**13TH ANNUAL MEETING & CLINICAL CONGRESS OF
THE AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS
PHILIPPINE CHAPTER**

AUGUST 15-17, 2019 • MAKATI SHANGRI-LA, MANILA, PHILIPPINES



ORGANIZATIONAL OVERVIEW

The American Association of Clinical Endocrinologists – Philippine Chapter is a professional organization of physicians specializing in the art and practice of endocrinology. It upholds the mission and vision of the American Association of Clinical Endocrinologists in the United States --- its mother association.

MISSION

AAACE Philippine Chapter is a professional community of clinical endocrinologists committed to empowering Filipino patients to achieve optimum endocrine health by enabling one another to practice leading edge, proactive, ethical and cost-effective medicine.

VISION

The vision for evaluating the success of AAACE-Philippine Chapter in the year 2020 is that it will be seen as a physician organization:

- Valued by the medical community for its advocacy programs.
- Trusted by patients.
- Maintaining the highest standards for patient-focused preventive endocrine and metabolic medical care.

VALUES

Commitment

*We passionately pursue our tasks to their completion in the most ethical and efficient manner.
We are dedicated to promoting endocrine health and wellness to the Filipino Community.*

Collegiality

*We encourage collaboration and sharing of expertise, knowledge and resources.
We nurture each other's success and professional growth.
We advocate linkages with the Philippine Society of Endocrinology, Diabetes and Metabolism, and other medical organizations.*

Compassion

*We genuinely care for our patients' utmost well-being.
We strive for greater accessibility to quality endocrine healthcare services.*

Credibility

*We uphold competence and trustworthiness.
We pursue excellence in all our endeavors.*

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MALACAÑAN PALACE
MANILA

MESSAGE

My warmest greetings to the **American Association of Clinical Endocrinologists-Philippine Chapter (AAACE-PC)** as it holds its **13th Annual Clinical Congress**.

Over the years, AAACE-PC has been a vital partner of the government in improving our healthcare system through the continuing education and professional development of its members. The organization's strong commitment in creating programs and initiatives that are responsive to the overall well-being of our people is truly commendable.

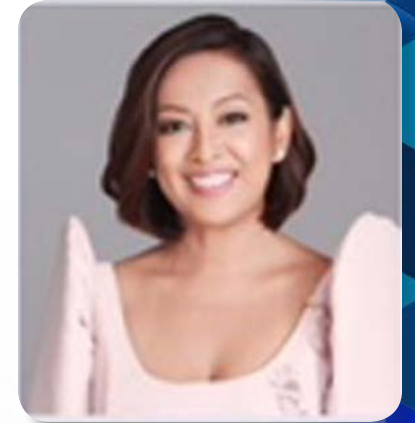
As you share the latest research findings and best practices among your peers, I hope that you will be inspired to support this administration as we work towards building a stronger and healthier nation. May this gathering further encourage you to raise the standards of your profession as you advocate for better health services for our countrymen. Together, let us ensure a meaningful and dignified life for all.

I wish you a successful event.

RODRIGO ROA DUTERTE

MANILA
15 August 2019

THE PRESIDENT OF THE PHILIPPINES



It is my pleasure and privilege to extend my warmest greetings to the distinguished participants and members of the American Association of Clinical Endocrinologists on the occasion of the 13th Annual Clinical Congress of the AAACE Philippine Chapter.

This year's conference theme, "Endocrine Legacies: Setting the Standards for Endocrine and Diabetes Care", stresses the significant role of endocrinologists in our lives.

Endocrinologists are important in our society because humans have over 50 types of hormones, and any imbalance can cause health problems, including diabetes. As specialists in the field, you are doubtless highly knowledgeable and well-trained in diagnosing, managing, and treating hormone-related ailments.

I commend the AAACE-Philippine Chapter for regularly holding conferences to further raise the standards for endocrine care in the country. Your campaign involving students aimed to integrate proper diet and exercise into their lifestyle is praiseworthy as well.

I would like to congratulate the members and officers of the AAACE-Philippine Chapter for organizing this event. May this conference be a fruitful and successful one.

MAR-LEN ABIGAIL S. BINAY
Mayor

Makati, Mahalin Natin ... Atin Ito.



PHILIPPINE MEDICAL ASSOCIATION



Warm greetings from the Philippine Medical Association!

Salutations to the officers and members of the *American Association of Clinical Endocrinologists Philippine Chapter (AAACE-PC)* on the occasion of your *13th Annual Clinical Congress of AAACE Philippine Chapter endorsed by the American Association of Clinical Endocrinologists*, at the Makati Shangri-La Hotel Manila, Philippines on August 15 to 17, 2019.

The theme: **“Endocrine Legacies: Setting the Standards for Endocrine and Diabetes Care”** will give the delegates an opportunity to obtain important updates on diagnostic and therapeutic options in the care and management of patients with Endocrine diseases and Diabetes. Proper patient education is a vital component of care as this will enable patients to accept the need for lifestyle change which results in decreased incidence of morbidity and complications as well.

We look forward to the collaboration of the *Philippine Medical Association (PMA)* and the *American Association of Clinical Endocrinologists Philippine Chapter (AAACE-PC)* and commend your commitment to focus on the preventive and promotive aspect of endocrine diseases and diabetes to change the landscape of these chronic diseases in the Philippines and ensure better quality of life for all Filipinos.

On behalf of the *PMA National Officers and Board of Governors*, I congratulate the organizing committee and wish for the success of your Annual Clinical Congress.

Mabuhay ang AAACE-PC! Mabuhay ang PMA!

Jose P. Santiago, Jr.
JOSE P. SANTIAGO, JR., MD
President



American Association of Clinical Endocrinologists



As President of the American Association of Clinical Endocrinologists (AAACE), it is my sincere pleasure to welcome you to Makati City, Manila, Philippines for the 13th Annual Meeting & Clinical Congress of the AAACE - Philippine Chapter.

The theme of this year’s Annual Scientific Congress, “Endocrine Legacies: Setting the Standards for Endocrine and Diabetes Care,” will deliver breakthroughs in science and the clinical practice of endocrinology. On behalf of AAACE, I congratulate Dr. Robert Michael G. Gan, Dr. Theresa Marie Valdez-Faller, Dr. Jubilia Balderas-De Guzman, Dr. Raymond U. Oribio and Dr. Marie Gertrude C.I. Santos on creating an educational experience that emphasizes the very best in cutting-edge research and explores the most advanced innovations in contemporary clinical endocrinology.

Attendees will experience first-hand the latest technological and medical advances in endocrinology and engage in practical workshops aimed at enhancing skills that will be directly applicable to their busy practices.

I am honored to speak on “Type 1 Diabetes Prevention,” and be amongst world-renowned experts and thought leaders like Dr. Hossein Gharib, Dr. Michael D. Jensen, Dr. Vin Tangpricha, Dr. Vivian A. Fonseca, Professor Mark McLean, Dr. Augusto D. Litonjua, Dr. Maria Honolina S. Gomez, Dr. Mark Henry Y. Joven, Dr. Gerry H. Tan, Dr. Joy Arabelle C. Fontanilla, Dr. Michael Joseph T. Magabo and Dr. Eleonor C. Du, all of whom will be sharing their deep knowledge of the field of endocrinology.

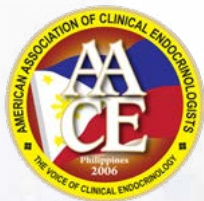
I hope you enjoy the robust educational program that the AAACE-Philippine Chapter put together to improve the care of our patients and enhance the standards of endocrine and diabetes care.

Sincerely,

Sandra Weber
Sandra L. Weber, MD, FACP, FACE
President



THE AMERICAN ASSOCIATION OF CLINICAL
ENDOCRINOLOGISTS
PHILIPPINE CHAPTER



It gives me great pleasure to welcome everybody in this year's American Association of Clinical Endocrinologists-Philippine Chapter's 13th Annual Meeting and Clinical Congress entitled "ENDOCRINE LEGACIES: Setting the Standards for Endocrine and Diabetes Care" at the Shangri-La Makati, Metro Manila, Philippines on August 15-17, 2019.

This year's theme is about "Legacy". The greatest advocacy of AACE-Philippine Chapter is the annual scientific congress that has left a legacy to our colleagues all throughout the years for its clinical relevance and up to date knowledge in the field. This year, the scientific committee has invited well-renowned local and foreign speakers who are ready to share their knowledge in their fields of expertise which will hopefully leave valuable legacy of learnings.

AACE Philippine Chapter was officially founded in 2006 at the Ayala Museum, Makati City. Surprisingly, this will be the first time that the clinical congress will be held in its birth place. Makati City is the country's financial hub known for its skyscrapers and shopping malls. The venue is very much conducive for learning and recreation.

We hope that you will enjoy the congress and that your interaction with your colleagues from the different parts of the Philippines and other countries will inspire a creative exchange of ideas and will be personally fulfilling.

ROBERT MICHAEL G. GAN, MD, FACE
President, AACE-Philippine Chapter, 2018-2019
Overall Congress Chair



The learning legacy: "Review the past to understand the present in order to prepare for the future"

Given this premise, this year's theme is "ENDOCRINE LEGACIES: Setting the Standards for Diabetes and Endocrine Care"

The scientific committee has prepared an exciting program this year with a Congress Faculty who has made a significant contribution in their respective fields of expertise. Updates on the Adipose Tissue, Diabetes and its complications, Fructose Conundrums, Nutrition, Thyroid Cancer, Pituitary adenomas, PCOS, hypercalcemia, are but some of the highlights.

So delegates, stay on your seats and enjoy the exchange of learnings. Thank you for being part of the 13th annual scientific congress of the AACE Philippines. Together, we are in the process of creating another milestone in the history of the Chapter which will serve as a conduit of the past to the future.

Maraming Salamat, President Mike, and to our co-chair Dr. Myla, the past presidents, and the secretariat, for helping in fulfilling the challenging task of putting it all together. With the support of the officers and members, and our corporate partners, the 2019 scientific meeting will be truly *one for the archives...*

MARIE GERTRUDE C.I. SANTOS, MD, FACE
Chair, Scientific Committee

Wishing everyone a very good day!

We welcome all delegates and thank you for attending our 13th Annual Congress.

This year's congress made us look back from where and when we started way back thirteen years ago, it was indeed such a fulfilling effort of all past officers and staff that made every congress exciting and full of knowledge imparted by all invited foreign and local speakers.

This year as we move into the heart of Metro Manila to bring knowledge more closer, me and my colleagues made sure every topic in this congress is worth your while. We chose topics that are edgy and can help us in our everyday practice. Grateful for our invited speakers who are deeply involved on the topics we requested them to give light into, and they lovingly accepted.

Thankful also to our President Dr. Robert Michael Gan and Dra. Gertrude Santos for giving me the opportunity to work and brainstorm with them to make this congress worth every effort.

To my colleagues in the medical field, I hope you enjoy, learn, communicate with our guest speakers and may it help you in helping our fellowmen.

Mabuhay!

MARIA LEONORA D. CAPELLAN, MD, FACE
Co-Chair, Scientific Committee





SCIENTIFIC PROGRAM

13TH ANNUAL MEETING & CLINICAL CONGRESS OF THE AAACE - PHILIPPINE CHAPTER

ENDORSED BY THE AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS
AUGUST 15-17, 2019 • MAKATI SHANGRI-LA HOTEL, MANILA, PHILIPPINES

15 AUGUST 2019 (THURSDAY)

7:30 AM – 8:30 AM Registration
8:30 AM – 9:00 AM Opening Ceremonies

9:00 AM – 9:40 AM **Plenary 1**
ADIPOSE TISSUE AND METABOLIC RISK
Speaker: Michael D. Jensen, MD (Mayo Clinic, USA)
Moderator: Yasmin Laura Marie C. Zuñiga, MD

9:40 AM – 10:20 AM **Plenary 2**
FRUCTOSE CONUNDRUMS
Speaker: Augusto D. Litonjua, MD (Emeritus Professor of Medicine, University of the Philippines-PGH)
Moderator: Maria Princess Landicho-Kanapi, MD

10:20 AM – 11:00 AM **Clinical Symposium 1**
EMPAFLIFLOZIN: Saving Lives Beyond Glucose Lowering: Role in Achieving Optimal Survival for Patients with Type 2 Diabetes
Speaker: Professor Roger Chen, MD
Moderator: Theresa Marie V. Faller, MD

11:00 AM – 12:00 NN LUNCH

12:00 NN – 12:40 NN **Clinical Symposium 2**
Linagliptin in Type 2 Diabetes: A Simple Solution with a Long Term Outlook
Speaker: Professor Roger Chen, MD (Australia)
Moderator: Marie Gertrude C.I. Santos, MD

12:40NN – 1:20PM **Clinical Symposium 3**
Optimizing Thyroid Hormone Therapy
Speaker: Hossein Gharib, MD (Mayo Clinic, USA)
Moderator: Gerry H. Tan, MD

1:20 PM – 2:00 PM **Plenary 3**
A CASE-BASED APPROACH TO HYPERCALCEMIA
Speaker: Prof. Maria Honolina S. Gomez, MD (UST- Faculty of Medicine & Surgery, Philippines)
Moderator: Warren Liang Cheng, MD

2:00 PM – 3:00 PM **Opening of Exhibits**

3:00 PM – 3:40 PM **Plenary 4**
ENDOCRINOLOGY OF AGEING
Speaker: Mark Henry Y. Joven, MD (Mayo Clinic Alumnus, Philippines)
Moderator: Katherine A. Valeros, MD

3:40 PM – 4:10 PM **Clinical Symposium 4**
Practical Approach to the Diagnosis and Management of Dysglycemia and Kidney Disease
Speaker: Gerry H. Tan, MD (Mayo Clinic Alumnus, Philippines)
Moderator: Reynaldo D. Rosales, MD

4:10 PM – 4:50 PM **Plenary 5**
METABOLIC SETPOINT AND WEIGHT REGAIN
Speaker: Michael D. Jensen, MD (Mayo Clinic, USA)
Moderator: Melanie Grace P. Valdez, MD

4:50 PM – 5:30 PM **Plenary 6**
TRANSGENER ENDOCRINOLOGY FOR PRACTICING PHYSICIANS
Speaker: Vin Tangpricha, MD (AAACE Board Director, USA)
Moderator: Edison So, MD

5:30 PM – 6:00 PM **Clinical Symposium 5**
Intimate Controversies: Sex after 60
Speaker: Agnes Bueno, MD (Philippines)
Moderator: Rosario Sevilla, MD

7:00 PM **DINNER & BUSINESS MEETING**
AAACE-PC Members only

16 AUGUST 2019 (FRIDAY)

8:30 AM – 9:10 AM **Plenary 7**
RECURRENT THYROID CANCER: HOW TO DETECT AND WHEN TO TREAT
Speaker: Hossein Gharib, MD (Mayo Clinic, USA)
Moderator: Glenn Michael A. Ramos, MD

9:10AM – 9:50 AM **Plenary 8**
TYPE 1 DIABETES PREVENTION
Speaker: Sandra L. Weber, MD (AAACE President, USA)
Moderator: Jubilia B. de Guzman, MD

9:50 AM – 10:30 AM **Clinical Symposium 6**
Complexity Simplified: An Affordable and Simple Option to Insulin Initiation
Speaker: Gerry H. Tan, MD (Mayo Clinic Alumnus, Philippines)
Moderator: Cyrus Quijano Pasamba, MD

10:30 AM – 11:10 AM **Plenary 9**
ADVANCES IN DIABETES IN PREGNANCY
Speaker: Professor Mark McLean, FRACP, PhD (Past-President, Endocrine Society of Australia)
Moderator: Gia D. Wassmer, MD



SCIENTIFIC PROGRAM

13TH ANNUAL MEETING & CLINICAL CONGRESS OF THE AAACE - PHILIPPINE CHAPTER

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11:10 AM – 11:50 AM **Plenary 10**
PCOS CONUNDRUMS: IS IT OR IS IT NOT?
Speaker: Gerry H. Tan, MD (Mayo Clinic Alumnus, Philippines)
Moderator: Nerissa Ang-Golangco, MD

11:50 AM – 12:30 NN **Clinical Symposium 7**
Refining Management of Filipinos with Type 2 Diabetes in the Era of CVOT's: How T2DM Management should be like
Speaker: Vivian Andrew Fonseca, MD (AAACE Board Director, USA)
Moderator: Jose Carlos S. Miranda, MD

12:30 PM – 1:30 PM LUNCH and EXHIBITS

1:30 PM – 2:10 PM **Plenary 11**
PREPARATION FOR GENDER AFFIRMING SURGERY: THE ROLE OF AN ENDOCRINOLOGIST
Speaker: Vin Tangpricha, MD (AAACE Board Director, USA)
Moderator: Annette Gisele Y. Chua, MD

2:10 PM – 2:50 PM **Plenary 12**
HYPOGLYCEMIA AND THE IMPACT ON CURRENT TREATMENT OPTIONS
Speaker: Sandra L. Weber, MD (AAACE President-Elect, USA)
Moderator: Fatma I. Tiu, MD

2:50 PM – 3:30PM **Clinical Symposium 8**
Revisiting the "Legacy Effect" in Type 2 Diabetes: Benefits of Early Glycemic Control and Treating to Target
Speaker: Guillermo G. Manalo, Jr., MD (Philippines)
Moderator: Florence A. Santos, MD

3:30 PM – 4:10 PM **Plenary 13**
REVERSING DIABETES WITH DIET: TOO GOOD TO BE TRUE?
Speaker: Joy Arabelle C. Fontanilla, MD (Cleveland Clinic Alumna, Philippines)
Moderator: Michelle T. Co, MD

4:10 PM – 4:50 PM **Plenary 14**
LIVING WITH DIABETIC PERIPHERAL NEUROPATHY
Speaker: Michael Joseph T. Magabo, MD (VP- Academy of Rehabilitation Medicine, Philippines)
Moderator: John Jay A. Bosquit, MD

4:50 PM – 5:30 PM **Plenary 15**
APPROACH TO OBESITY IN CHILDREN AND ADOLESCENTS
Speaker: Eleonor C. Du, MD (Davao Medical Center, Philippines)
Moderator: Margaret Jane C. Galilea, MD

6:30 PM **President's Night / Induction Ceremonies**
(by invitation only)

17 AUGUST 2019 (SATURDAY)

9:00 AM – 9:50 AM **Plenary 16**
CARDIOVASCULAR TRIALS IN DIABETES - SHAPING GUIDELINES AND CHANGING PRACTICE
Speaker: Vivian Andrew Fonseca, MD (AAACE Board Director, USA)
Moderator: Reynaldo D. Rosales, MD

9:50 AM – 10:30 AM **Plenary 17**
LOW RISK THYROID CANCER, INCLUDING NIPT
Speaker: Hossein Gharib, MD (Mayo Clinic, USA)
Moderator: Andres V. Ebison, Jr., MD

10:30 AM – 11:10 AM **Clinical Symposium 9**
The Evolving Concepts of Stroke Amongst Diabetics
Speaker: Alejandro Bimbo Diaz, MD (Neurologist, Philippines)
Moderator: Marlon T. Co, MD

11:10 AM – 11:50 AM **Clinical Symposium 10**
Empagliflozin + Linagliptin: Establishing a Legacy for Future Health with Fixed Dose Combination
Speaker: Professor Roger Chen, MD (Australia)
Moderator: George B. Tan, MD

11:50 AM – 12:30 NN **Plenary 18**
CLINICAL PEARLS IN PITUITARY ADENOMAS
Speaker: Professor Mark McLean, FRACP, PhD (Past-President, Endocrine Society of Australia)
Moderator: Lucy Ann Wy Yap, MD

12:30 NN – 1:30 PM LUNCH
Closing Ceremonies



ELEONOR C. DU, MD, VFPPS, FPSPME

Philippines

Dr. Eleonor C. Du is the Chair of the Department of Pediatrics of the Southern Philippines Medical Center. She also heads the section of Pediatric Endocrinology and the Pediatric Diabetes Clinic of the same institution.

She is a consultant for the Newborn Screening Center Mindanao and a resource person for DOH/NIH NBS in Mindanao. She is a member of the Philippine Newborn Screening Experts Committee and of the Subspecialty Board of Examiners of the Philippine Society of Pediatric Metabolism and Endocrinology. She is the Vice-President of the Philippine Society of Pediatric Metabolism and Endocrinology and the Secretary of Diabetes Philippines – Davao Chapter.

Dr. Du is the Head of the Newborn Screening Continuity Clinic of the Philippine Society of Pediatric Metabolism and Endocrinology. She is also the founder of the Davao Type 1 Diabetes Camp and the Vice-President of the Anak Kaugmaon Foundation, Inc.

She is a member of the Philippine Medical Association, Philippine Pediatric Society, Philippine Society of Pediatric Metabolism and Endocrinology, Diabetes Philippines, Asia Pacific Pediatric Endocrine Society and the American Association of Clinical Endocrinologists.

Her research on Thyroid Autoimmunity Among Filipino Children With Type 1 Diabetes Mellitus won the first prize in UP-PGH Pediatric Fellows Research, Poster Presentation.



VIVIAN ANDREW FONSECA, MD, FRCP

United States of America

Dr. Vivian Andrew Fonseca is the Assistant Dean for Clinical Research at Tulane University School of Medicine in New Orleans, Louisiana. He is also a Professor of Medicine, the Tullis–Tulane Alumni Chair in Diabetes, and the Chief of the Section of Endocrinology, in the same institution.

He also serves as the Medical Director of the Tulane Hospital Diabetes Education Program. He is a staff physician at the New Orleans VA Hospital High Risk Diabetes Clinic and at the University Medical Center of Louisiana, New Orleans.

He holds the position of Director of the Professional Development Core of the Louisiana Clinical and Translational Science Center and the Course Director for its Masters of Science in Clinical Research Course. He is the Medical Director of the Clinical Trials Unit funded by NIH and Tulane; and the associate director of the Tulane Center for Aging and Regenerative Medicine.

He is a Board Director of the American Association of Clinical Endocrinologists and a Board Trustee of the American College of Endocrinology.

Dr. Fonseca is a Fellow of the American Association of Clinical Endocrinologists, American College of Physicians, and the Royal College of Physicians - London.

He held several editorial and ad hoc reviewer positions for different scientific publications such as Editor-in-Chief of Diabetes Care and of the Journal of Diabetes and its Complications.



**JOY ARABELLE C. FONTANILLA, MD,
FPCP, FPSEDM, FPCDE, CCD, FACE**

Philippines

Dr. Joy Fontanilla is a past president of the AACE-Philippines. She is the creator and Editor-in-Chief of DiabetEASE magazine, the country’s first widely circulated commercial newsstand magazine on living well with diabetes.

She finished her fellowship training in Endocrinology, Diabetes, and Metabolism at the University of Illinois at Chicago and residency in Internal Medicine at the Cleveland Clinic in Ohio. She graduated from the University of the Philippines College of Medicine’s elite INTARMEED program.

Dr. Fontanilla ranked in the top ten percent of the Diplomate Exams of both the American Board of Internal Medicine, as well as the American Board of Endocrinology, Diabetes and Metabolism.

She was the founding Chair of the Department of Pharmacology, San Beda College of Medicine. She was also a member of the Board of Directors of the Diabetes Philippines and a member of the Unite for Diabetes consensus panel which helped formulate the Philippine Clinical Practice Guidelines in the Diagnosis and Management of Diabetes.

She currently heads the Center for Weight Intervention and Nutrition Services at the St. Luke’s Medical Center – Global City, as well as the Nutrition Committee of the Asian Hospital and Medical Center. She is also the Chair of the National Assembly of Diabetes Educators, Philippine Center for Diabetes Education Foundation.

She is a Fellow of the American College of Endocrinology, Philippine College of Physicians, Philippine College of Diabetes Educators, and Philippine Society of Endocrinology, Diabetes, and Metabolism.

Dr. Joy has delivered numerous lectures on diabetes and nutrition both locally and internationally.



HOSSEIN GHARIB, MD, MACP, MACE

United States of America

Prof. Hossein Gharib is a Professor of Medicine at the Mayo Clinic College of Medicine and a Consultant at the Department of Internal Medicine, Division of Endocrinology, Diabetes, Nutrition, and Metabolism in the same institution.

He is a reviewer for *Annals of Internal Medicine, American Journal of Medicine, Archives of Internal Medicine, Endocrine Practice, European Journal of Clinical Investigation, JAMA, Journal of Clinical Endocrinology and Metabolism, Mayo Clinic Proceedings, Thyroid, and New England Journal of Medicine.*

He is a Past President of the American Association of Clinical Endocrinologists, American Thyroid Association and of the American College of Endocrinology. He received the distinction of Master of the American College of Endocrinology and of the American College of Physicians, and the 1st Augusto D. Litonjua Distinguished Clinician from the AACE Philippine Chapter. He is also the recipient of the 2018 H. Jack Baskin, MD, Endocrine Teaching Award from AACE.

He is a senior author of more than 100 peer-reviewed articles regarding endocrine, diabetes, thyroid and metabolism, plus several books and book chapters. He chaired numerous clinical practice guidelines among which are the AACE-AAES medical/surgical guidelines for clinical practices: management of thyroid carcinoma, and the AACE clinical practice guidelines for growth hormone use in adults and children–2003 update, to name a few.



**PROF. MARIA HONOLINA S. GOMEZ, MD,
FPCP, FPSDEM, FACE**

Philippines

Prof. Gomez is a Diplomate of the Philippine Board of Internal Medicine, Philippine Board of Endocrinology & Metabolism as well as Life Fellow of the Philippine College of Physicians, and Fellow of the Philippine Society of Endocrinology, Diabetes, & Metabolism, Philippine College of Diabetes Educators, and American College of Endocrinology.

She is a former Chair of the Philippine Specialty Board of Internal Medicine and Past-President of the Philippine Chapter of the American Association of Clinical Endocrinologists.

She authored and co-authored more than 35 peer-reviewed publications in the Philippine Journal of Internal Medicine, Philippine Journal of Infectious Medicine, Journal of the Asean Federation of Endocrine Societies, Neurology Asia and Journal of Endocrinological Investigations. She has peer-reviewed for the Philippine Journal of Internal Medicine and currently an editorial board member of the Journal of Medicine of University of Santo Tomas Hospital.

At present she holds the rank of Full Professor (Professor V) of Medicine at the UST Faculty of Medicine & Surgery. She is also the Chief of the Section of Endocrinology, Diabetes & Metabolism of UST Faculty of Medicine & Surgery, Manila and of the Capitol Medical Center in Quezon City. She is the Chair of Research for the past eight years of the USTH Section of Endocrinology & Metabolism.



MICHAEL DENNIS JENSEN, MD, FACP

United States of America

Dr. Michael Dennis Jensen is a Consultant at the Endocrinology, Nutrition and Internal Medicine in Mayo Clinic and a Clinician Investigator at the Endocrinology, Nutrition and Internal Medicine of the Mayo College of Medicine. He also chairs the Mayo Clinic Obesity Specialty Council.

He is a Fellow of the American College of Physicians and a member of several medical associations such as the Association of American Physicians, American Medical Association, Mayo Alumni Association, American Diabetes Association, The American Physiological Society, American Society of Clinical Investigation and the Endocrine Society.

He was a Senior Associate Editor of *Diabetes* and a former Professor of Medicine at the Mayo Medical School. He also served as the Director of the Department of Medicine-Mayo Rochester, Obesity, Weight Management and Nutrition Research Program. Previously, he chaired the Mayo CR Review Panel, the Mayo Clinic Outpatient Nutrition Program, and its Endocrine Research.

He authored and co-authored several papers and was published in different journals such as *Diabetologia*, *Diabetes Care* and the *American Journal of Physiology, Endocrinology and Metabolism*.



**MARK HENRY Y.C. JOVEN, MD,
DPCP, DPSEDM, DPCGM, CCD**

Philippines

Dr. Joven is a Diplomate of the American Board of Internal Medicine, Philippine College of Physicians, Philippine Society of Endocrinology, Diabetes, and Metabolism and Philippine College of Geriatric Medicine. He is also a certified Clinical Densitometrist.

He is an Associate Member of the American Association of Clinical Endocrinologists.

He is a Visiting Physician at the The Medical City, St. Luke’s Medical Center - Global City, Metropolitan Medical Center, Chinese General Hospital and Medical Center and Cardinal Santos Medical Center. He is also an Assistant Professor 1 at the University of Santo Tomas Faculty of Medicine and Surgery and a Research Coordinator at its Department of Anatomy.

Dr. Joven is a Research Committee Member and a Resident Mentor of the Department of Medicine in Chinese General Medical Center.

He finished his Residency in Internal Medicine – Categorical PGY 1-3 at the University of Hawai’i Internal Medicine Residency Program John A. Burns School of Medicine in Honolulu, Hawaii. While he received his Fellowship in Endocrinology PGY 4-5 at the Creighton University School of Medicine in Omaha, Nebraska. For his Fellowship in Geriatric Medicine, he accomplished it at the Mayo Clinic College of Medicine.

He has published several peer-reviewed articles in in different medical journals.



**AUGUSTO D. LITONJUA, MD,
FPCP, FPSDEM, FACE**

Philippines

Dr. Augusto D. Litonjua is called the “Father of Philippine Endocrinology” by many who know him and his achievements.

He founded the Philippine Society of Endocrinology and Metabolism (PSEM) in 1961; the Philippine Association for the Study of Overweight & Obesity (PASOO) in 1994; the AAACE Philippines in 2004 and together with his ASEAN (Association of Southeast Asian Nations) colleagues, has helped put up the ASEAN Federation of Endocrine Societies.

He was Past President of the Philippine Diabetes Association (PDA) for 11 years; of the Philippine College of Physicians in 1979-1980 and also spearheaded the establishment of the Philippine Center for Diabetes Education Foundation, Inc., more popularly known as the Diabetes Center Philippines, where he is currently president.

His contributions in the field of Endocrinology have earned him the prestigious award – the Outstanding Service Award for the Promotion of Endocrine Health of an Underserved Population – given by the American Association of Clinical Endocrinologists in April 2007 in Seattle, Washington and recently the International Clinician Award from the American College of Endocrinology in April of 2011.

Dr. Litonjua is an Emeritus Professor of the College of Medicine, University of the Philippines. He retired as Professor and Chairman of Physiology and Clinical Professor of Medicine and Chief of Endocrinology of the Department of Medicine in 1986.

He was awarded: THE LIFETIME ACHIEVEMENT AWARD, not only from the alumni of the UP College of Medicine but more so from the University of the Philippines alumni itself in consecutive years 2012 and 2013.



MICHAEL JOSEPH T. MAGABO, MD,DPARM

Philippines

Dr. Michael Joseph Magabo is the External Vice President of the Philippine Academy of Rehabilitation Medicine (2019-2020).

He is a Diplomate of the Philippine Board of Rehabilitation Medicine (PARM). He serves as the Ex Officio and founding fellow of the Southern Tagalog Association of Rehabilitation Specialists (STARS).

He was part of the Board of Governors (2016-2017) of the Pain Society of the Philippines. He is a Basic Science lecturer of the Philippine College of Occupational Medicine (PICOM) and a member of the Philippine Medical Association, Laguna Medical Society, and the Biñan Medical Society.

He has published the article, *“Comparison between the Cardiovascular Responses of the 6 minute Walk Test and that of Treadmill Testing in Patients Undergoing Cardiac Rehabilitation Stage 1”* in the Archives of Physical Medicine and Rehabilitation.

His sub-specialty interests are in pain, and industrial and cardiac rehabilitation.

PROF. MARK MCLEAN, MD, PhD, FRACP

Australia

Prof. McLean is the Director of the Division of Ambulatory Medicine in Blacktown and Mt Druitt Hospitals. He is a Conjoint Professor of Medicine at the School of Medicine, Western Sydney University. He serves as Senior Staff Specialist in Diabetes and Endocrinology at the Blacktown and Westmead Hospitals and chairs the Medical Staff Council in Blacktown and Mt. Druitt Hospitals, since 2017.

He is a member of the Western Sydney Local Health District Board, and part of the National Examining Panel of the RACP fellowship examination, since 2013. He also sits at the Advisory Boards of Pfizer, Ipsen, and Novartis; and at the Scientific Advisory Committee of the Rebecca L. Cooper Medical Research Foundation.

His published researches are in approximate of 70 peer-reviewed papers or book chapters. His main research interest is the mechanism of diabetes and metabolic disturbance in pregnancy, and other medical challenges (e.g. cancer treatments). His current work in this field includes clinical studies in diabetes in pregnancy, longitudinal studies of patient cohorts, use of animal models of offspring development after metabolic disturbance in pregnancy, and studies of epigenetic programming.

He was Past President of the Council of the Endocrine Society of Australia. He was also a member of the Adult Medicine Division Committee of the Royal Australasian College of Physicians - the key decision making forum in the governance structure of the RACP. From 2006 to 2015, he also served as a member of the Editorial Board of Internal Medicine Journal – a clinical and scientific journal published by the RACP.





**GERRY H. TAN, MD,
FACP, FPCP, FPSDEM, FACE**

Philippines

Prof. Tan is the Past Chair of the Division of Endocrinology and a Full Clinical Professor in Medicine at Cebu Doctors' University College of Medicine- Cebu Doctors' University Hospital.

He had his Residency Training in Internal Medicine at the New York Medical Residency Training in Internal Medicine at the New York Medical College and his Fellowship training in Endocrinology, Diabetes and Metabolism at the Mayo Clinic in Rochester, Minnesota.

In 2015, he was awarded by the American Association of Clinical Endocrinologist (AAACE) with the **International Clinician Award**.

He is a Fellow of the American College of Physicians and the American College of Endocrinology, Philippine College of Physicians and Philippine Society of Endocrinology and Metabolism and a Diplomate of the American Board of Internal Medicine and the American Subspecialty Board of Endocrinology, Diabetes and Metabolism. He is also a Diplomate in Endocrinology and Metabolism of the National Board of Physicians and Surgeons in the USA.

In 1999, he established the Treatment Center for Diabetes, Thyroid Diseases and Osteoporosis at Cebu Doctors' University Hospital – a clinical research unit fully accredited to undergo International Multicenter Clinical Phase 3 Research Trials of new products in the treatment of Diabetes.

He is also a Past President of the American Association of Clinical Endocrinologist- Philippine Chapter.



PROF. VIN TANGPRICHA, MD, FACE

United States of America

Prof. Vin Tangpricha is a Professor of Medicine of the Division of Endocrinology, Metabolism and Lipids, Department of Medicine, in Emory University School of Medicine, and also part of its Faculty in Nutrition Health Sciences, Laney Graduate School. He is an Adjunct Clinical Associate Professor in the Department of Medicine at the Morehouse School of Medicine.

In Emory Clinic, he serves in the following capacity: Associate Director of the Osteoporosis Clinic; Director of the Transgender Clinic; and Staff Physician.

He is also the Program Director of the Emory Endocrinology Fellowship, Division of Endocrinology, Diabetes & Lipids of the Emory Department of Medicine and the Course Director of the Translation to Clinical Medicine (EPI 501M), HHMI Med into Grad Program of Laney Graduate School.

He was a member of the Endocrine Society Task Force for Transgender Health Guidelines (2007-2009), and served as one of its 8 authors on the first hormone guidelines for transgender persons released by a professional society. This task force published guidelines in 2009 for the hormone treatment of transgender persons, which is the current authoritative reference for hormone therapy.

He was also a member of the American Association of Clinical Endocrinologists, Publications Committee from 2008- 2017. He is one of the manuscript reviewers of the Endocrine Practice, American Journal of the Medical Sciences, European Journal of Clinical Nutrition, American Journal of Clinical Nutrition, Journal of Sexual Medicine, Journal of Clinical Endocrinology and Metabolism, and the Journal of Cystic Fibrosis. He is a Board Director of the American Association of Clinical Endocrinologists and the President of the World Professional Association for Transgender Health.



SANDRA L. WEBER, MD, FACP, FACE
United States of America

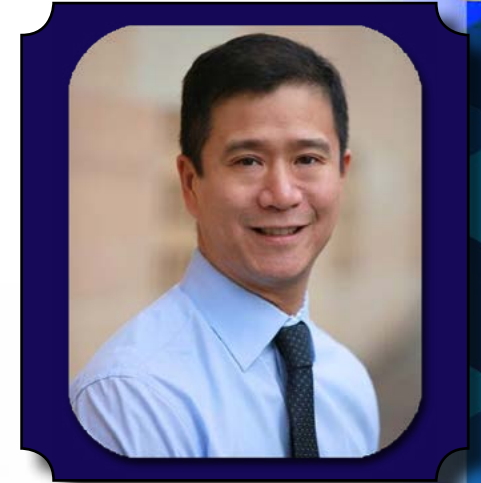
Prof. Weber is the President of the American Association of Clinical Endocrinologists (AAACE) 2019-2020. She has been an active member of AAACE since her endocrinology fellowship in Miami. She has been active in membership of the FACE (Fellow of the American College of Endocrinology), in chapter development and leadership.

She is a Professor of Medicine at the University of South Carolina School of Medicine - Greenville and is the Chief of the Division of Endocrinology at the Greenville Health System in Greenville, South Carolina. She is involved in medical school and residency teaching programs as well as being the Chair of the Continuing Medical Education. She is a strong believer in life long education.

She received her medical degree from Northwestern University Honors Program in Medical Education. She completed her internship, residency, chief residency, and fellowship at the University of Miami in Miami, Florida.

Dr. Weber specializes in type 1 diabetes, diabetes prevention and general endocrinology.

Professor ROGER CHEN, MBBS (Hons), FRACP, PhD
Australia



Prof. Roger Chen achieved his degree in medicine and his PhD from the University of Sydney in Australia. He is a senior staff specialist at the Department of Endocrinology and Metabolism of St. Vincent's Hospital.

He is also a conjoint Associate Professor at the University of New South Wales in Sydney and a Clinical Associate Professor in Medicine at the University of Sydney.

His clinical interests lie in general endocrinology, diabetes and osteoporosis. His research work focuses on diabetes prevention, diabetes complications and its relationship with mental illness.

Prof. Chen is a reviewer of several journals, such as the Lancet and PLoS One, as well as an assessor for several research grants, including the Diabetes Australia Research Grants.



ALEJANDRO BIMBO F. DIAZ, MD, FPNA
Philippines

Dr. Alejandro Diaz is the Vice Chair for Internal Affairs of the Department of Neurology and Psychiatry at the University of Santo Tomas Hospital. He is also the Section Chief of Neurology, Department of Neurology and Psychiatry of the same hospital. He is the Stroke Services Coordinator of USTH and was the Co-Chair of the Brain and Heart Summit UST Hospital for Year 1 and Year 2.

For his academic position, he is an Associate Professor 3 of the UST Faculty of Medicine and Surgery, Department of Neurosciences and Behavioral Medicine.

He serves in the Board of Trustees of the Philippine Society of Hypertension. He is the Vice President of the Philippine Society of Clinical Neurophysiology and part of the Stroke Council of the Philippine Neurological Association. He is a Fellow of the Philippine Neurological Association.

He also served as the Head of Acute Stroke Unit and Chair of the Hospital Research Committee in San Juan de Dios Hospital.

He participated in researches, which included: International Stroke Trials- SPORTIFF III and SAINT II TRIAL, REACH International Stroke Cohort Study, Strokop Asia, and SOCRATES stroke prevention trial where he was the Principal Investigator in San Juan de Dios Hospital.



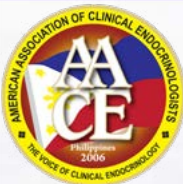
GUILLERMO G. MANALO, JR., MD, FPCP, FPSEDM, FACE
Philippines

Dr. Manalo is a consultant endocrinologist at the St. Luke's Medical Center-Quezon City, Philippine Heart Center, National Kidney and Transplant Institute, and the Lung Center of the Philippines.

He obtained his Doctor of Medicine degree from the University of the Philippines College of Medicine and had his Residency in Internal Medicine and Post-Residency Fellowship in Endocrinology, Diabetes and Metabolism at the UP-Philippine General Hospital. He finished his Postgraduate Fellowship in Basic and Clinical Endocrinology at the Monash Medical Centre and Prince Henry's Institute of Medical Research in Melbourne, Australia.

He was an Assistant Professor of Physiology at the UP College of Medicine and was a pioneer faculty member serving as an Associate Professor of Medicine and Faculty-in-Charge for Internal Medicine when the St. Luke's College of Medicine was established. He served as the first Training Officer of the Section of Endocrinology, Diabetes and Metabolism at St. Luke's Medical Center. He is also Past Section Chief of the Section of Endocrinology and Metabolism at the National Kidney and Transplant Institute.

He is a Fellow of the Philippine Society of Endocrinology, Diabetes and Metabolism and the American College of Endocrinology, and a Fellow and Life Member of the Philippine College of Physicians.



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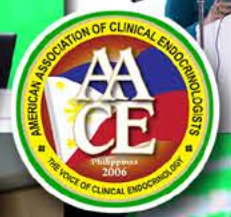
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2018 CONVENTION HIGHLIGHTS



Endocrine Care LEVel Up: **EN**lightening

Updates and Revisiting Current Practices

ILOILO CONVENTION CENTER, ILOILO CITY, PHILIPPINES
AUGUST 9 - 11, 2018



12TH INDUCTION & TURNOVER CEREMONIES

BLUE JEANS

AUGUST 10, 2018
ILOILO CONVENTION CENTER
ILOILO CITY, PHILIPPINES



AAACE Philippine Chapter 1st General Assembly and Multi-Specialty Scientific Summit

by: Mark Henry Y.C. Joven, MD

November 2018 has been a very busy month for the members of the AAACE - Philippine Chapter. Apart from their respective Christmas preparations, members were busy with reaching out to communities through the Power of Prevention through Fitness and Nutrition program as well as organizing scientific meetings and future events.

The two-day scientific program was the 1st Continuing Medical Education Updates for the year, held at the Makati Diamond Residences in partnership with Novartis. "Exceed" was the title of the Multi-Specialty Summit. Members of AAACE - Philippine Chapter as well as physicians from local communities learned about management issues in patients with type 2 diabetes. On November 24, the conference started with a series of lectures from esteemed experts from their respective fields. Dr. Maita Senandrin spoke about "Heart Failure" and Dr. Russel Villanueva discussed, "CKD Management in T2DM". The father of Philippine Endocrinology, Dr Augusto Litonjua, shared his expertise and discussed, "Glycemic Variability in T2DM". The lectures were concluded by a Q & A portion moderated by our AAACE - Philippine Chapter Immediate Past President, Dr. Reynaldo Rosales.

This was followed by the first general assembly under the leadership of current AAACE President, Dr. Robert Michael Gan, wherein current and upcoming projects of AAACE - Philippine Chapter were planned and discussed. The event culminated on November 25 with a lecture from Dr. James Young, who shared his expertise on the topic, "Ten years of DPP4-Inhibition". Indeed, the two-day scientific summit EXCEEDED the expectations of the audience.



THE 2ND GENERAL ASSEMBLY & ALL STAR K-POP CHRISTMAS PARTY

by: Glenn Michael M. Ramos, MD



After spreading Christmas love and generosity, the members proceeded to the Makati Diamond Residences to attend a non-CME lecture on: “Call to Greatness and the Ministry of Touching Hearts” by Bro. Narcisco Erguiza, FSC. He reminded that every leader should be great, every doctor should be great. Greatness (Childlikeness) means Obedience to the will of God and Humility. And he emphasized the “LAW” in life: Love tenderly, Act justly, Walk humbly with your God. It was a timely topic for the yuletide season.



This was followed by two CME lectures titled: “Simple Choice for Type 2 Diabetes Management” by Dr. Rey Rosales and “Patient Cases: Linagliptin for a Broad Range of Patients with Cardiovascular Disease, Patients with Renal Impairment, Patients with Normal Kidney Function and No Cardiovascular disease” by Dr. Theresa Marie Faller. This was made possible with the CME grant of Boehringer Ingelheim.



In the evening, AACE PC held its 2nd General Assembly for 2018-19 and proceeded with the annual Christmas Party. The theme for the event was “All Star K-Pop” where members dressed up imitating their favorite K-Pop celebrity. As always, the members enjoyed the camaraderie and fellowship, good food, as well as the fun games, like Family Feud AACE version, exchange gifts, and the exciting raffle prizes. The party was organized by Dr. Jubi De Guzman, Dr. Francis Ho, and Dr. Jimmy Aragon.





3RD GENERAL ASSEMBLY

by: Andres V. Ebison, Jr, MD



AAACE-PC had its 3rd General Assembly last January 24, 2019 at the Makati Diamond Residences. The said assembly started with a scientific discussion on “Injectable therapy in Type 2 DM: Addressing the Patient’s Needs” by the AAACE-PC Immediate Past President, Dr. Reynaldo D. Rosales. It was followed by Dr. Ossama Barakat’s lecture on “Myths, Realities and Practicalities in Intensification of Insulin Therapy: A Case Based Discussion”. The whole session, in partnership with Sanofi, was moderated by Dr. Joy Arabelle C. Fontanilla.

Later that night, AAACE PC conducted its meeting, with its President Dr. Robert Michael G. Gan facilitating the activity. Dr. Margaret Jane C. Galilea presented the initial plans to the group which includes revision of the module of Power of Prevention Through Fitness and Nutrition (POPTFN). Dr. Dennis Lumabi then discussed the “block screening” project for this year - “Avengers: EndGame” that nearly coincided with Annual PCP Convention. Such opportunity was seen as a venue to invite more doctors and their families to support the project.



Dr. Gertrude Santos, meanwhile, gave an overview of the 2019 Annual Congress that will be held at the Makati Shangri-La Hotel. This year’s congress is bolstered by powerhouse speakers from AAACE, including AAACE president herself Dr. Sandra Weber, as well as highly esteemed speakers locally. The members were encouraged to start inviting delegates for the said convention early on. On the flip side, Dr. Magnolia “Tita Maggie” Reyes presented her collection of plants which is her past time activity and the stories behind it. She also presented souvenir spoons which she was able to collect during her trips abroad.

The night was capped with announcement of the trivia winner, which is none other than, Dr. Guilly Manalo.

4TH GENERAL ASSEMBLY

by: Annette Gisele Y. Chua, MD

The AAACE Philippine Chapter held its 4th CME Activity and General Assembly last March 30, 2019 at the Grand Hyatt Manila in BGC.

This time the focus was on updates in different fields of Endocrinology.

To start off the CME activity, Dr. George Tan shared the highlights of the latest guidelines in diabetes management. This was followed by a rundown of interesting studies and developments in thyroidology presented by Dr. Gertrude Santos.

Before the second half of the lecture series, Ms. Martine de Luna, a known blogger and expert on personal branding, shared tips on using social media, particularly “vlogging” as a tool *in reaching out to patients*.

On to more lectures - Dr. Edison So reviewed the work-up of infertility and discussed the updates in management of male hypogonadism. Finally, Dr. Yasmin Zuniga shared her expertise on nutrition management of a polymorbid medical patient.

An AAACE-PC GA would not be complete without a little bit of fun. Several AAACE members shared their “flipside”. Before calling it a night, everyone had a blast participating in “Pix me a Hashtag”, a game that challenged the ability to strike a pose. There can only be one winning team, but everyone went home with a prize. It was another one of those good times indeed.



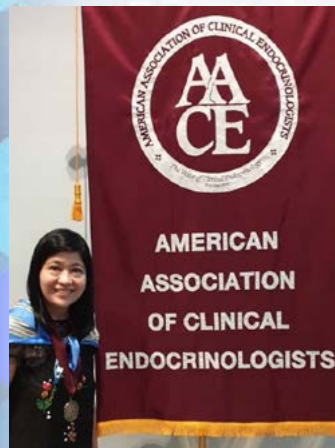


28TH ANNUAL SCIENTIFIC & CLINICAL CONGRESS
AACE 2019
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The F.A.C.E.s of AAACE Philippine Chapter



- | | | |
|------|--------------------------------------|--------------------------------------|
| 1999 | Gerry H. Tan, MD, FACE | |
| 2001 | Maria Honolina S. Gomez, MD, FACE | |
| 2002 | Augusto D. Litonjua, MD, FACE | |
| 2003 | Joy Arabelle C. Fontanilla, MD, FACE | Estrellita F. Lopez, MD, FACE |
| 2004 | Maellen Grace S. Alferos, MD, FACE | |
| 2005 | George B. Tan, MD, FACE | Marsha C. Tolentino, MD, FACE |
| 2007 | *Leilani Gail V. Magtolis, MD, FACE | Jimmy B. Aragon, MD, FACE |
| | Jose Carlos S. Miranda, MD, FACE | Marie Yvette R. Amante, MD, FACE |
| | Marie Leisa G. Magboo, MD, FACE | |
| 2008 | Dwight C. Black, MD, FACE | |
| 2009 | Florence A. Santos, MD, FACE | Reynaldo D. Rosales, MD, FACE |
| | Lucy Ann Wy-Yap, MD, FACE | |
| 2010 | Demosthenes M. Lumabi, MD, FACE | Francis Lee W. Ho, MD, FACE |
| | Theresa Marie V. Faller, MD, FACE | Edna V. Alcantara, MD, FACE |
| 2011 | Kevin V. Cimafranca, MD, FACE | Jane T. Doctora, MD, FACE |
| | Melanie Grace P. Valdez, MD, FACE | Marie Gertrude C.I. Santos, MD, FACE |
| | Robert Michael G. Gan, MD, FACE | Carolyn N. Montano, MD, FACE |
| | Leo T. Gallardo, MD, FACE | Guillermo G. Manalo, MD, FACE |
| | Christina S. Modina, MD, FACE | |
| 2012 | Salvacion d.V. Sible, MD, FACE | Raymond U. Oribio, MD, FACE |
| | Jubilia B. De Guzman, MD, FACE | |
| 2015 | Edberto R. General, MD, FACE | |
| 2016 | James K. Young, MD, FACE | |
| 2017 | Rosario R. Bongco, MD, FACE | |

2019 *Gia D. Wassmer, MD, FACE*

AAACE-PC INTERNATIONAL RESEARCH GRANTS

by: Dr. Joy Arabelle C. Fontanilla

The AAACE-Philippine Chapter graciously provided a partial unrestricted grant for the poster presentations of AAACE-PC members during the 28th Annual Scientific & Clinical Congress of AAACE in Los Angeles, California April 24-28, 2019.

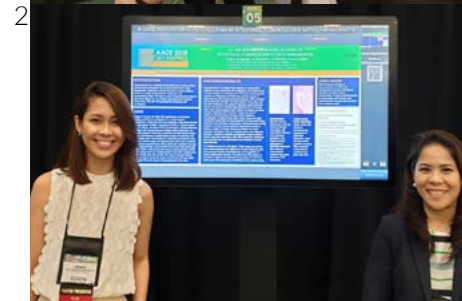
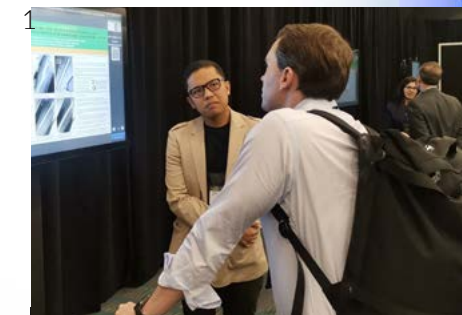
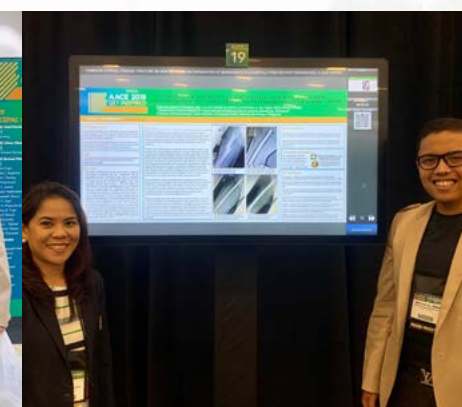
AAACE-PC Past President Dr. Joy Fontanilla and Past Board Director Dr. Marie Yvette Amante co-authored the papers with their Asian Hospital & Medical Center Internal Medicine Residents.

The following two papers were presented as e-posters during the meeting, while the third was chosen to be directly published in the Endocrine Practice journal:

“Complete atypical femoral fracture six months after discontinuation of ibandronate successfully treated with teriparatide: A case report” (1)
By Drs. Knille Allen Mangaya and Joy Fontanilla

“A Case report of hypercalcemia in intestinal tuberculosis with lymphadenitis” (2)
By Drs. Meghan Margrethe Balina and Joy Fontanilla

“Continuous subcutaneous infusion as treatment for a case of insulin allergy in type 2 diabetes mellitus” (3)
By Drs. Karl Nievera and Marie Yvette Amante





POWER

of PREVENTION
through

*Fitness
and
Nutrition*
Healthier Diets, Healthier Kids

2018 - 2019



FITNESS & GOOD NUTRITION AWARENESS AMONG ELEMENTARY SCHOOL PUPILS . . .

. . . The AACE-PC Way

by: Regina Maybelle A. Yanuaria, MD



Dr. Rose Bongco, with a student from Valentin Macasaet Elementary School, while she instructs how to read the Nutrition Facts on the food packaging or labels.

Under the stewardship of Dr. Robert Michael Gan, AACE PC President and Dr. Rosario Bongco, POPTFN chairperson, the POPTFN Committee strongly embarked on a seven (7) school lecture series in Palawan, Batangas, Davao City and Samal Island.

November was POPTFN month. Activities started in Puerto Princesa City, Palawan on 09 November, covering two schools - Mateo Jagmis Elementary School and Valentin Macasaet Elementary School. Dr. Rosario Bongco, Dr. Belinda Palao and Dr. Maybelle Yanuaria, together with the AACE Secretariat – Mr. Rex Castro, Ms. Jing Tinaza, Mr. Joel Pateña, Mr. Rowell Jayson Quirante, and Ms. Rhose conducted the activity.

The following week, on 14 November, the team motored to Ibaan, Batangas. At the Ibaan Central School, 380 pupils participated in the activities. Dr. Florence Santos and Dr. Maybelle Yanuaria delivered the lectures.



VALENTIN MACASAET
ELEMENTARY SCHOOL
SICSICAN, PUERTO PRINCESA CITY,
PALAWAN
November 9, 2018



The last destination at the end of November were Davao City and Samal Island on November 28-29.

Four schools were chosen in the Mindanao sojourn - two in Davao: Felipe Calderon Memorial Elementary School and Daniel M Perez Central Elementary School, and two in Samal Island: Tambo Elementary School and Angel Villarica Memorial Elementary School. Dr. Melanie Grace Valdez and Dr. Maybelle Yanuaria were joined by Davao based AACE PC members - Dr. Francis Ho, Dr. John Jay Bosquit, and Mrs. Phany Ho (wife of Dr. Ho), together with her staff provided support in the site preparation and actual conduct of the activities.

The Power of Prevention Through Fitness and Nutrition (POPTFN), one of the advocacies of AACE PC aims to reach out to elementary pupils to empower them on fitness and nutrition in order to prevent lifestyle diseases. During the activities, the children were not the only ones involved. The teachers (class advisers) also actively participated, especially in the site preparation, games, cheering competitions and low calorie dessert cooking contests. Parents were also present to support their children.

POPTFN 2018 covered seven (7) schools and interacted with a total of 1,187 elementary school pupils, their teachers and parents.



MATEO JAGMIS ELEMENTARY SCHOOL
PUERTO PRINCESA CITY, PALAWAN
November 9, 2018



At the end of each activity, seeing their smiles and hearing their resounding "Thank You", bring out a sense of fulfillment . . . Mission Accomplished!

Summary of 2018 POPTFN Activities/ Participants

Nov. 9: Puerto Princesa City, Palawan	
Mateo Jagmis Elementary School	135
Valentin Macasaet Elementary School	87
Nov 14: Ibaan, Batangas	
Ibaan Central School	380
Nov 28: Davao City	
Felipe Calderon Memorial Elementary School	106
Daniel M. Perez Central Elementary School	108
Nov 29: Samal island	
Tambo Elementary School	156
Angel Villarica Memorial Elementary School	215
TOTAL	1187

POPTFN CHAIR: ROSARIO R. BONGCO, MD, FACE
POPTFN CO-CHAIR: MELANIE GRACE P. VALDEZ, MD, FACE



IBAAN CENTRAL SCHOOL
IBAAN, BATANGAS
November 9, 2018



DANIEL M. PEREZ CENTRAL ELEMENTARY SCHOOL
BUNAWAN, DAVAO CITY
November 28, 2018



FELIPE CALDERON ELEMENTARY SCHOOL
KM. 22, BUDBUD, BUNAWAN, DAVAO CITY
November 28, 2018



TAMBO ELEMENTARY SCHOOL
TAMBO, BABAK DISTRICT, SAMAL, DAVAO DEL NORTE
November 29, 2018



ANGEL VILLARICA CENTRAL SCHOOL
SAMAL, DAVAO DEL NORTE
November 29, 2018



It's A

G.O.D. OUTREACH DAY

by: Glenn Michael A. Ramos, MD

As the Christmas Season rolled in last 2018, the American Association of Clinical Endocrinologists (AAACE-PC) celebrated by way of gift-giving and outreach in Kamuning, Quezon City at the Sacred Heart Parish Multi-Purpose Hall on December 8. To kick-off the activity, a lay fora about Diabetes and Hypothyroidism was conducted by Dr. Flora Mae Jacobo and Dr. Glenn Michael Ramos respectively. This was followed by gift-giving consisting of food items and toys to select 50 indigent families.

The Parish Priest Fr. Randolph C. Flores, SVD gave an inspirational and thanksgiving message afterwards. A Zumba session was conducted to conclude the activity, which was thoroughly enjoyed by the families, as well as the AAACE-PC members. The Christmas outreach activity was coordinated by Dr. Maellen Grace Alferos and Dr. Raymond Oribio.

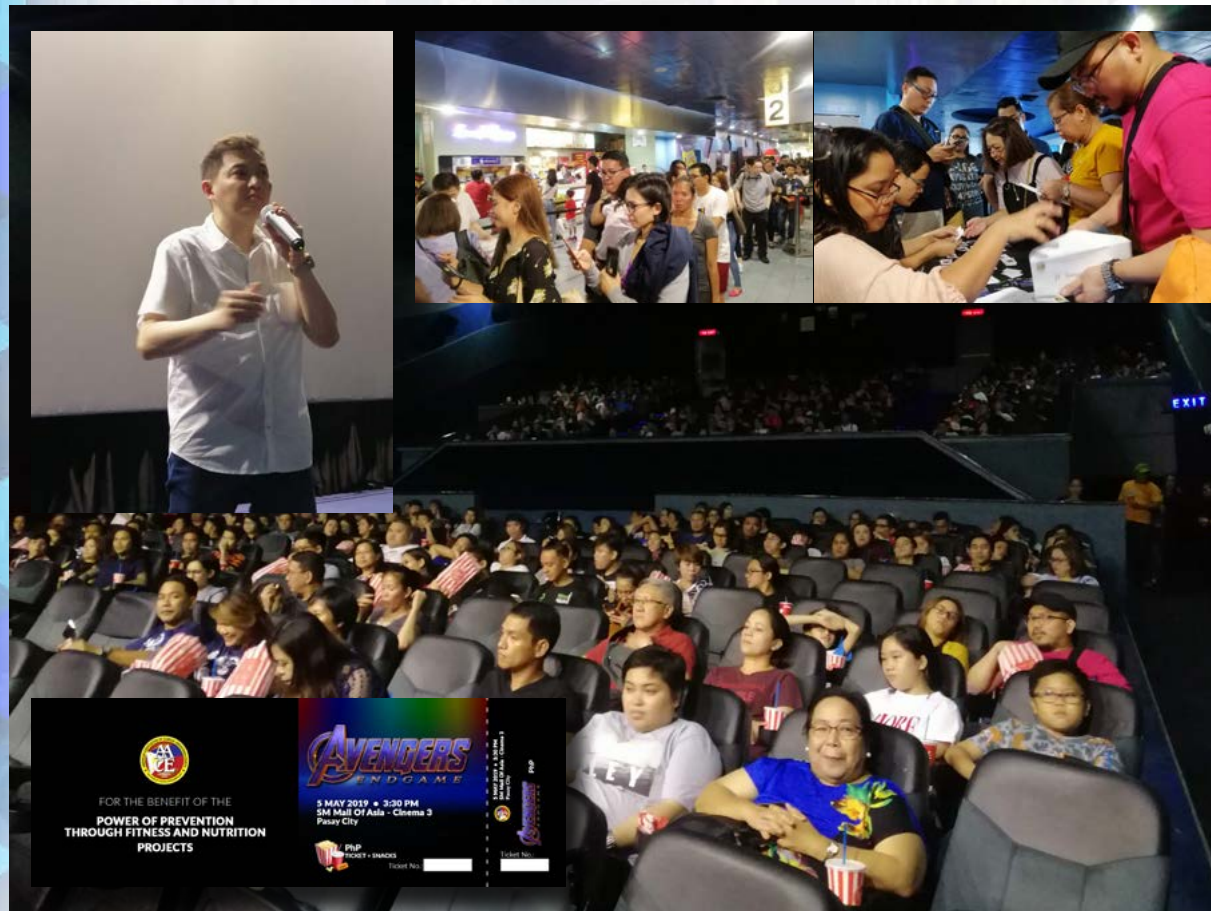


AVENGERS ENDGAME

THE BLOCK SCREENING

For the benefit of the AAACE-Philippine Chapter's
Power Of Prevention Through Fitness and Nutrition Program

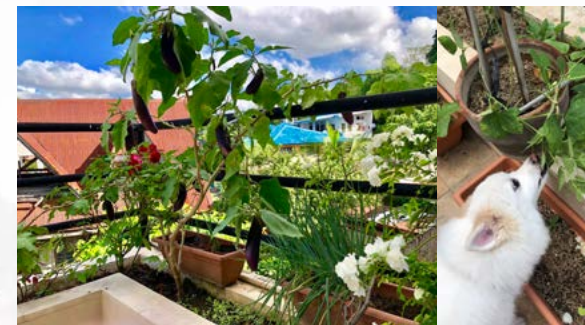
5 May 2019 • 3:30 PM • Cinema 3, SM Mall of Asia, Manila, Philippines



THE FLIP SIDE *year 2*



Dr. Francis Lee W. Ho and his Marvel Collections



Dr. Renan Dungog and his urban pocket gardening



Dr. Salvacion Sible and her trip souvenirs and plant collections on her garden.

Carpentry and woodworking, collecting and listening to records and most especially playing golf are the other activities I engage in when I'm playing as a doctor.

-Dr. Kevin Cimafranca





AWARDING OF RECOGNITION FOR DR. AUGUSTO D. LITONJUA

Founding Chairman Emeritus
2006



November 24, 2018 • Makati Diamond Residences, Makati City

AACE-PHILIPPINE CHAPTER PARTNERS WITH **BENCH/**

AACE-Philippine Chapter partners with Bench, the country's top clothing store. Bench sponsored the official 2018-2019 AACE-PC Shirt. This was launched during the 1st General Assembly on November 24, 2018 at the Makati Diamond Residences.

The shirt is a standard sport shirt type, red in color with the collar having a fine dark blue outline. The AACE PC logo is embossed on the upper left side.

Our gratitude to Mr. Ben Chan and Mr. Jude Ong for their generosity.



(L-R) AACE PC President Dr. Robert Michael G. Gan, AACE Founding Chairman Emeritus Dr. Augusto D. Litonjua, and Suyen Corp. VP/Gen. Manager Mr. Jude Ong during the launching of the official shirt.

The “Pinaka” of Rated K: The Common, the Unusual and the Rare

by Prof. Maria Honolina S. Gomez, MD, FACE, FPCP, FPSDEM

A 1-minute memorable and interesting TV stint, made me a 5-minute celebrity to my medical students and patients who claimed they saw me in the Rated K edition or You tube episode.

I was requested by no less than our President to answer some queries and represent AAACE-Phil in the Rated K segment of “Ang Pinaka”.

During the AAACE 1st CME Endocrine Update at the Makati Diamond Residences, while we were listening to the lectures, I was called by one of the AAACE staff and informed me that the Rated K team was ready in another room. Rushing out, I met them in the registration area so I had no time to retouch my make-up.

They showed me pictures and video clips of three individuals with interesting features. The first one was that of a young lady with a very long hair up to her knees, the “pinaka- mahabang buhok”. They asked me if this is abnormal. I told them that it’s not abnormal but common. A woman could either opt to have a short hair or a very long hair like Rapunzel as long as she does not cut her hair. This is usually seen in the provinces.

The second video clip was that of a young female with a long tongue about 3.5 inches. She became famous when she posted her long tongue in her Facebook account. However, she was also bullied and called “tiktik”. They asked me if this is also abnormal. Again, I told them it’s not abnormal nor common but unusual. The tongue is a muscle that starts from the back of the throat (hyoid bone)



1, 2, 3, 4, 5 - captured images from RATED K via www.youtube.com

to the tip. It is flexible and can be stretched out as far as one can. It is difficult to have an actual measurement of the tongue. You can either measure it from the back of the throat to the tip or from the middle lip to the tip. The world’s longest tongue in the Guinness world record measures 10.1 cm or 3.97 inches from the tip to the closed lips.

The 3rd video clip was that of a middle-aged man with acral enlargement, coarse face and waddling gait. For the third time, they asked me if this is abnormal. I told them it’s rare and possibly an endocrine disorder. It could either be acromegaly or gigantism secondary to an excess of growth hormone (GH). In acromegaly, the excess growth hormone occurs after the fusion of the epiphysis or cartilage plates in adulthood while in gigantism, growth hormone excess occurs before the closure of the epiphysis. Children with gigantism will grow unusually tall and may experience delayed puberty with a waddling gait. Unfortunately, diagnosing gigantism can be difficult for parents because the condition does not cause any signs other than unusual height. So in a family with unusually tall parents, it may be attributed to a growth spurt or part of a child’s genetic make-up. Acromegalic individuals may present with frontal bossing, bulbous nose, widely-spaced teeth, hyperhidrosis, headaches and visual field defects. Pictures of the patient from past years can be helpful to show this changes. Diagnosis is made through clinical presentation and confirmed by an elevated GH level after 1- hour 75 g Oral Glucose Tolerance Test. The MRI of the Pituitary Gland usually reveals a pituitary tumor probably a macroadenoma.

What a memorable and interesting experience! However, pictures and videos are not enough for one to make a diagnosis. A thorough history, accurate physical examination and confirmatory ancillaries are necessary to make a correct diagnosis.

Signing out from this make-believe reel world and on to my next class: MED 1 Physical Diagnosis.



**“LIVING A LIFE WITH DIABETES . . .
 . . . A LIFE MADE MORE MEANINGFUL
 WITH THE HELP OF AACE-PC AND
 ITS PHARMACEUTICAL PARTNERS.”**

Chair: Theresa Marie Valdez - Faller, MD, FACE
 Co-Chair: Francis Lee W. Ho, MD, FACE

This is a Legacy Project initiated by Dr. Gerry Tan during his term as president, in partnership with Multicare. Over the years, it has continued to evolve as one of the more enduring undertakings of AACE-PC.

“OUR COMMITMENT TO SERVE THE POOR”. Whereas in the past years, ten indigent patients were given a 1-year supply of insulin, this year, this endeavor was further boosted by allotting a year’s supply to every AACE-PC member’s indigent patient.



THYROID INDIGENT PROGRAM AACE-PC (2018-2019)

Chair: Marie Gertrude C.I. Santos, MD, FACE
 Co-Chair: Rosario R. Bongco, MD, FACE

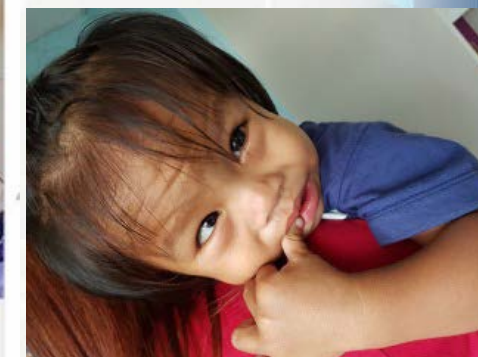
The Thyroid Indigent Program for this fiscal year 2018- 2019 has served twenty seven patients referred by the AACE PC members from Luzon, Visayas and Mindanao. Free medicines for hyperthyroid and hypothyroid patients were given by Medchoice Pharma, Inc. who has been our partner for this program for ten years now.

Indeed, a palm of generosity can improve lives and give a better future for patients with such a common disease but may be harmful if not treated early....

(Note: In lieu of the data privacy law, only those patients with consent are allowed to be shown on this article.)



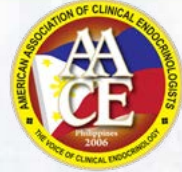
Rosales siblings with mom and lola.





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+



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Gift of Love



BD is much more than just pen needles and insulin syringes. With over 100 years of experience in healthcare solutions and services, BD continuously innovates to deliver best practices in insulin delivery techniques. We do this with a passion-inspired knowledge that we can contribute in making a difference through “Advancing the World of Health”.

Because of our commitment to help achieve improved patient health outcomes, BD continuously supports and strengthens its partnership with AAACE Philippines. We believe that through BD-AAACE-PC Gift of Love Program, we would be able to reach out to patients with diabetes who are in dire need of our products. This we shall do not only through provision of insulin syringes and pen needles, but most importantly by providing education, training and relevant tools on the proper insulin injection technique. We strongly believe that our products, with proper patient education and training, will help ensure better patient outcomes.

- Jeffrey Bautista, RN (Clinical Executive • BD Diabetes Care)



BAKIT AKO?

By: + Leilani Gail V. Magtolis, MD, FACE

May ilang beses ko na ring tinanong ito sa sarili ko...
Bakit ako?

Marahil hindi naman ito bilang pambawi sa napakarami nang biyayang natanggap ko sa buhay... panabla kung baga...
Marahil hindi naman dahil gusto lang Nya akong subukan.
Marahil hindi dahil may matindi akong kasalanan at ito ang kaparusahan.

But because...
“He gives the hardest battles to the strongest.”

Bakit ako?

Kasi minsan tinanong ko kung paano ko Sya mapapagsilbihan...
Kasi minsan kong tinanong kung ano ang “legacy” na iiwan ko sa mundo...

Bakit ako?

Dahil alam Nyang kaya ko
Dahil alam Nyang napapaligiran ako ng mga taong nagmamahal sa akin at hindi ako pababayaang;
Mga taong patuloy akong itataguyod sa dasal at kalinga.

Bakit ako?

Dahil alam Nyang hindi ako bibigay...
Maaaring matakot saglit,
Maaaring umiyak paminsan-minsan,
Maaaring manaka-naka’y mapagod at humingal,
Pero hinding-hindi bibitaw

Dahil may pananampalataya
Dahil laging may awit at psalmo na magpapasaya
Dahil laging may pag-asa at paniniwala
Na kahit ngayon pa lang
Araw-araw nang may natatanggap na himala at pagpapala.

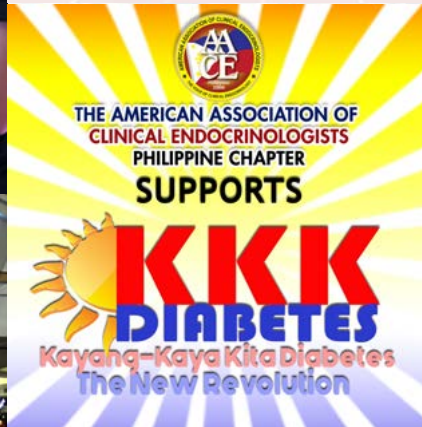
Kung kaya nga... bakit hindi ako?





DIABETES AWARENESS WEEK CELEBRATION 2019

July 20, 2019 • NE Pacific Mall, Cabanatuan City, Nueva Ecija



DIABETES AWARENESS WEEK CELEBRATION 2019

with Fitness Coaches Jim & Toni Saret
July 20, 2019 • Robinsons Place Pangasinan, Pangasinan



DIABETES AWARENESS WEEK CELEBRATION 2019

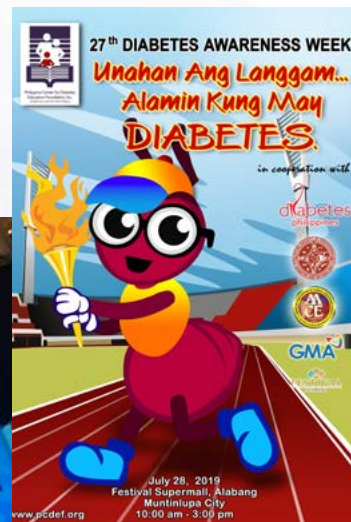
Dumaguete City Diabetes Club • July 20, 2019 • Bethel Guest House, Dumaguete City, Negros Oriental





27TH DIABETES AWARENESS WEEK CELEBRATION

(L-R) Dr. George B. Tan, Dr. Augusto D. Litonjua, Dr. Theresa Marie Valdez-Faller, and Dr. Robert Michael G. Gan



THE PRESIDENT'S REPORT

I am pleased to present my President's report of our AAACE Philippine Chapter achievements for the fiscal year 2018-2019.

General Assemblies and CME Updates:

1st General Assembly and CME Updates was held on November 24-25, 2018 at the Makati Diamond Residences. Dr. Augusto Litonjua, Dr. Maita Senandrin, Dr. Russel Villanueva, and Dr. James Young were the distinguished speakers.

2nd General Assembly and CME Updates was held on December 8, 2018 at the Makati Diamond Residences. Dynamic speakers for the event were Dr. Reynaldo Rosales and Dr. Theresa Marie Faller.

3rd General Assembly and CME Updates was held on January 24, 2019 at the Makati Diamond Residences. Notable speakers were Dr. Reynaldo Rosales and Dr. Ossama Barakat.

4th General Assembly and 2nd Annual Endocrine Updates was held on March 30, 2019 at the Grand Hyatt. Vibrant speakers were Dr. George Tan, Dr. Marie Gertrude Santos, Dr. Yasmin Zuñiga, and Dr. Edison So.



We had two non-CME lectures - “Call to Greatness and the Ministry of Touching Hearts” by Bro. Narcisco Erguiza, FSC on December 8, 2018 and “Vlogging as a tool in reaching out to patients” by Ms. Martine de Luna on March 30, 2019.

Chairpersons for all the general assemblies, CME Updates, and non-CME lectures were Dr. Jubilia De Guzman and Dr. Francis Ho.

Power of Prevention Through Fitness and Nutrition (POPTFN)

This year’s POPTFN was a splendid success. Several provincial schools participated in the program. The schools were located at Puerto Princesa City, Palawan, Ibaan, Batangas, Davao City, and Samal Island. Over a thousand pupils learned and experienced the AACE POPTFN. AACE Members who served as coordinators were: Dr. Belinda Palao, Dr. Maybelle Yanuaria, Dr. Florence Santos, Dr. Francis Ho and Dr. John Bosquit. AACE secretariat: Mr Rex Castro, Ms. Jing Tinaza, and Mr. Joel Pateña were event planners. Chairpersons were Dr. Rose Bongco, and Dr. Melanie Grace Valdez.

Endocrine Awareness Day (GOOD Outreach)

The GOOD Outreach was held at the Sacred Heart Parish, Kamuning Quezon City on December 8, 2018. Lay fora about Diabetes and Hypothyroidism were conducted by Dr. Flora Mae Jacobo and Dr. Glenn Michael Ramos respectively. This was followed by the traditional offering of Christmas groceries to indigent families. AACE member Dr. Grace Alferos was our coordinator. Chairperson was Dr. Raymond Oribio.



Diabetes Awareness Week

AAACE-Philippine Chapter celebrated Diabetes Awareness Week (DAW) on July 20, 2019 at NE Mall, Cabanatuan City. AAACE Phil Chapter Founding President Dr. George Tan was the overall organizer. AAACE Board member and DAW Chairperson Dr. James Young gave a lay forum on knowledge and prevention against Diabetes.

Thyroid Indigent Program/Living a Life with Diabetes Program

As with the past years, several indigent patients continue to benefit from this program. Free thyroid medications and insulin for the needy were given. Hats off to the Chairpersons: Dr. Marie Gertrude Santos (Thyroid) and Dr. Theresa Marie Faller (Insulin).

Fund Raiser

Our Fund-Raising campaign for the projects of POPTFN was a block buster movie screening: Avengers: Endgame. This was held on May 5, 2019 at the SM Mall of Asia Cinema 3. Like previous fund raisers, it was a smashing success. Chairpersons were Dr. Demosthneses Lumabi and Dr. Edna Alcantara.

Website

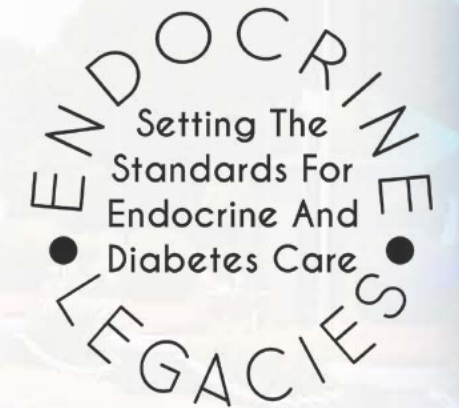
Updated Website for your constant updates – with news, archives, galleries and others. Please visit www.aacephil.com. Dr. Mark Joven has been assigned to head this program.

Annual Meeting and Congress

Since Day 1 as President of the AACE Philippine Chapter, the scientific committee has been working exceptionally hard for this event. The committee invited well-renowned speakers from the Mayo Clinic, AACE, and other prestigious institutions, who are ready to share their knowledge in their fields of expertise. My heartfelt gratitude to the scientific chairpersons: Dr. Marie Gertrude Santos and Dr. Ma. Leonora Capellan.

We hope to see you all and let’s make this a lasting legacy!

ROBERT MICHAEL G. GAN, MD, FACE
President AAACE-PC, 2018-2019



A FAREWELL INTERVIEW

of DR. ROBERT MICHAEL G. GAN,

by Theresa Marie Valdez-Faller, MD, FACE



Dra. Ayi: Hi Mike! How would you describe your experience in the past year as president of AAACE-PC? Are there any lessons that you can share with us? What are you most proud of?

Dr. Mike: Hello Ayi. It was an educational experience for me. I've been a team player in AAACE Philippine Chapter for over a decade and this year I lead the organization to accomplish all our projects that I've mentioned during my inaugural speech. Along the way, I've learned many things – academic, politics, business, and even spiritual. However, the most important lesson I've learned and will share to the group is – always be humble. I'm proud of all of our accomplishments. Every member did their part and worked hard for it.

Dra. Ayi: Can you describe your typical day?

Dr. Mike: Never thought of my routine until now. My routine is exhausting. I wake up early morning at 4AM and start work before 6AM. I would end early evening. At times, I would be so tired and would have a quick nap during the day.

Dra. Ayi: What are your secrets of looking young? Are you on special diet or exercise regimen? Any health tips you can share?

Dr. Mike: Ha ha ha, I have no secrets because I don't look young. I have no special diet. I try to avoid burgers and cut down on French fries. There was a time I hadn't had a burger for 14 straight months. The streak ended when I was at In and Out Restaurant and had no choice but to eat a burger.

Dra. Ayi: What is your hobby? What do you do on your free time?

Dr. Mike: Last year, I shared my "flip side" during one of the general assemblies. I have several collections. My Los Angeles Lakers Memorabilia – trading cards, jerseys, stickers, mugs, and others. I do have a wide collection of comics – Star wars and Green Arrow.

Dra. Ayi: Describe your family life.

Dr. Mike: That's why I start my day early so I can spend time with my family at night. I can never be prouder of my family – who supports me especially this year as AAACE-PC President.

Dra. Ayi: What life achievements are you most proud of?

Dr. Mike: Let me think, I have never thought of neither self-assessment nor achievements. Being a doctor and still having the enthusiasm in seeing patients and learning new things are my achievements that I'm proud of.



Dra. Ayi: What do you plan to do next year?

Dr. Mike: Post-presidency, I will still be the same person. I have served AAACE-PC for years and will always be ready to help, when needed.

Dra. Ayi: Any advice to young budding endocrinologists out there?

Dr. Mike: Stay humble and concentrate on your work

Dra. Ayi: Well said! Thank you Dr. Mike! You're a gem.



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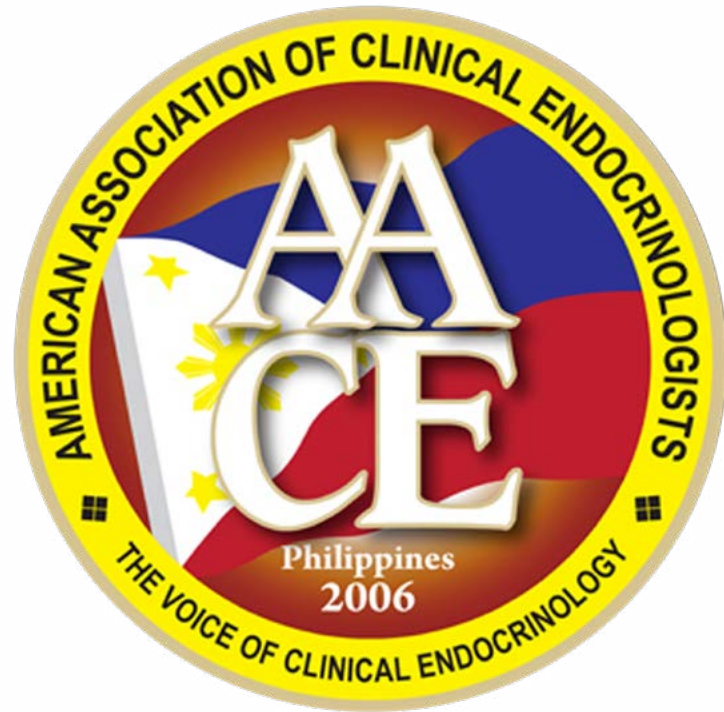
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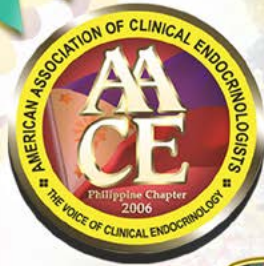


**AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS
PHILIPPINE CHAPTER FOUNDATION, INC.**

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www.aacephil.com



**American Association of Clinical Endocrinologists - Philippine Chapter Foundation, Inc.
2018-2019 Officers & Board of Directors and The Secretariat**



**14TH ANNUAL MEETING &
CLINICAL CONGRESS OF
THE AMERICAN ASSOCIATION OF
CLINICAL ENDOCRINOLOGISTS
PHILIPPINE CHAPTER**

Gearing for
Excellence in the
Mastery of the
Specialty
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