

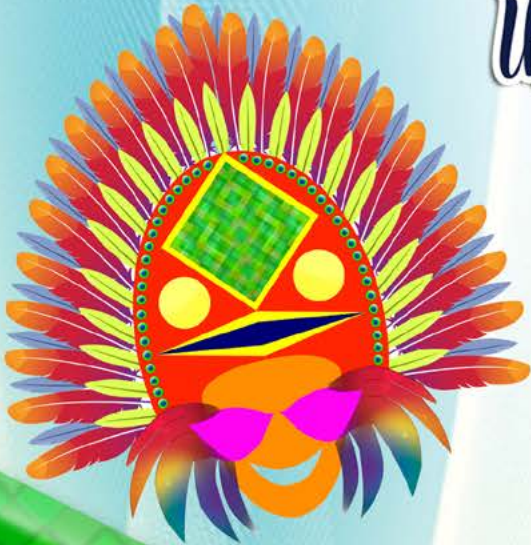


12th ANNUAL MEETING & CLINICAL CONGRESS of the AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS PHILIPPINE CHAPTER



Endorsed by the
American Association of
Clinical Endocrinologists

Endocrine Care **LEV**el Up: **EN**lightening
Updates and Revisiting
Current Practices



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



THE AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS PHILIPPINE CHAPTER

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

AACE 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 AACE-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.

Compassion

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 and relevant organizations.

Compassion

We genuinely care for our patients' utmost well-being.

We strive for greater accessibility to quality endocrine healthcare services.

Creativity

We continuously seek new and better ways to improve endocrine healthcare in the Philippines.

Credibility

We uphold competence and trustworthiness.

We pursue excellence in all our endeavours.

CONTENTS

MESSAGES

President, Republic of the Philippines	5
Governor of Iloilo	6
Mayor of Iloilo City	7
President, Philippine Medical Association	8
President, American Association of Clinical Endocrinologists USA (Mother Chapter)	9
President, American Association of Clinical Endocrinologists Philippine Chapter	10
Chair, Scientific Committee Clinical Congress	11

SCIENTIFIC PROGRAMME CONGRESS FACULTY

OFFICERS & BOARD OF DIRECTORS	30-31
COUNCIL OF PAST PRESIDENTS	32
CLINICAL CONGRESS ORGANIZING COMMITTEE	33



12th Annual Meeting & Clinical Congress of the American Association of Clinical Endocrinologists Philippine Chapter

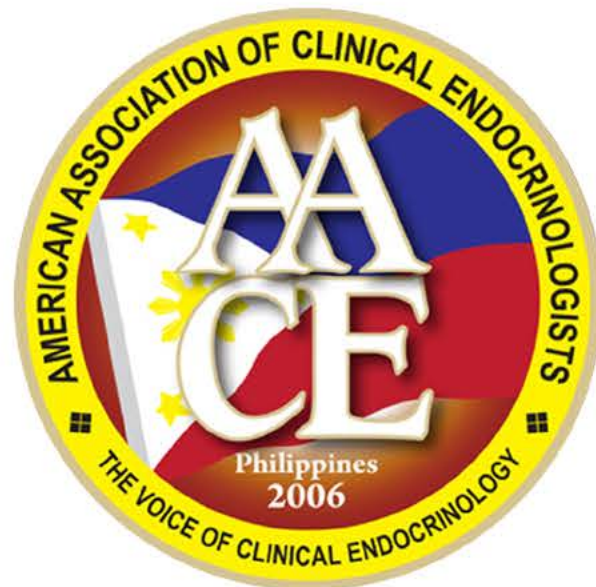
Endorsed by American Association of Clinical Endocrinologists



Endocrine Care LEVEL Up: ENlightening Updates and Revisiting Current Practices

August 9 - 11, 2018
Iloilo Convention Center, Iloilo City, Philippines

34-35	2017 CONVENTION HIGHLIGHTS
36-37	11 th Induction & Turnover Ceremonies
38-39	1 st General Assembly
40-43	2 nd General Assembly & Christmas Party
44-47	3 rd General Assembly & AACEPC Mazing Race
48-49	4 th General Assembly & Diabetic Foot Summit 2
50-51	Power Of Prevention Through Fitness and Nutrition
52-53	2018 Annual Congress, Boston, MA, USA
54-55	G.O.O.D. Day
56	Thyroid Awareness Program
57	Living a Life with Diabetes
58-59	An Accolade for Angara
60-61	Diabetes Awareness Celebrations
62	Gift of Love
63	Salamat Gid! Iloilo AACE-PC Members
64-65	President's Notes
66-67	Corporate Partners



**American Association of
Clinical Endocrinologists
Philippine Chapter
Foundation, Inc.**

*Unit 1205, Cityland 10 Tower II,
H. V. Dela Costa St., Salcedo Village, Bel-air, Makati City, Philippines
• (+63)(2) 553-0188 • aacephil@yahoo.com •*

www.aacephil.com

Message



MALACAÑAN PALACE
MANILA



My warmest greetings to the **American Association of Clinical Endocrinologists - Philippine Chapter (AAACE-PC)** as it holds its **12th Annual Meeting and Clinical Congress**.

Our health professionals have noble mandate of safeguarding the welfare of our people. I thus laud AAACE-PC for advocating ethical and cost effective management and treatment of endocrine illness and disorders. Let this event foster vital collaborations among stakeholders in the medical specialty to create strategies that work towards optimum endocrine health in the country and across the world.

Your organization is one of our esteemed partners in bringing our country to greater heights. I trust that you will continue to uphold excellence, service and compassion as we strive for more robust and healthier society.

I wish you a productive convention.


RODRIGO ROA DUTERTE

MANILA
9 August 2018

THE PRESIDENT OF THE PHILIPPINES

Message



Republic of the Philippines
PROVINCE OF ILOILO
OFFICE OF THE GOVERNOR



It is with great pleasure that I welcome the participants in the 12th Annual Meeting and Clinical Congress of AACE-Philippine Chapter to the City and Province of Iloilo on August 9-11, 2018.

It is with great pride and honor that you have chosen the City and Province of Iloilo to be the venue of this prestigious gathering of physicians and healthcare associates. It is my wish that you will have a safe and enjoyable stay here in Iloilo.

I laud the **American Association of Clinical Endocrinologists – Philippine Chapter (AACE-PC)** for hosting this event. Your theme, “Endocrine Care Level Up: Enlightening Updates and Revisiting Current Practices” aptly describes your commitment to provide the best endocrine care to the people. I believe that through this activity you will be updated with current practices and trends that would improve your chosen profession.

It is my ardent wish that your gathering will be fruitful and successful. I also hope that you will enjoy your stay here in Iloilo as you explore the rich culture and heritage of this place.

Godspeed and more power!

ARTHUR D. DEFENSOR, SR.
Governor

Message



Republic of the Philippines
City of Iloilo
OFFICE OF THE MAYOR



My warmest greetings to the participants and organizers of the 12th Annual Meeting and Clinical Congress of the American Association of Clinical Endocrinologists - Philippine Chapter (AACE-PC) here in Iloilo City!

It is truly an honor and privilege that you have chosen our beautiful city as venue of your big gathering because your choice certainly boosts our growing reputation as a health hub and ideal convention destination.

Your theme – “Endocrine Care Level Up: Enlightening Updates and Revisiting Current Practices” – is surely timely and significant in the light of innovations and initiatives in medical field amidst the challenges and concerns that need to be addressed.

Thus, I am confident that your esteemed institution will always serve and spearhead a strong enhancement of healthcare professionalism, standards and services excellence towards the continuing progress and sustainable development of our nation.

It is my sincerest hope that you will always be able to accomplish the noble vision and goals of your dynamic organization.

Please enjoy the warm Ilonggo hospitality, gastronomic treat and amazing tourism attractions the City of Love can offer to guests and visitors.

I congratulate all of you, our reliable partners for progress, our care providers, and our modern-day heroes, on your successful endeavors.

Godspeed and more power!

ATTY. JOSE S. ESPINOSA III
City Mayor



Message



American Association of Clinical Endocrinologists

245 Riverside Avenue • Suite 200 • Jacksonville, FL 32202 • Ph: (904) 353-7878 • Fax: (904) 353-8185 • www.aace.com



Dear AACE Philippine Chapter Colleagues,

On behalf of the American Association of Clinical Endocrinologists (AACE) in the U.S., I extend my best wishes for a successful 12th Annual Meeting & Clinical Congress.

The AACE Philippine Chapter is one of AACE's largest and most active international chapters. AACE highly values our long-standing collaboration and partnership. We are proud of our shared mission to improve the care of patients with endocrine and metabolic disorders. Your commitment to this goal is evident by this year's excellent scientific curriculum.

I am pleased to attend and participate in the 2018 AACE Philippine Congress, and I look forward to our time together in sharing the commonality of our profession.

My best wishes for an outstanding meeting.

Sincerely,

Daniel L. Hurley, MD, FACE
AACE President

Message



PHILIPPINE MEDICAL ASSOCIATION



Greetings from the Philippine Medical Association!

Congratulations to the officers and members of the American Association of Clinical Endocrinologists Philippine Chapter (AACE-PC) on the occasion of your 12th Annual Meeting & Clinical Congress at Iloilo Convention Center, Iloilo City on August 9-11, 2018.

The convention theme: "Endocrine Care Level Up: Enlightening Updates and Revisiting Practices" provides an excellent platform for participants to connect with brilliant minds, and learn the latest innovations in order to keep pace with rapid advancements in the diagnosis and treatment of endocrine disorders.

Endorsed by the American Association of Clinical Endocrinologists, knowledge and skills obtained from this AACE Congress will ignite a renewed passion for improving patient outcomes and delivering efficient and endocrine and metabolic patient care while upholding ethical principles in the obtaining optimal endocrine health.

We look forward to the collaboration of the American Association of Clinical Endocrinologists Philippine Chapter (AACE-PA) with the Philippine Medical Association (PMA) in providing Continuing Professional Development (CPD) Programs for our health practitioners.

On behalf of the PMA National Officers and Board of Governors, I would like to convey my best wishes for a successful annual congress.

JOSE P. SANTIAGO, JR., MD
President

Message

Message



**AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS
PHILIPPINE CHAPTER**



“Maayo nga pag-abot diri sa Iloilo”

I am truly honored and delighted to have this opportunity to welcome delegates from the different provinces of the Philippines. The AACE-Philippines has been in the forefront in providing quality scientific conferences. This will be the first time that the Clinical Congress will be held in Iloilo City. These year’s theme is **“Endocrine Care Level Up: Enlightening Updates and Revisiting Current Practices”**. The congress has been designed to provide an innovative and comprehensive review of diseases in the field of diabetes, obesity, osteoporosis and general endocrinology. We have invited renowned local and international experts to share their clinical expertise.

It has been our greatest challenge to provide an atmosphere that is stimulating and fulfilling. We hope that you will enjoy the congress as you interact with your colleagues, mentors and friends. Our 12th Annual Meeting and Clinical Congress promises to challenge and inspire you.

REYNALDO D. ROSALES, MD, FPCP, FPSED, FACE
President, AY 2017-2018
Overall Congress Chair



**AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS
PHILIPPINE CHAPTER**



It is with great pride and pleasure that I invite you to join us for the **12th Annual Meeting and Clinical Congress of the American Association of Clinical Endocrinologists - Philippine Chapter**. This meeting is endorsed by our mother society American Association of Clinical Endocrinologists U.S.A. This year's theme will be **“Endocrine Care LEVEL Up: ENlightening Updates and Revisiting Current Practices”**. We have invited renowned speakers from the USA and Asia, as well as home-grown Filipino experts, to enlighten and update us on the diverse endocrine topics of diabetes and its complications, thyroid disorders including cancer, osteoporosis, obesity, pituitary, nutrition, pediatric endocrine and transgender medicine.

The wonderfully warm and hospitable city of Iloilo will be the venue of this year's meeting. It will be the first time that AACE-PC will be holding our congress here and we hope to explore with you the sights, sounds and tastes of the Ilonggo lifestyle.

Over the years, our group had continuously presented quality and enjoyable learning modules. And this year, we promise the same great opportunity to learn and interact with the gurus and experts so that when we go back to our respective places of practice, we all will be enabled to optimize endocrine care for our patients.

See you all in Iloilo. God bless!

THERESA MARIE VALDEZ-FALLER, MD, FPCP, FPSED, FACE
Vice President and Chair, Scientific Committee 2018



Endocrine Care **LEV**el Up: **EN**lightening Updates and Revisiting Current Practices



Iloilo Convention Center, Iloilo City, Philippines • August 9 – 11, 2018

August 9, 2018 (Thursday)

8:00 AM - 8:45 AM Registration

8:45 AM - 9:00 AM Opening Ceremonies

9:00 AM - 9:40 AM *Plenary 1*
Vitamin D: Myth or Fact?
Speaker: **Bart L. Clarke, MD**

9:40 AM - 10:20 AM *Plenary 2*
Endocrine Changes and Challenges in Pregnancy
Speaker: **Gerry H. Tan, MD**

10:20 AM - 11:00 AM *Symposium 1 (CME Grant from ASTRA ZENECA)*
From Multiple Benefits to Outcomes: SGLT2i in the Real World Clinical Setting
Speaker: **Prof. Mikhail Kosiborod**

11:00 AM - 12:00 NN LUNCH

12:00 NN - 12:40 NN *Symposium 2 (CME Grant from BOEHRINGER INGELHEIM)*
SGLT2 + DPP4 Inhibition: Is this the Path Forward in Type2 DM Management?
Speaker: **Yehuda Handelsman, MD**

12:40 NN - 1:20 NN *Plenary 3*
Updates in Thyroid Cancer
Speaker: **Bryan Mclver, MD**

1:20 PM - 2:20 PM Opening of Exhibits

2:20 PM - 3:00 PM *Plenary 4*
Diabetic Gastropathy
Speaker: **Judith D. Gapasin-Tongco, MD**

3:00 PM - 3:40 PM

Symposium 3 (CME Grant from SANOFI AVENTIS)
The Evolution of Basal Insulin and Its Enduring Contribution to Diabetes Care
Speaker: **Joy Arabelle C. Fontanilla, MD**

3:40 PM - 4:00 PM

SNACKS

4:00 PM - 4:40 PM

Plenary 5
Osteoporosis in Children
Speaker: **Marlah M. Tomboc, MD**

4:40 PM - 5:20 PM

Plenary 6
Dermatologic Manifestations of Endocrine Disorders
Speaker: **Lonabel A. Encarnacion, MD**

5:20 PM - 6:00 PM

Symposium 4 (CME grant from MERCK)
Challenges in the Management of Hypothyroidism
Speaker: **Bryan Mclver, MD**

6:00 PM

DINNER

7:00 PM

Business Meeting (AACE MEMBERS)

August 10, 2018 (Friday)

8:30 AM - 9:20 AM

Plenary 7
Steroid Induced Osteoporosis
Speaker: **Bart L. Clarke, MD**

9:20 AM - 10:00 AM

Plenary 8
Clinical Utility of RAI in Thyroid Cancer
Speaker: **Bryan Mclver, MD**

10:00 AM - 10:20 AM

SNACKS

10:20 AM - 11:00 AM

Symposium 5 (CME Grant from NOVO NORDISK)
Updating Your Clinical Practice with Basal Insulin 4.0
Speaker: **Gerry H. Tan, MD**

11:00 AM - 11:40 AM

Symposium 6 (CME Grant from BOEHRINGER INGELHEIM)
The Heart Matters: Importance of CVOT in Modern Diabetes Management
Speaker: **Yehuda Handelsman, MD**

11:40 AM - 12:20 NN

Symposium 7 (CME Grant from LRI-THERAPHARMA)
A Practical Approach to Glucose Control: The Emerging Role of Nutrition in Addressing the Glycemic Pentad
Speaker: **Gerry H. Tan, MD**

12:20 NN - 1:40 PM

LUNCH & EXHIBITS

1:40 PM - 2:20 PM

Plenary 9
Diabetic Pulmopathy
Speaker: **Patrick Gerard L. Moral, MD**

2:20 PM - 3:00 PM

Plenary 10
Treatment of Obesity: Implementing AACE Clinical Practice Guidelines
Speaker: **Daniel L. Hurley, MD**

3:00 PM - 3:40 PM

Plenary 11
Transition Care from Pedia to Adult
Speaker: **Ma. Susana P. Campos, MD**

3:40 PM - 4:00 PM

SNACKS

4:00 PM - 4:40 PM

Plenary 12
Approach to Hypogonadal Men and Management Strategies
Speaker: **Prof Lee Kok Onn**

4:40 PM - 5:20 PM

Plenary 13
Heart Failure in Diabetes
Speaker: **Yehuda Handelsman, MD**

7:00 PM

President's Night (by invitation only)

August 11, 2018 (Saturday)

8:30 AM - 9:10 AM

Plenary 14
Critical Appraisal of Lipid Guidelines: What's The New Target?
Speaker: **Yehuda P. Handelsman, MD**

9:10 AM - 9:50 AM

Plenary 15
Fad Diets for Weight Loss: Hype or Hope?
Speaker: **Daniel L. Hurley, MD**

9:50 AM - 10:30 AM

Symposium 8 (CME Grant from Cathay YSS)
Biosimilar Insulin Analogs: New Frontiers for Cost Effective and Efficacious DM Management
Speaker: **Subhankar Chowdhury, MD**

10:30 AM - 11:10 AM

Plenary 16
Approach to Hypokalemia
Speaker: **Froilan A. De Leon, MD**

11:10 AM - 12:00 NN

Plenary 17
Transgender Lecture: When Adam Became Eve
Speaker: **Prof Lee Kok Onn**

12:00 NN

CLOSING CEREMONY

CONGRESS FACULTY

MA. SUSANA P. PADILLA-CAMPOS, MD, FPSEDM, FPPS

PHILIPPINES

Dr. Susana Padilla-Campos finished her internship in Pediatrics at the St. Paul-Ramsey Hospital; her residency in Pediatrics and her Fellowship in Pediatric Endocrinology at the Children's Hospital of Buffalo-SUNY. She is a Diplomate of the American Academy of Pediatrics and its Sub-board for Pediatric Endocrinology.

She is a Professor of Pediatrics in Emilio Aguinaldo School of Medicine. She is also the Medical Director of the Medical Center Manila; and the Head of the Section of Pediatric Endocrinology of St. Luke's Medical Center-BGC, and until recently, the head of the same section of Makati Medical Center. Currently, she is a Council member and the Philippine representative to the Asian Pacific Pediatric Endocrine Society.

She served as the Editor-in-Chief of the Philippine Journal of Pediatrics and Past President of the Philippine Society of Pediatric Metabolism and Endocrinology.



CONGRESS FACULTY

SUBHANKAR CHOWDHURY, DTM&H, MD, DM (ENDO), MRCP (UK)

INDIA

Dr. Subhankar Chowdhury is Professor and Head of the Dept. of Endocrinology of IPGME&R and SSKM Hospital in Kolkata. He is also available for consultation at several hospitals and clinics around Kolkata.

Dr. Chowdhury had a brilliant academic record starting from the school-leaving examination (2nd position out of nearly 200,000 candidates), through MBBS, DTM&H, MD and DM courses (numerous college medals, scholarships and prizes, and topper in the University final examinations).

Dr. Chowdhury plays an active role in several medical associations. He is Secretary of the West Bengal Chapter of the Research Society for the Study of Diabetes in India (RSSDI), and Immediate Past President of the Endocrine Society of India. He is also a Founder Patron of the South Asian Federation of Endocrine Societies. He is President of the Endocrine Society of Bengal.

He was a clinical research fellow in St. Vincent in United Kingdom from 1996-97.



BART L. CLARKE, MD, FACP, FAACE**USA**

Dr. Bart L. Clarke is a Professor of Medicine in Mayo Clinic College of Medicine and a consultant at the Department of Medicine, Division of Endocrinology, Diabetes, Metabolism and Nutrition in Mayo Clinic. He completed his Fellowship in Bone and Mineral Metabolism, and Endocrinology and Metabolism in Mayo Clinic Rochester.

He is the President-elect of the American Society for Bone and Mineral Research; Co-Chair for North America Global Scientific Steering Committee of the PARADIGM Hypoparathyroidism Registry; member of the International Osteoporosis Foundation Committee of Scientific Advisors and of the NASA Bone Research and Clinical Advisory Panel. He is also the American Society for Bone and Mineral Research Representative to US Bone and Joint Initiative Board and the Co-Chair of the American Society for Bone and Mineral Research Development.

Dr. Clarke sits on the Editorial Board of the Mayo Clinic Health Letter, the International Journal of Osteoporosis and Metabolic Disorders, the Bone Reports, the Journal of Endocrine Disorders and the Metabolism Clinical and Experimental. He is also the Editor of Bone and Calcium Metabolism, the yearbook in Endocrinology. He is a scientific article reviewer for medical journals, such as the Journal of the American Medical Association, American Journal of Physiology, Mayo Clinic Proceedings, Journal of Bone and Mineral Research, to name a few.

His clinical practice focuses on metabolic bone disease, with special interest on steroid-induced osteoporosis and transplantation osteoporosis. His researches delve on regulation of phosphate metabolism by phosphatonins; steroid-induced osteoporosis; transplantation osteoporosis; postmenopausal osteoporosis; treatment of hypercalcemia; hypoparathyroidism and primary hyperparathyroidism; bone histomorphometry and mechanisms of osteoporosis in men; biochemical markers of bone turnover in metabolic bone disease; molecular mechanisms of diseases of bone and mineral metabolism; role of second messengers including calcium and protein kinase C in intracellular signaling in bovine and human parathyroid cells. He published numerous bone and endocrine-related materials in CD-ROMs, audio tapes, video tapes, web articles, abstracts, and journal articles.

**FROILAN DE LEON, MD, FPCP, FPSN****PHILIPPINES**

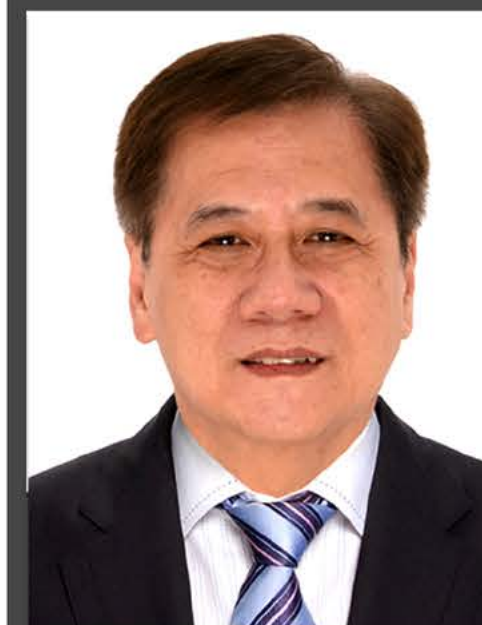
Dr. Froilan de Leon finished his post graduate internship and Residency in Internal Medicine at the University of Santo Tomas Hospital. He obtained his Fellowship in Nephrology in the same institution.

He is an Associate Professor at the UST Faculty of Medicine and Surgery and the Medical Director of Nephrocare Philippines.

Previously, he was the Chief of the Section of Nephrology in USTH and UST Faculty of Medicine and Surgery from 2000-2010. He also served as the Chairman of the Task Force on Deceased Organ Donation of the Philippine Society of Nephrology. He was a Board Member of the Philippine Specialty Board of Nephrology and the Philippine Society of Nephrology; and Past President of the Philippine Association for Renal Health. He also became the Chief of the Section of Nephrology of San Juan de Dios Hospital.

He was awarded the Special Award for Community Service in 2008; and the Special Award for Medical Education in 2012 given by the Philippine Society of Nephrology. He was also the Distinguished Fellow of the Philippine College of Physicians in 2016.

Dr. de Leon is a member of the International Society of Nephrology, Philippine Society of Hypertension, Philippine Medical Association and the Philippine Association for Renal Health.



LONABEL PIA ANCHETA-ENCARNACION, MD, FPDS**PHILIPPINES**

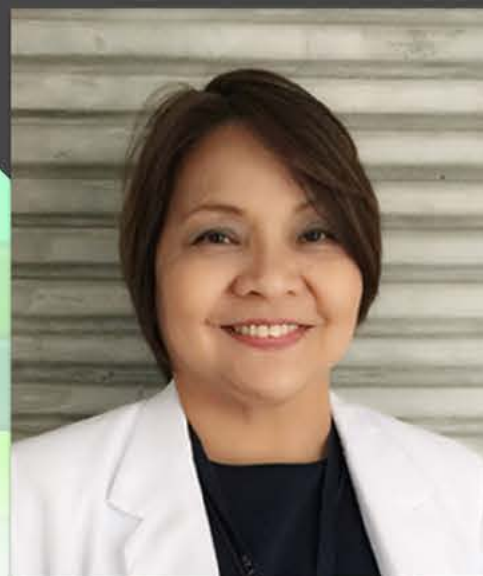
Dr. Lonabel Pia Ancheta-Encarnacion is the Head of the Department of Dermatology and the Dermatology Center in St. Luke's Medical Center-QC. She is also the Chief of the Environmental Dermatology Unit of the said hospital. She also serves as an Assistant Clinical Professor II in St. Luke's College of Medicine. Concurrently, she also heads the Center for Occupational Health and Environmental Safety Services of the St. Luke's Medical Center-BGC.

She is part of the Faculty of Basic and Advanced Course in Occupational Dermatology of the Philippine College of Occupational Medicine; and a previous Course Director and Lecturer of the Associate's Dermatology Review Course of the Philippine Dermatological Society.

She trained as Research Fellow in Environmental Dermatology in the Department of Dermatology in St. Luke's – Roosevelt Hospital, Columbia University College of Physicians and Surgeons in New York.

She received the L'Oreal & Galderma International Awards for Social Responsibility in Dermatology Laureate for the Asia Pacific Region in 2011.

She has delivered and presented scientific papers and lectures in various national and international dermatologic conferences.

**JOY ARABELLE C. FONTANILLA, M.D., FPCP, FPSEDM, FPCDE, CCD, FACE****PHILIPPINES**

Dr. Joy 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 INTARMED 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.



CONGRESS FACULTY

JUDITH D. GAPASIN-TONGCO, MD, FPCP, FPSG, FPSDE

PHILIPPINES

Dr. Judith D. Gapasin-Tongco is the Immediate Past President of the Philippine Society of Gastroenterology. She finished her Degree in Medicine in University of Santo Tomas. She completed her Gastroenterology Fellow training at the Royal Adelaide Hospital in Australia.

She is a Consultant Gastroenterologist in St Luke's Medical Center in Quezon City, the head of the Lower GI and an Assistant Training Officer of the Institute of Digestive and Liver Diseases of the same hospital. She also serves as an affiliate consultant in St Luke's Medical Center-BGC.

Her researches are varied focusing on gastrointestinal and renal subject matters.



CONGRESS FACULTY

YEHUDA HANDELSMAN, MD, FACP, FNLA, MACE

USA

Dr. Yehuda Handelsman is the Medical Director and Principal Investigator of the Metabolic Institute of America. He is also an endocrinologist in solo private practice in Tarzana, California. He successfully developed and utilizes a comprehensive, multiple intervention approach to preventing and managing obesity, diabetes and cardiovascular and other metabolic diseases. He is also a Senior Scientific Consultant and Director of Education of the Metabolic Endocrine Education Foundation --- a non-profit organization devoted to improve patient's care through education of health professionals, the public and support of researches.

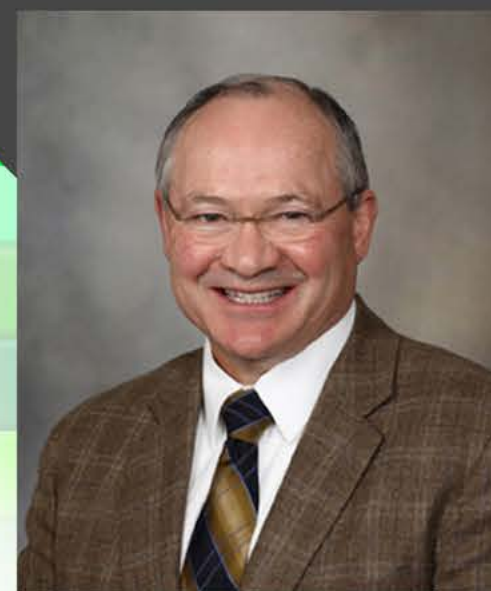
He has been listed repeatedly in "Top Doctors of Los Angeles," "Southern California Super Doctors" and "Best Doctors of America." Dr Handelsman is the President of the Pacific Lipid Association; member of the Board of Directors of the American Association for Preventive Cardiology (ASPC); Chair of the AACE/ACE Diabetes & Lipids Scientific Committees and a Trustee of the American College of endocrinology (ACE). He is also the Chair, Founder & Program Director of the World Congress on Insulin Resistance, Diabetes & CVD; Chair & Program Director of The Heart in Diabetes- initiative and Medical Congress. He is also the Chair and Founder of the International Lipid Forum (ILF) & Editor of the The Lipid Forum. Dr. Handelsman is a Past President of the AACE & ACE.

He has researched, lectured and published extensively on diabetes and its comprehensive treatment, obesity, HTN, lipids, insulin resistance, metabolic syndrome, prediabetes, the prevention of kidney & vascular disease, incretins, gut hormones, the gut-brain connection, multi-hormonal obesity and diabetes & cancer. He has also consulted and lectured on lipodystrophy, the thyroid and osteoporosis. Dr Handelsman was an associate editor of the Journal of Diabetes, and frequently serves as guest editor and reviewer for multiple publications, such as the Journal of Clinical Hypertension, Endocrine Practice & Diabetes Care. He is the chair of the AACE 2011 Comprehensive Diabetes Guidelines and chair of the 2013 DM Guideline update committee, a member of the AACE 2013 Comprehensive Diabetes Algorithm and the 2012 AACE lipid guideline. He has been chair, member, co-author, and reviewer of many of AACE/ACE guidelines, algorithms, and position statements on diabetes, obesity, and lipids.



DANIEL L. HURLEY, MD, FACE, FAAACE

USA



Dr. Daniel Hurley is an Assistant Professor of Medicine at the College of Medicine in Mayo Clinic. He is also a Consultant in the Division of Endocrinology, Diabetes, Metabolism, and Nutrition of the Department of Internal Medicine in the same institution.

He is a member of the President's Council of Fitness, Sports & Nutrition Science Board. He served as Past President of the AACE Minnesota-Midwest Regional Chapter and a charter member of AACE. He was Co-chair of the AACE 19th, 24th and 25th Annual Meetings and Clinical Congresses. He is also the co-chair of the Program on Professionalism and Ethics in Mayo Clinic Rochester. Dr. Hurley is also member of the American College of Endocrinology.

Currently, he is the President of AACE.

He was an Associate Editor of The West Central Osteoporosis Board and was a reviewer of the Endocrine Practice, Mayo Clinic Health Letter, Mayo Clinic Proceedings and Mayo Clinic Women's HealthSource. He is also a part of the Mayo Clinic Annual Clinical Reviews CME Planning Committee.

He lectured on various subjects in Mayo Clinic, such as hypercalcemia and primary hyperparathyroidism, endocrine system course, nutrition in the ICU, parenteral/enteral nutrition, Vitamin D in bone health, medical management of the post-bariatric surgery patient, and communication in health care.

His clinical practice and research interests focus on bone and mineral metabolism, nutrition in health and disease, and physician-patient communication in health care. He wrote peer-reviewed articles including papers on bone mineral density, calcitonin, metabolic bone diseases, thyroid carcinoma and thyroid diseases, and nutrition.

MIKHAIL KOSIBOROD, MD, FACC, FAHA

USA



Dr. Kosiborod is a Cardiologist and Clinical Researcher at Saint Luke's Mid America Heart Institute, and Professor of Medicine at the University of Missouri-Kansas City in Kansas City, Missouri. He received training in clinical research, epidemiology, and health policy through the Robert Wood Johnson Clinical Scholars Program, as well as clinical training in cardiovascular medicine at Yale University School of Medicine. Dr. Kosiborod is an internationally recognized expert in the fields of diabetes and glucose control, electrolyte management, quality of care and outcomes in patients with cardiovascular disease.

He has authored and co-authored over 100 peer-reviewed publications, including scientific statements and position documents. Dr. Kosiborod is involved in clinical trials, both in the leadership role as well as the investigator role, at Saint Luke's Lipid and Diabetes Research Center.

Dr. Kosiborod is also actively involved in the work of multiple committees for the American College of Cardiology (ACC) and American Heart Association (AHA). He currently chairs the AHA Diabetes Committee, and the ACC/ADA/ACP/Joslyn Diabetes Collaborative Registry Steering Committee, was a Co-chair of the AHA's Global Congress on Big Data in 2014, and is a Chair of the AHA's Quality of Care and Outcomes Research Conference. He serves on the editorial boards of several scientific journals, including Journal of the American College of Cardiology.

Dr. Kosiborod is the training Co-director of the NHLBI T-32 Outcomes Research Fellowship at St. Luke's Mid America Heart Institute and is closely involved in mentoring many trainees both locally and across other institutions nationally and internationally.

CONGRESS FACULTY



BRYAN McIVER, MD, BSC (hons), MB CHB, PHD, FRCP (Edin)

USA

Dr. Bryan McIver is the Deputy Physician in Chief of the Moffitt Medical Group Endocrine Tumor Program; Program Leader of the Endocrine Tumors; Interim Chair of the Department of Head and Neck, and Endocrine Oncology and the Department of Breast Oncology; and a Senior member of the Moffitt Cancer Center. He is also a Professor of Oncologic Sciences in Morsani College of Medicine, University of South Florida, USA.

He is a member of the Caledonian Society for Endocrinology, American Medical Association, American Association of Clinical Endocrinologists and American Thyroid Association. He was also a member of several guidelines groups such as the Thyroid Cancer Guidelines Development Group (2005- 2006, 2007-2009); the American Thyroid Association Guidelines Committee for Thyroid Nodules and Thyroid Cancer Management (2004-2009); and currently a member of the National Comprehensive Cancer Network Thyroid Carcinoma Panel. Dr. McIver is a Founder Member of the "World Congress on Thyroid Cancer".

He is part of the ACGME Clinical Competency Committee and developed a curriculum for Fellowship in Head and Neck, and Reconstructive Surgery.

He published books and book chapters, and review articles on the subjects of thyroid carcinoma, thyroid nodules, treatments for thyroid cancer, diseases of the thyroid and parathyroid glands, Grave's Disease, euthyroid sick syndrome and amenorrhea.

His clinical practice interests are in the areas of differentiated thyroid carcinoma; atypical, advanced and aggressive thyroid carcinoma; Multiple Endocrine Neoplasia Syndromes; Graves' Disease and hypothyroidism.

CONGRESS FACULTY



PATRICK GERARD L. MORAL, MD, FPCP, FPCCP, FPSSM

PHILIPPINES

Dr. Patrick Moral finished his fellowship in Pulmonary and Critical Care in University of Santo Tomas Hospital where he became Chief Fellow in 1998. Subsequently he trained in his subspecialty for Pulmonary Sleep Disorders in University of California San Diego in 2000.

He is a Fellow and President of the Philippine College of Chest Physicians. He is also a member of the Editorial Board of *Respirology*, the official journal of the Asia-Pacific Society of Respirology. Dr. Moral served as a Past President of the Philippine Society of Sleep Medicine. He is an Associate Professor III of the Section of Pulmonary and Critical Care Medicine of the Department of Medicine UST-FMS. He is also the head of the training committee of the Center for Respiratory Medicine and a consultant staff of USTH.

A renowned medical ethics expert, he is a Past Chairman and Associate Professor of the Department of Ethics in UST-FMS. He is also a member of the Bioethics Society of the Philippines; a past member of the Board of Directors of the Southeast Asian Center for Bioethics and the Transplant Ethics Committee in USTH; a past Vice-Chair of the Ethics Committee of the Philippine College of Physicians; and a Bioethics Faculty and Module Developer of UNILAB Medical Education and Development (UMED).

PROF. LEE KOK-ONN, MD, FRACP, FRCP, MBBCH**SINGAPORE**

Dr. Lee Kok-Onn is a Professor and Senior Consultant of the Division of Endocrinology, Department of Medicine in National University of Singapore.

He is a member of the Royal College of Physicians, both in UK and Ireland.

He was awarded the China Medical Board Fellowship in Singapore for Advanced Training in Biochemical technique in Endocrinology at the N.I.H Bethesda, Maryland, USA. He was also granted the National Institutes of Health (USA) Visiting Fellowship for the advanced research on the structure-function relationship of Glycoprotein hormones. Dr Lee received the Samuel Leonard Simpson Fellowship in Endocrinology from the Royal College of Physicians in London; and the Fellowship (elected) from the Royal Australasian College of Physicians. He also served as visiting Professor in Shandong University and Honorary Professor in Shandong Provincial Hospital in China.

He is part of the editorial board of various medical journals such as the International Editorial Board of Jordan Medical Journal, Reviews in Endocrinology & Metabolism (Kluwer USA), International Advisory Board of Medicine International (UK), Senior Editor of the Endocrine Connections of Bioscientifica (UK), Clinical Diabetes and Endocrinology (Springer USA) and the University of Michigan (USA). He was also the editor-in-chief of the Journal of the ASEAN Federation of Endocrine Societies.

Dr Lee was Past President of the Endocrine and Metabolic Society (Singapore) and Past Chairman of the Academy of Medicine of Singapore Chapter of Physicians. He was also a past international mentor of The Endocrine Society (USA); and previously a Senior Editor of the Endocrine Connections, the e-Journal of the European Society of Endocrinology.

His over 100 publications focused on non-diabetes endocrinology, especially in the growth hormone (GH)/ insulin-like growth factor(IGF)/ and IGF-binding protein (IGFBP) axis. His present research interests include new therapies in diabetes.

**GERRY H. TAN, MD, FPCP, FPSEDM, FACE****PHILIPPINES**

Dr. Gerry Tan acquired his medical degree from Cebu Doctors' University College of Medicine. He had his residency training in Internal Medicine at the New York Medical College, Lincoln Medical Center and fellowship training in Endocrinology at the Mayo Clinic. He also had advanced preceptorship training in Diabetes and Endocrinology at the University of San Francisco, Stanford University, Whittier Institute for Diabetes, John Hopkins University Hospital and Harvard Medical School. He has had numerous publications in different peer-viewed journals locally and internationally.

Dr. Tan is a Fellow of the Philippine College of Physicians, Philippine Society of Endocrinology, Diabetes and Metabolism, American College of Physicians, and American College of Endocrinology. He is also the past-president of the American Association of Clinical Endocrinologists – Philippine Chapter.

Dr. Tan was the Chairman of the Research Department of Cebu Doctors' Hospital, Department of Medicine from 1999 to 2013. He is currently a Professor of Medicine at Cebu Doctors' University College of Medicine and the Chairman of the Division of Endocrinology at Cebu Doctors' University Hospital.

He was given the International Clinician Award by the American Association of Clinical Endocrinologists in May 2015.

MARLAH M. TOMBOC, MD, FAAP, FPSPME, DPPS

PHILIPPINES



Dr. Marlah Tombooc is a pediatric endocrinologist in St. Luke's Medical Center-BGC. She was a pediatric endocrinologist (locum tenens) at the University of New Mexico Children's Hospital in New Mexico and in Marshfield Clinic in Wisconsin. She also served in that capacity in Pediatric Endocrinology and Diabetes Specialists in Levine Children's Hospital in Charlotte, North Carolina.

Her post-graduate trainings included a Fellowship in Pediatric Endocrinology in Children's Hospital in Pittsburgh, University of Pittsburgh School of Medicine; a pediatric residency (PL-3) in Crozer-Chester Medical Center in Upland, Pennsylvania and in Allegheny University Hospital (PL-1 and 2) in Philadelphia. She also obtained her internal medicine residency training in Atlantic City Medical Center in New Jersey.

Until 2015, she was a visiting Clinical Assistant Professor at the University of New Mexico Children's School of Medicine. She was also a Teaching Pediatric Endocrinology Consultant in the Levine Children's Hospital Pediatric Residency Program, from 2002 to 2010.

She is a board certified pediatric-endocrinologist of the American Board of Pediatrics.

She has written numerous papers and abstracts in pediatrics.



12th ANNUAL MEETING & CLINICAL CONGRESS of the AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS PHILIPPINE CHAPTER

with **3 PCP CPD Units**
50 PAFP CPD Units Cat. II
95 PMA CME Units
19.5 PRC Medicine CPD Units
RN & RND PRC CPD Units Applied

Endorsed by the
American Association of Clinical Endocrinologists

Endocrine Care LEVEL Up: ENlightening Updates and Revisiting Current Practices

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

HIGHLIGHTS OF THE 2018 ANNUAL MEETING & CLINICAL CONGRESS

- Vitamin D: Myth or Fact?
- Endocrine Changes and Challenges in Pregnancy
- Updates in Thyroid Cancer
- Diabetic Gastropathy
- Osteoporosis in Children
- Dermatologic Manifestations of Endocrine Disorders
- Steroid Induced Osteoporosis
- Clinical Utility of RAI in Thyroid Cancer
- Diabetic Pulmopathy
- Treatment of Obesity: Implementing AACE Clinical Practice Guidelines
- Transition Care from Pedia to Adult
- Approach to Hypogonadal Men and Management Strategies
- Heart Failure in Diabetes
- Critical Appraisal of Lipid Guidelines: What's The New Target?
- Fad Diets for Weight Loss: Hype or Hope?
- Approach to Hypokalemia
- Transgender Lecture: When Adam Became Eve







REYNALDO D. ROSALES, MD, FPCP, FPSED, FACE
President & Over-all Congress Chair, AACE Philippine Chapter 2017-2018



THERESA MARIE VALDEZ-FALLER, MD, FPCP, FPSED, FACE
Vice President, Chair, 2018 Scientific Committee

MEMBERS OF THE CONGRESS FACULTY

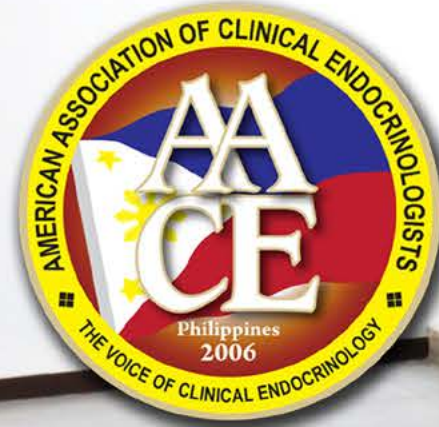
 DANIEL L. HURLEY, MD Endocrinologist, Mayo Clinic, President, AACE, USA	 YEHUDA HANDELSMAN, MD Endocrinologist, Metabolic Institute of America Past President, AACE, USA
 BART L. CLARKE, MD Endocrinologist, Mayo Clinic, USA	 BRYAN McIVER, MD Endocrinologist, Moffitt Cancer Center, Florida, USA
 Prof LEE KOK ONN, MD Endocrinologist, National University Hospital, Singapore	 JUDITH D. GAPASIN-TONGCO, MD Gastroenterologist, St. Luke's Medical Center
 FROILAN A. DE LEON, MD Nephrologist, University of Santo Tomas Hospital	 PATRICK GERARD L. MORAL, MD Pulmonologist, University of Santo Tomas Hospital
 LONABEL PIA A. ENCARNACION, MD Dermatologist, St. Luke's Medical Center	 GERRY H. TAN, MD Endocrinologist, Cebu Doctors' University Hospital
 MA. SUSANA P. CAMPOS, MD Pediatric Endocrinologist, Manila Medical Center	 MARLAH M. TOMBOC, MD Pediatric Endocrinologist, St. Luke's Medical Center

American Association of Clinical Endocrinologists - Philippine Chapter
Unit 1205, Cityland Tower II, H. V. Dela Costa St., Salcedo Village, Bel-air, Makati City, Philippines • (+63)(2) 553-0188 • aacephil@yahoo.com • Jing - 0927-332-3677 • Rex - 0917-942-3483 •

For ILOILO: **Dr. Fe Hilado - 09173295557** **Dr. Mary Flor Gafate Ong - 09178233192**
Dr. Margaret Jane C. Galilea - 09985764008 **Dr. Aretha G. Liwag - 09178476189**

www.aacephil.com

OFFICERS & BOARD OF DIRECTORS



2017-2018



THERESA MARIE VALDEZ-FALLER, MD, FACE
Vice-President



ROBERT MICHAEL G. GAN, MD, FACE
President-Elect



REYNALDO D. ROSALES, MD, FACE
President, 2017 - 2018



MARIE GERTRUDE C.I. SANTOS, MD, FACE
Director



MELANIE GRACE P. VALDEZ, MD, FACE
Director



ROSARIO R. BONGCO, MD, FACE
Director



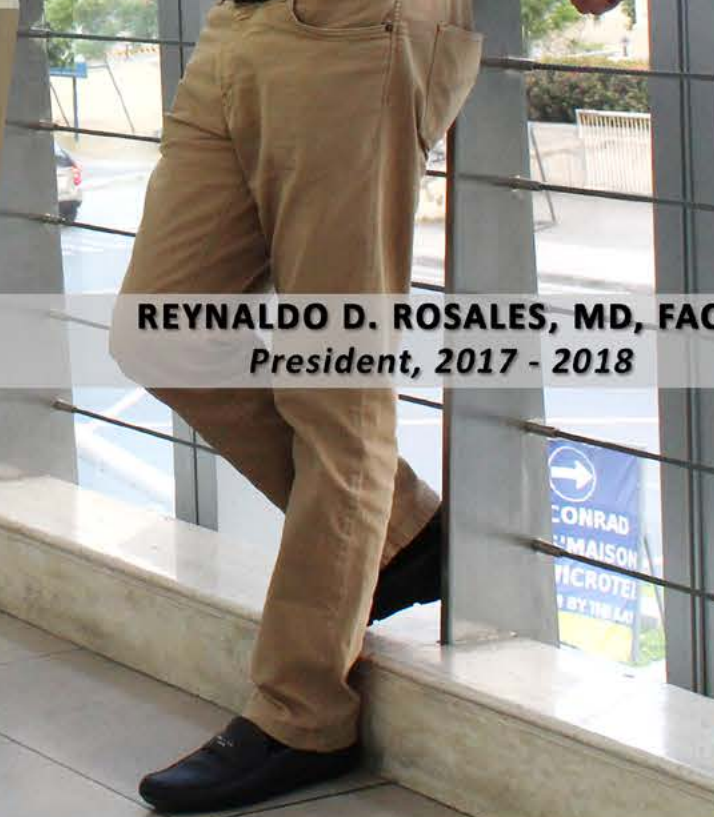
FRANCIS LEE W. HO, MD, FACE
Director



RAYMOND U. ORIBIO, MD, FACE
Secretary



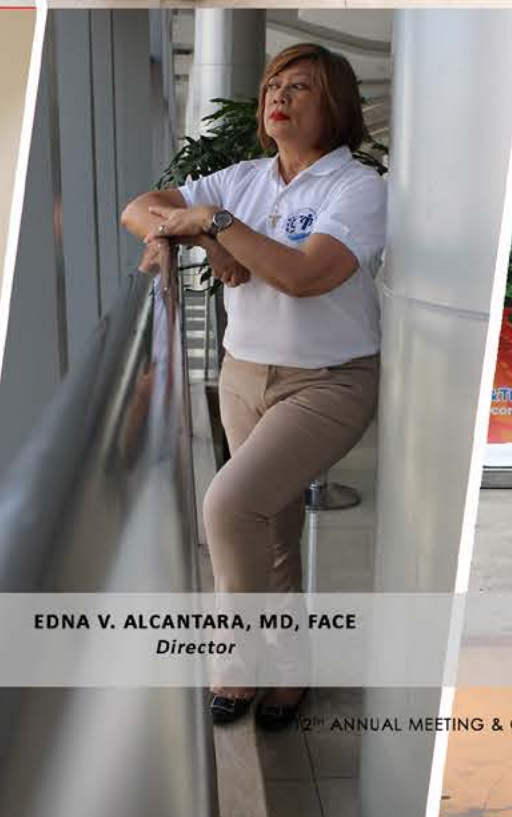
JUBILIA BALDERAS - DE GUZMAN, MD, FACE
Treasurer



DEMOSTHENES M. LUMABI, MD, FACE
Director



EDNA V. ALCANTARA, MD, FACE
Director



JAMES K. YOUNG, MD, FACE
Director



MARIA LEONORA D. CAPELLAN, MD, FACE
Director



MARIA LEONORA D. CAPELLAN, MD, FACE
Director



Jose Carlos S. Miranda, MD, FACE
Past President, 2016-2017



Jimmy B. Aragon, MD, FACE
Immediate Past President



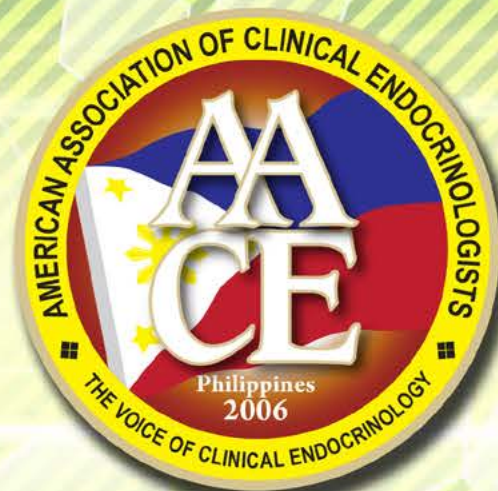
George B. Tan, MD, FACE
Founding President 2006 - 2008



Leilani Gail V. Magtolis, MD, FACE
President, 2014 - 2015



Florence Amorado-Santos, MD, FACE
President, 2013 - 2014



Maria Honolina Sero-Gomez, MD, FACE
President 2008 - 2009



Estrelita V. Fernando-Lopez, MD, FACE
President, 2009 - 2010

Marsha C. Tolentino, MD, FACE
President, 2012 - 2013



Gerry H. Tan, MD, FACE
President, 2011 - 2012



Joy Arabelle Castillo-Fontanilla, MD, FACE
President, 2010 - 2011

12TH ANNUAL CLINICAL CONGRESS ORGANIZING COMMITTEE

REYNALDO D. ROSALES, MD, FACE
PRESIDENT & OVERALL CONGRESS CHAIR

THERESA MARIE VALDEZ-FALLER, MD, FACE – CHAIR
MA. LEONORA D. CAPELLAN, MD, FACE – Co-Chair
SCIENTIFIC COMMITTEE

RAYMOND U. ORIBIO, MD, FACE
CONGRESS SECRETARY

FINANCE and
SOUVENIR PROGRAM
COMMITTEE

THERESA MARIE V. FALLER, MD, FACE
MA. LEONORA D. CAPELLAN, MD, FACE
JUBILIA B. DE GUZMAN, MD, FACE
ROBERT MICHAEL G. GAN, MD, FACE

MELANIE GRACE P. VALDEZ, MD, FACE
DEMOSTHENES M. LUMABI, MD, FACE
FRANCIS LEE W. HO, MD, FACE
ROSARIO R. BONGCO, MD, FACE

HOUSING, SOCIALS
and PUBLICITY
COMMITTEE

REGISTRATION
COMMITTEE

JAMES K. YOUNG, MD, FACE
MARIE GERTRUDE C.I. SANTOS, MD, FACE
EDNA V. ALCANTARA, MD, FACE

RAYMOND U. ORIBIO, MD, FACE
ROSARIO R. BONGCO, MD, FACE

FELLOWSHIP
COMMITTEE

BOOTH EXHIBITS
and AWARDS
COMMITTEE

ROBERT MICHAEL G. GAN, MD, FACE
FRANCIS LEE W. HO, MD, FACE

JUBILIA B. DE GUZMAN, MD, FACE
MARIE GERTRUDE C.I. SANTOS, MD, FACE
JAMES K. YOUNG, MD, FACE
DEMOSTHENES M. LUMABI, MD, FACE

PHYSICAL ARRANGEMENTS
and DOCUMENTATION
COMMITTEE

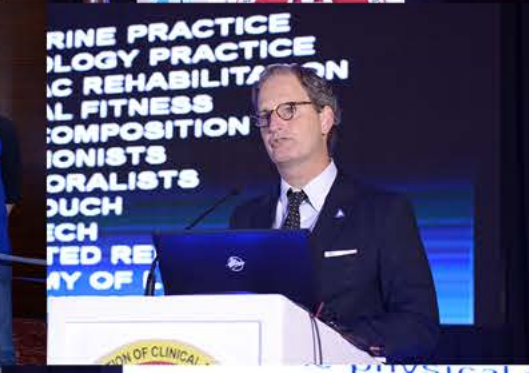
2017 CONVENTION HIGHLIGHTS

9th Joint Meeting of the American Association of Clinical Endocrinologists and the AAACE Philippine Chapter

11th Annual Meeting & Clinical Congress of the American Association of Clinical Endocrinologists Philippine Chapter

DECISION MAKING & APPROACHES IN DIABETES AND ENDOCRINOLOGY

AUGUST 3-5, 2017 | RADISSON BLU HOTEL, Cebu City, Philippines



INDUCTION & TURNOVER CEREMONIES *and* FELLOWSHIP NIGHT 2017

AY 2017 - 2018





First General Assembly with the 11th President of AACE - PC and E.X.C.E.E.D. Program

The first Cardiometabolic Pulmonary Summit in partnership with Novartis Philippines, as part of their E.X.C.E.E.D (Exchange in Clinical Experience and Expertise in Diabetes) program, was attended by members from all over the Philippines. High-calibre speakers shared their expertise starting with Dr. Marlon Co, a cardiologist from Cebu who talked about the Basics of Sympathetic Overdrive and how neutral factors are involved in energy balance and blood pressure control. He also discussed the relationship of adrenergic overdrive in the Development of Metabolic Syndrome. Another cardiologist, Dr. Ricky Tiongco, briefly discussed the pathophysiology involving heart failure. Part of his lecture was an update on a new treatment modalities for heart failure particularly for diabetic patients. Pulmonologist Dr. Daniel Tan's animated lecture has definitely captured the audience. He spoke on the stepwise

approach in diagnosing COPD and how to differentiate it from the ordinary bronchial asthma. He also presented different treatment modalities on how to manage breathlessness. Lastly, past president Dr. Jimmy Aragon, elaborated on the importance of early intensification of treatment by using combination therapy for Type 2 Diabetes. The topic touched on using DPP4 inhibitors and Metformin to provide a synergistic effect in significantly controlling blood sugar levels. He also presented clinical studies using Vildagliptin + Metformin in fixed dose combination, for the treatment of uncontrolled diabetes.

On the second day, current president, Dr. Reynaldo Rosales, presented challenging diabetic cases, such as diabetic kidney disease and how to properly manage them. The audience participated in the discussion as he presented the case.

There were also non-medical lectures educating the members on financial management and how medical doctors can avoid financial stress by investing wisely. The lecture was given by Randel Tiongson, who is a registered financial expert.

This scientific meeting was truly and eye opener. Various doctors from different fields all met with one goal in mind.

Thank you to all the members of AACE-PC for making this activity a success. We are all looking forward to the next one!

By: Dr. Marie Gertrude C.I. Santos





Christmas with the Family

2nd General Assembly by: Dr. Maria Leonora D. Capellan

The entire AACE Philippine Chapter was buzzing with excitement for our second General Assembly and Christmas event. The event was held last November 24 and 25, 2017 at the Marco Polo Hotel in Ortigas. Headed by Dr. Raymond Oribio, the event entertained and kept us curious on what was going to happen next, that evening.

The assembly kicked off with a very informative lecture by Dr. Florence A. Santos on the use of glargine insulin. Her lecture was entitled "Simplifying Pharmacology of Basal Insulin and Its impact on Clinical Practice" and this was moderated by Dr. Robert Michael Gan. It was a



simultaneous lecture with three other groups of participants coming from Alabang and Cebu. The participants were so interested in the topic that most of them participated in the open forum.

The general meeting started right after the symposium on the first day which lasted almost the entire evening. The assembly was very colorful since everybody was wearing their Christmas colors of reds and whites, and their yellows and greens with matching headdresses. Guess what color dominated the scene that evening? I won't be spoiling the fun since I was one of those wearing the dominant color. Everyone teamed up with the goal of winning the various games that evening. Some of course had to rely to "Dr. Google". All throughout the entire assembly, both new and old members had the chance to mingle and get to know each other.

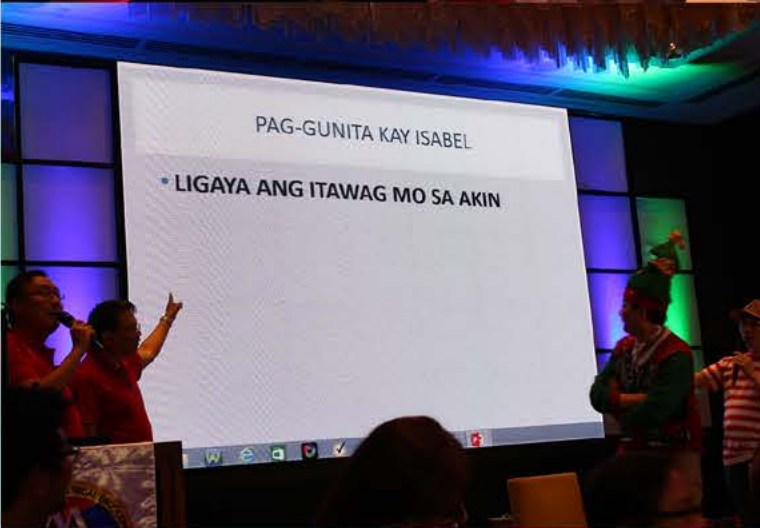


It was a delightful surprise when two of our colleagues, Dr. Gertrude Santos and Dr. Robert Michael Gan, shared their source of happiness. As was known to many, both seem to be so serious that it was unexpected for them to be so into cartoon characters. This was one of the highlights of the evening. We were amazed to see their awesome collections and realized that these will be the envy of kids and kids-at-heart. Dr. Gertrude Santos, collects Asterix comics, a very famous French cartoon character and the protagonist, together with his friend Obelix experienced a lot of adventures usually travelling around the world. Dr. Michael Gan, our energetic doctor, has a massive collection of the Green Arrow. I am sure many of you watch this TV series. And since he is also a great basketball fan, he collects LA Lakers dolls too.

Everyone had smile on their face as the evening ended. They could not stop talking about the fun they had playing the games and how everybody took part in it. They were happy to see friends from near or far and catch up with the latest happenings in their lives. It was a non-top Christmas greetings, prayers and well-wishes to everyone. It was like a big family reunion that everybody wants to be a part of.

The second day of the symposium was equally great. Our speaker par excellence is none other than Dr. Joy Fontanilla, teaching us on the Role of the Physician in the Management of Hyperphosphatemia. It was truly a weekend full of learning and good camaraderie. It was indeed a big family Christmas.

Merry Christmas everyone and let us spread good cheers!



THE AMAZING AACE PHILIPPINES



3rd General Assembly

by:
Dr. Robert
Michael G. Gan

The AACE Philippine Chapter held its 3rd General Assembly last January 27, 2018 at the Makati Diamond Residences. The event started off with a special lecture on "Hot Topics in Thyroid" supported by a CME Grant from Multicare Pharmaceuticals Philippines, Inc. The lecture was delivered by our distinguished speaker: Dr. Reynaldo Rosales and the discussion focused on sub-clinical hypothyroidism. Case studies

were presented as well as a diagnostic algorithm. It was followed by a non CME lecture given by certified image professional, Ms. Miselle Bergonia, on "How to be a GOOD Doctor". She talked about proper image enhancement and business etiquette for doctors. Practical tips on grooming, make up and poise were also discussed.

(continue on page 46, The Amazing AACE Philippines)





(from page 45, The Amazing AACE Philippines)
 The second half of the event was all about team building. The activity was based on the American reality TV show: The Amazing Race and had the theme: The Amazing AACE. AACE PC members were divided into 3 groups namely; LODI, WERPA, and PETMALU, which are all terms used by the millennials. The contest consisted of Best Cheer and Role Playing Skits related to Hypothyroidism.

Day 2 of the Amazing AACE started off with an early commute to the Municipality of Pagsanjan, also known as the Tourist Capital of Laguna. First task was to make a video while en route. All members were asked to sing the nursery song "Fly, Fly the Butterfly". The next task was to have a photo-op at the Pagsanjan Arch. After the 2 easy tasks, all members had breakfast at the famous Aling Taleng's Halo-Halo. Next stop was the wet and wild, shooting the rapids boat ride, to see the famous Pagsanjan Falls. The last stop before heading back to Manila was the Bahay ni Rizal in Calamba, Laguna. It was a reconstructed version of the original house of our national hero, Dr. Jose Rizal.

Team PETMALU was crowned winner of the Amazing AACE contest. But since this was another wonderful and successful event for the AACE-PC, all participants went home as winners.





4th General Assembly and DIABETIC FOOT SUMMIT 2

by : Dr. Melanie Grace P. Valdez

On March 3, 2018, 72 members of AACE-PC gathered at the Citadines Millenium Hotel in Ortigas for the 2nd AACE Foot Summit. The series of summits was borne out of the members' desire to be able to properly manage their patients with diabetic feet. In fact, after the first summit, through the initiative of Dr. TP Que, the ACE DFU Viber group was created and since then became a venue for referrals and suggestions on how to manage difficult and challenging cases.

In this Summit, our very able and engaging speakers, which included Drs. TP Que, Enrico de Jesus, and Luino Tongson, discussed with us DM foot care organization, which included Charcot's foot, proper wound dressing, and limb salvage. As part of the workshop, the participants were provided oranges to practice callous scraping.

After a sumptuous dinner, as part of Pres. Rey Rosales' thrust to enhance our professional growth and to be "Good Doctors," Ms. Isip Reyes, an accountant from SGV and Co., lectured on the new TRAIN law and its impact on the physicians. The lecturer was bombarded with questions during the open forum. One of the top questions was whether to pay or not to pay Value Added Tax, which became a friendly discussion between members perceived to have high incomes.

Overall, and as expected in all of the AACE-PC meetings, it was a great night for learning and enjoying each other's company.





I joined and learned the **POWER** of PREVENTION through *Fitness* and *Nutrition* Healthier Diets, Healthier Kids



Coordinators



Dr. Rosario R. Bongco
Chair



Dr. Maybelle Yanuarria



Mr. Rex H. de Castro



Ms. Jing Tinaza

by: *Dr. Regina Maybelle A. Yanuarria*

The Power of Prevention through Fitness and Nutrition (POPTFN), one of the more dynamic advocacies of AACE Philippine Chapter went back to Puerto Princesa City, Palawan this year to fulfill its mission of promoting physical fitness and proper nutrition among elementary school pupils. AACE PC believes that if awareness of good nutrition and physical fitness is instilled in the young minds of our population, lifestyle diseases can be prevented.

The recipients of the activity were 522 Grade V pupils of two elementary schools in Puerto Princesa: Sta. Monica Elementary School and Sicsican Elementary School.

On its 11th year, POPTFN is under the stewardship of Dr. Rey Rosales, AACE PC president, and Dr. Rose Bongco, POPTFN chairperson.

The team that conducted the activity was composed of Dr. Marilyn Coronacion, Dr. Margaret Galilea, Dr. Maybelle Yanuarria and Dr. Belinda

Palao, its very active coordinator. As always, our energetic staff, Rex and Jing provided the technical and logistics support.

The whole day activity proved to be very exciting and challenging to the pupils and the team as well.

The participants were very attentive during the lecture and actively participated in the group discussions afterwards. They were divided into groups and were made to interpret nutrition facts in common packed snacks available in groceries. The POPTFN team who acted as facilitators also gave mini lectures on calorie and carbohydrate counting.

One of the highlights of every POPTFN activity is the Zumba. Even the teachers and parents, together with the students, joined and immensely enjoyed the exercise.

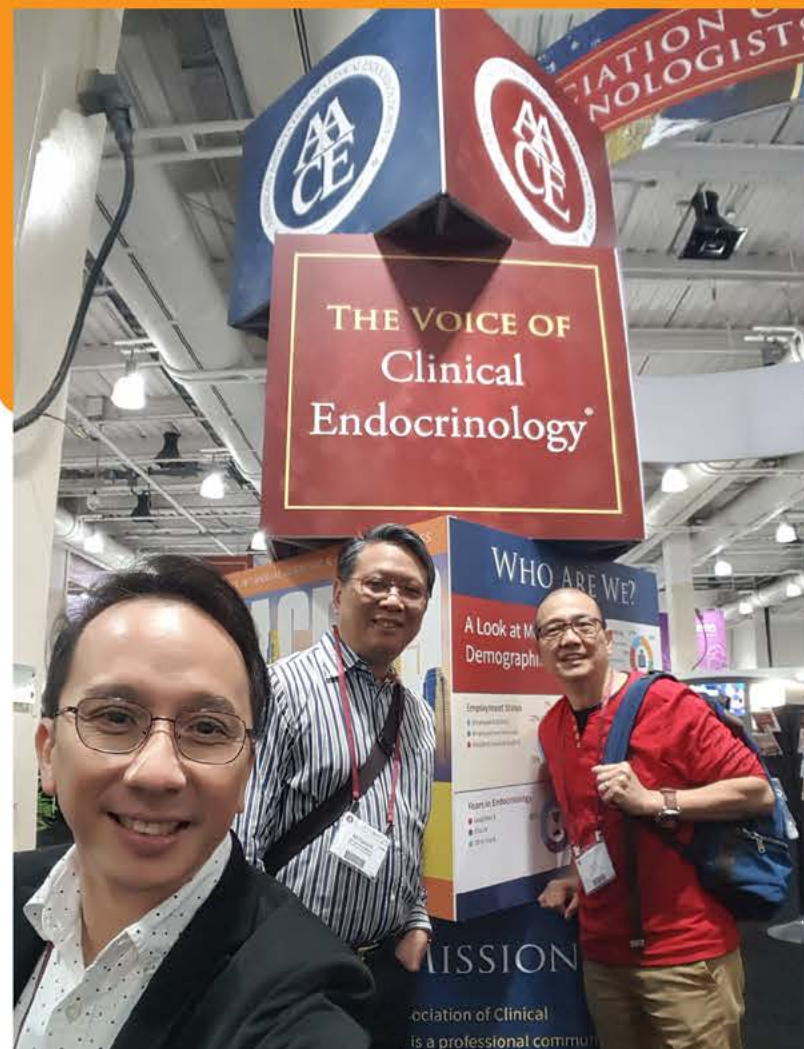
To complete the program, games and cheering competitions were also conducted. The pupils and their advisers also prepared low calorie desserts. The POPTFN team acted as judges. Prizes were awarded.

Overall, the POPTFN activity held last November 6, 2017 was a success. The team is looking forward to more activities aimed at encouraging children to adopt healthy habits, and thus prevent lifestyle diseases.



AAACE BOSTON

Charting the Future May 16-20



It's A GOOD DAY

Great Opportunity for Outreach Day

with the *Aetas*

AACE-Philippine Chapter brought happiness to Aeta students from St. Francis Learning Center through the GOOD Outreach Day conducted last April 7, 2018 in Subic, Zambales. St. Francis Learning Center is different from other schools since it specifically caters to members of the indigenous Aeta community. The school was founded and operated by members of the Franciscan Sisters of the Immaculate Conception (SFIC), with SFIC Sr. Mary Francis Borje as the overall coordinator and school directress. The school's mission was to empower Aeta people so they would live as equals with the rest of the community.

The donated items were turned over to the school principal SFIC Sr. Junetta Jimenez and several Aeta students; and the activity was held at the multi-purpose hall of the school. These included a refrigerator, chest freezer, industrial rice cooker, stoves, and several kitchen wares.

Sr. Junetta, in her message of thanks mentioned that these items will be of great help in their daily operations since the school also houses two dormitories and they are also responsible for feeding more than 100 students. These will also be used in their different livelihood projects. Before we left, the Aeta students expressed their sincere appreciation by tearfully performing a song number.

The Annual GOOD outreach program of the AACE Philippine chapter is part of our corporate social responsibility of giving back to our less fortunate brothers and sisters.

by: **Rosario R. Bongco, MD, FACE**



Thyroid Awareness Program



The **PILL** that *Saved Lives*

The Thyroid Indigent Program is one of the most consistent AACE PC advocacies. It has been running for seven years and is still going strong. We give special thanks to Medchoice for being a partner and for generously giving free medicines to the poor patients recommended by the members. These medicines can truly save lives.

With the hope of changing lives for the better, we hope that this advocacy will continue to help patients with thyroid diseases.



Chair: Marie Gertrude C.I. Santos, MD, FACE
Co-Chair: James K. Young, MD, FACE



“LIVING A LIFE WITH DIABETES . . .



UNITED CHURCH OF CHRIST OF THE PHILIPPINES
 Thru: Sister Ester Laffegueria / Pastor Cyrua Olea
 UCCP Coordinator

Dear Sir / Maam:

Ako po si Cynthia Peñalosa na lubos na nagpapasalamat sa ibinigay po ninyong mga gamut para sa katulad kong may diabetes. Napakalaking tulong po to sa akin. Sana po ay huwag kayong wagsawia sa pagtulong sa mga may pangangailangan na katulad namin.

Pagpalain po kayo ng Poong Maykapal, sa lahat lahat ng oras.

God bless!

Cynthia Peñalosa



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

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



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

... A LIFE MADE MORE MEANINGFUL WITH THE HELP OF AACE-PC AND ITS PHARMACEUTICAL PARTNERS."

An Accolade for Angara

By Joy Arabelle C. Fontanilla, MD, FACE, FPCP, FPCDE, FPSEDM

*When some men die it is as if you had lost your pen-knife,
and were subject to perpetual inconvenience until you could get another.
Other men's going is like the vanishing of a great mountain from the
landscape, and the outlook of life is changed forever.*
~Phillips Brooks

AACE-PC History with Angara

When did the bond between AACE-PC and Angara begin?

It all began when Former Senate President Edgardo J. Angara (SEJA) graced the launch of the American Association of Clinical Endocrinologists Philippine Chapter (AACE-PC) at the Ayala Museum on August 25, 2006.

Then AACE President Dr. Steven Petak and Founding President Dr. George Tan spoke about the vision and mission of AACE and AACE-PC respectively. The founding members of AACE-PC also paid tribute then to the Father of Philippine Endocrinology, Dr. Augusto D. Litonjua with the Living Legend Award.

Impressed by the advocacies of AACE-PC that aligned with his public service achievements, Senator Angara, of his own accord, gave a sizable donation to AACE-PC on November 22, 2006. This became the seed money for one of AACE-PC's flagship programs – the Power of Prevention through Fitness and Nutrition (POPTFN).

The POPTFN was launched on November 11, 2007 and

piloted during the 2008-2009 schoolyear in six private schools in Luzon. Grade 6 students were taught how to incorporate proper nutrition and physical activity in their daily routine.

In recognition of his landmark legislative efforts in the fields of education and health, a Medal of Excellence for Health Conscious Students or the **Senator Ed Angara Active Lifestyle Award (SEAALA)** was awarded by AACE-PC at the Intercontinental Hotel in Makati on April 15, 2009 to twelve children chosen for being healthy lifestyle role models in his presence.

On August 2, 2013, SEJA was invited by original POPTFN chair and then incoming AACE-PC President Dr. Florence Santos to the induction ceremonies of the AACE-PC officers and board.

That was the last time AACE-PC and Angara got together.

The Super Statesman

Why the SEAALA?

Senator Ed Angara was the longest serving senator after the EDSA revolution restored democracy in 1986 and probably the most accomplished.

This visionary from Aurora province authored and sponsored several momentous health laws with such far-reaching impact like the Generics Drug Law, the Magna Carta for Public Health Workers, the Breast Feeding Act, the Philippine Nursing Act, the Organ Donation Act and the laws that created PHILHEALTH, the national health insurance program, as well as the National Institutes of Health (NIH) for the promotion of health research and development.

He is fondly remembered for the Senior Citizens Act, also known as The Angara Law, which benefits the country's millions of elderly citizens, who now enjoy discounts in pharmacies, restaurants, transportation, even movie theaters.

SEJA was a strong stalwart for education and social services. He believed sternly that education is the great equalizer and made it his lifelong goal of "giving every Filipino a fighting chance".

This boy from Baler has passed crucial legislation that has become the bedrock of Philippine education today.

He sponsored the Free High School Act, the Free Kindergarten Education Act, the Government Assistance to Students and Teachers in Private Education and the laws that created the Commission on Higher Education (CHED) and Technical Education and Skills Development Authority (TESDA).

He also championed multiple measures for agriculture, arts and culture, science and technology, good governance, financial reforms and social welfare. His encyclopedic achievements are just too many to mention.

But he was never one to rest on his laurels.

Though retired from the Senate, he still happily went off to work at ACCRA Law offices almost every weekday while also serving as the government's special envoy to the European Union. He had so many plans including setting up a world-class trauma hospital and promoting tourism for his beloved Baler.

Thus, unexpectedly, on May 13, 2018, the huge heart of the wise educator, visionary leader, prodigious legislator, simple farmer, witty author, and dedicated family man succumbed at the age of 83.

A gaping hole in the national landscape has been made by Angara's passing. And it will be sensed long after he has been laid to rest.

*Thank you and farewell, dear SEJA!
May you rest in peace.*





**eat right
exercise daily
live well
stop diabetes**

by: George B. Tan, MD, FACE



AACE PHILIPPINE CHAPTER SUPPORTED THE DIABETES AWARENESS CELEBRATION

in *Cabanatuan City*

A nutritional counselling was also offered to the audience made possible by Glucerna, Glucobest and Glucosure diabetes nutritional supplements. Eat Well Demo followed the activity led by celebrity Chef Jeremy Favia. After the healthy cooking demonstration, a 4-minute zumba exercise led by Ram Duhaylungsod was launched to give emphasis on the Exercise Daily routine. Raffle prizes were also drawn that day.

The culminating event in the afternoon was a Pep Rally led by the AACE-PC Founding President - Dr. George Tan, Nueva Ecija Medical Society President - Dra. Andrea Espino and the Order of the Amaranth District 5 Central Luzon led by Lady Baby Liza Ciencia and Sir Knight Shubert Ciencia.

The front act of the afternoon activity is Cabanatuan's child prodigy Dani Ogatis who belted out an Ariana Grande song followed by a sultry song performed by Regina Bulawit. The much awaited special guest is Hashtag Kilig Ambassador Willbert Ross who entertained the audience with his soulful voice.

It was indeed a successful activity as everyone went home with a full knowledge about their disease and how to control it. They were not just educated but entertained as well.

DIABETES AWARENESS CELEBRATION

by: Edna V. Alcantara, MD, FACE

The Dumaguete Diabetes Club of Dumaguete City, Negros Oriental headed by Dr. Edna V. Alcantara, an AACE Board Member, joined in the National Celebration of Diabetes Awareness Week last July 14 at 2 PM in Bethel Guest House

It was graced by the presence of ex-City Councilor Antonio Remollo, who is a diabetic himself and gave an inspirational talk on how to manage diabetes- a lifetime metabolic disorder. Mr. Remollo was one of those who co-founded the Diabetes Club 7 years ago.



Dumaguete City 2018

Other activities were a lecture on diabetes by Dr. Edna V. Alcantara, followed by a Zumba exercise session for 30 minutes. Different screening tests were done which included EKG determination, RBS monitoring, Uric Acid screening, and BP monitoring. Dietary instruction was also taught and Diabetic Milk formula were given to all members who were present.

The Dumaguete Diabetes Club also celebrated their 7th Anniversary. For the past years, the Club has been holding Monthly Continuing Medical Education for it believes that through educating diabetic patients, they will be empowered to fight their disease.

The AACE Philippines, as a support to the Club's Diabetes Awareness Celebration, donated cash gift for the door prizes which were given to the top five members who had the highest number of attendance to the Club's Monthly Medical Update.



Gift of Love

Becton Dickinson's Gift of Love (GOL) Program was initiated on August 2014 in collaboration with AACE Philippine Chapter. The program aims to promote BD's purpose, "to help all people live healthy lives" by giving free pen needles and insulin syringes to AACE's indigent patients.

Our company supports the association's tireless efforts and commitment in the fight against Diabetes Mellitus and its complications and we hope that BD's humble contribution through this program will enable us to reach out to more indigent diabetics in the country.

As we continue to provide access to innovative products, BD through its partnership with AACE Philippines, realizes its efforts to advance world health. Our customers through this patient centered program, could obtain the latest advances in a life-changing technologies.

By: Janet M. Cacapit, RN
Clinical Leader, Becton Dickinson Philippines, Inc.



Salamat Gid!

Iloilo AACE-PC Members



by: THERESA MARIE V. FALLER

This year's AACE PC annual meeting and clinical congress owes much of its success to its Iloilo-based members. A special shout out is indeed in order for Dr. Fe G. Hilado, Dr. Mary Flor Gafate-Ong, Dr. Aretha Liwag and Dr. Margaret Galilea.

These four gals unselfishly devoted their time and effort to make the preparations as smooth as possible. Exhibiting the well-known hospitality of Ilonggos, they embraced with open arms the AACE PC preparation team and extended all the necessary support to maneuver the myriads of processes in order to secure timely permits and arrangements from the Governor's office, Mayor's office and tourism office. They served as the welcoming committee and guides to ease the necessary steps for the secretariat to get the timely approval for the venue, accommodations and the entire event.

Ensuring that the annual meeting will also reflect the fun-loving culture of Iloilo to entertain the delegates from different parts of the country



and foreign guests with delightful local performances, they scoured the well of talents in the province that will showcase indigenous traditions and festivities.

Drs. Hilado, Gafate-Ong, Liwag and Galilea also facilitated the selection of sumptuous local cuisine that will be served during the meeting. Food tasting was held in Del Rio Hotel, last July 13. Dishes served consisted of delectable Batchoy and scrumptious Napoleones, local treats that definitely upheld Iloilo's reputation as a gastronomical paradise!

Indefatigable in their commitment to serve the AACE PC, these four doctors even distributed flyers and invitations to local VIPs to get their commitment and support for the aforementioned event.

For sure, even when the dust of preparation has already settled, Dr. Fe G. Hilado, Dr. Mary Flor Gafate-Ong, Dr. Aretha Liwag and Dr. Margaret Galilea, will continue to extend their unwavering energy to ensure that the annual meeting and clinical congress will indelibly mark in the hearts of the entire delegation not only as a success but also as an experience worthy to be remembered. The AACE PC expresses its gratitude and highly honors these gems of members in its midst.



PRESIDENT'S Notes



On the 4th of August 2017, I was inducted as the 11th President of the American Association of Clinical Endocrinologists – Philippine Chapter (AAACE-PC). Given this opportunity to serve as President was by far one of the most challenging yet fulfilling responsibility I held.

In my induction speech as President, I said that we are a family that will hopefully grow together and continue to strive for the best. With that said, I have hoped each day from that moment that it will come true. I am proud to say that this family has grown more than ever throughout the whole year. I, along with my co-officers and board of directors, collaborated to reach the goals and objectives of the vision and mission of the Chapter. As the 11th President, we carried out eleven activities which consisted of four general assemblies, three non-CME activities, a social gathering, a G.O.O.D mission, an advocacy program and a culminating event.

4 GENERAL ASSEMBLIES

As an avenue for continuing medical education, general assemblies were conducted. These assemblies have provided each and every member of the association a learning opportunity to help, maintain, develop and enhance each one's medical skills and capabilities. Distinguished experts from different specialties were invited to share their clinical expertise. Besides the invited speakers, our very own members were encouraged to share their learning experiences and be a content expert. From the general assemblies that were held, I hope that every knowledge that a member has gained, will be translated to a better patient care.



3 NON-CME ACTIVITIES

Branching out as medical professionals to the fields of financial security, business etiquette and tax systems, a non-CME activity was held to provide means for each member to become a well-rounded person. Financial security was discussed by Mr. Randell Tiongson, a Registered Financial Planner who taught us how to be financially stable through sharing some tips on the management of money, preparation of emergency funds, and advises on investing. Furthermore on finance, Ms. Fidela Isip-Reyes, CPA from SGV & Co., discussed the recent changes on the tax system of the country, specifically, the new comprehensive tax reform program--TRAIN. With that in mind, Ms. Isip-Reyes ended her lecture with a message, "As citizens, we need to pay our dues." As medical professionals, needless to say, we encounter many types of patients. Inviting Ms. Carmina Roselle Bergonia, a Certified Image Professional, helped us improve and enhance the image we portray each day through proper business dressing, grooming, and etiquette.

1 BIG HAPPY FAMILY

As a medical association, we meet for scientific gatherings. However, as one big happy family, we also gather for social events to enjoy each other's company. Celebrating the birth of our Savior in an early Christmas party in November at Marco Polo Hotel, and releasing the spirit of competitiveness and good sportsmanship in the Amazing Race in Pagsanjan, Laguna, helped us strengthen our bond of fellowship. At end of the two events, camaraderie was at its summit.

1 DAY OF G.O.O.D MISSION

Fortifying our commitment to give a helping hand to the impoverished Filipino communities, we heeded the call from the Franciscan Sisters of Immaculate Concepcion to help in the immediate needs of their institution, St. Francis Learning Center. I, with the AAACE PC officers, traveled to Subic, Zambales to distribute various equipment for the kitchen, and utensils for the feeding program of one hundred indigenous children, from the Aeta communities.

1 HEART OF COMPASSION

As medical practitioners, the genuine care for our patients is our utmost priority. By continuing the patient advocacy programs, Living a Life with Diabetes Award and Thyroid Advocacy Program, patients who suffered with diabetes and thyroid complications have received medications to treat their illnesses. As the children of today are tomorrow's future, we promoted living a healthy lifestyle through proper nutrition and exercise to young children via the POPTFN Program.



1 FINAL EVENT

To end my term as President, this year's culminating activity is the Annual Meeting and Clinical Congress with the theme: "Endocrine Care Level Up: Enlightening Updates and Revisiting Current Practices". The organizing committee has diligently prepared a well-balanced scientific program and invited renowned international and local speakers. I hope to see everyone as we close another great year of AAACE-PC.

To my dear AAACE-PC Family, it has been a privilege and an honor to be of service to you for the past year. I am greatly humbled for your undying trust and support.

Thank you, AAACE-PC Family.

RFRosales
Reynaldo D. Rosales, MD, FPCP, FPSEDM, FACE
President
AAACE- Philippine Chapter 2017 - 2018

CORPORATE PARTNERS

CORPORATE PARTNERS

PRESIDENT'S CIRCLE



BOOTH SPONSORS



GOLD



SILVER





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



ENDOCRINE
LEGACIES

Setting The
Standards For
Endocrine And
Diabetes Care

AUGUST
2019