

UNIVERSITY OF THE PHILIPPINES MANILA HEALTHSCAPE

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Atty. Theodore Te

Always put the people first, UPM grads urged

challenging, being good and finding ways to help wherever you may find yourselves in," Atty. Te told the 1,133 graduates representing different health and allied professions.

"We come from the people. That is our identity, our burden, our charge, our responsibility. And as soon as your titles and degrees are conferred, you join the long line of maroon and green who find themselves confronted daily with that consequences of that identity, burden, charge, and responsibility."

Find ways to help

The UP College of Law (UPCL) professor said there are many ways to help and cited UP Manila's Return Service Agreement as a mechanism he wished the UPCL has so they can render free legal services before being allowed to take the bar examination. He implored the graduates to not treat it as obligation or burden, or even as just a way to give back.

"In a time when the value of life is cheaper than the cost of the bullet it takes to snuff it out, we need all the help we can get. Look at it as your way of loving our country,

our people. And our country is direly in need of love and one can never have too much love."

He called on the graduates to learn to work together and rely on the expertise of the other professions as "we cannot continue to work in siloes, each doing their own thing." He shared his experiences as a lawyer working with doctor experts from UP Manila, such as with forensic pathologist Dr. Raquel Fortun when they worked together on a case that brought them to the Senate and which led to the subject "Law and Science" for third year law students.

He also recalled that many years ago, doctors from UPCM-PGH helped save a deaf mute and mentally challenged man from death row. He was examined by the UP experts who confirmed what the lawyers had known all along that he was deaf and mute with a mental age of 9 years old. The experts were Dr. Ma. Luz S. Casimiro-Querubin, Ms. Meredith Castro, Dr. Grace Orteza, and now UPCM Dean Charlotte Chiong.

"When lives are taken and the truth about the taking is itself hijacked, law finds itself at a great difficulty

because law operates on facts that can be proven and without the use of science to find those facts, law becomes irrelevant. That is why in combatting impunity arising from unaddressed extra-judicial killings, law must partner with science to enhance its capacity to find the truth," Atty. Te pointed out.

Atty. Te is a criminal defense lawyer, taking on cases for those that society considers the lost, last, and least. A member of the Free Legal Assistance Group, he has been deeply engaged in providing pro bono legal assistance and advocating for human rights. After resigning at the SC, he returned to teaching law at the UP, Ateneo de Manila University, Dela Salle University, and Philippine Judicial Academy.

Be a counterculture

He maintained that at UP, students are taught to not merely be experts in their chosen fields but to also be principled and passionate advocates for genuine and meaningful change; to not only be solid scientists but to also be critical thinkers; to not just be steeped in the language of the human body and the human condition but to also be fluent in the language of human

rights, economics, development, philosophy, history, arts, and culture.

Atty. Te urged the country's future doctors, nurses, dentists, pharmacists, rehabilitation and public health professionals, and social and physical scientists "to not just tend to the ills of our patients but also to address the ills of society; to speak out for those who cannot speak and to empower those who find themselves powerless."

"We are trained to lead in every field we find ourselves. That is the identity, mandate, and mission of every UP graduate. In doing so, we are called to be a counterculture: to stand for principle even when everyone else is taking the path of least resistance."

He called on the graduates to not take the path of least resistance in the face of the war against truth, justice, and human rights. "Do that through our scholarly research; through the use of science to find the truth; through multi-disciplinary engagements that allow us to see beyond where we find ourselves now."

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Drugs of Abuse Research Laboratory opens at UP Manila for evidence-based targeting of drug abuse at PH

A drug testing laboratory called the UP Drugs of Abuse Research Laboratory (UP DARL) was inaugurated at the UP Manila College of Pharmacy (CP) on 4 June 2019.

It is the University's contribution to the government's efforts to understand, control, and minimize/neutralize drug abuse. The launching was part of a two-day

Conference on Substances of Abuse in the Philippines held on June 4-5, 2019 at the CP's Emilio T. Yap Auditorium.

Commission on Higher Education (CHED) Chair Jose Prospero E. De Vera and Dangerous Drugs Board Undersecretary and Permanent Board Member Benjamin P. Reyes, were guests at the event, together

with representatives from the Department of Health (DOH), Philippine National Police (PNP), Philippine Drug Enforcement Agency (PDEA), and National Bureau of Investigation (NBI). UP Vice President for Academic Affairs Cynthia Rose Bautista and UP Manila Chancellor Carmencita D. Padilla led the officials from UP.

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CHANCELLOR PADILLA CONFERRED HIGHEST PRC AWARD



UP Manila Chancellor Carmencita Padilla was conferred the 2019 Outstanding Professional in the Field of Medicine Award by the Professional Regulation Commission with 30 same awardees in other professions during the 46th PRC Awards Night and anniversary held on June 20, 2019 at the Manila Hotel. After the conferment of the PRC Outstanding Professional Award, Chancellor Padilla was also bestowed the Eric C. Nubla Excellence Award named after PRC's first chairperson who served from 1974-1986.

Chancellor Padilla's citation for being the highest PRC awardee for 2019 reads as follows:

"For her distinguished contribution in the field of Medicine, her exemplar service in her profession, such as developing curricula and graduate programs in Genetics at the University of the Philippines Manila, setting up the Newborn Screening Program in the country which is now available in 7000+ hospitals and birthing centers, and drafting of bills of the Newborn Screening Act of 2004 (Ra 9288) and Rare Disease Act of 2016 (RA 10747), shows her commitment and professionalism in her field. Her competence, excellence, and commendable track records have earned for her various awards

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UPM's PhD in Health Sciences by Publication

The National Graduate Office for the Health Sciences of UP Manila is accepting applicants for the PhD in Health Sciences by Publication, a new graduate program that was approved by the UP Board of Regents at its meeting on Feb. 4, 2019.

The first of its kind in UP and the country, the PhD by Publication in the Health Sciences is a research degree intended for mid-career academics who have contributed a sizable amount of new knowledge in their respective fields in the health sciences. These academics, while pursuing various careers, must have continued pursuing their research vigorously, be recognized in the research area they have specialized in, and must have published in both international and local indexed scientific literature.

Currently, UP Manila offers mostly professional degrees in health, such as medicine, pharmacy, allied medical professions, dentistry, nursing, and public health. While our health professionals and those from other universities stayed in the academe to practice their areas of specialization, some continue to actively engage in research. In this era when research recognized by the scientific community is considered the mark of excellence, the graduate program provides another path towards scholastic advancement for health scientists.

The program covers four research areas: Biomolecular and Pharmacological Research, Ecotoxicological and Environmental Health Research, Health Social Science Research, and Clinical Research.

For more details, visit <http://ngohs.upm.edu.ph/> or call (02) 526-5870/523-1495.

UP's 111th year marked with lecture, other activities

UP Manila held a number of activities on June 18 and 19, 2019 in celebration of the 111th founding anniversary of the University of the Philippines. The activities were guided by the theme #UP111: Mahusay, Makabuluhan, Makakapwa.

The highlight of the celebration was a lecture held on June 18, the actual founding day of UP, delivered by National Institutes of Health Executive Director Dr. Eva Maria Cutiongco-Dela Paz who shared her journey as a scientist and researcher (see article below). Dr. Dela Paz, a recipient of many awards, including the 2018 Dangal ng Bayan Award conferred by the Civil Service Commission, embodies the theme through her extensive body of work over the years.

Other activities for the celebration were a filmshowing,



historical walking tour (please see separate article), dance fitness, and yoga. The film, "All Grown Up," Filipino Academy of Movie Arts and Sciences Best Documentary Film, tackles the sensitive theme of

mental health with a teenage boy about to start his new life in college who was diagnosed with the disease.

Capping the day's events was a dance fitness/Zumba that was

conducted with the University Student Council and other student organizations and with Prof. Efrelyn A. Iellamo as volunteer instructor. On June 19, a yoga activity was conducted in celebration of the International Yoga Day in collaboration with the Embassy of India, Medica Yoga Institute, and the Chancellor's Committee for Culture and the Arts.

The celebration aimed to foster a sense of community and solidarity among the different sectors of the university with the faculty, staff, and students actively participating in all the activities. The 2019 UP Manila Foundation Celebration Committee was chaired by College of Allied Medical Professions Dean Maria Eliza Ruiz Aguila with Office of Alumni Relations Director Dr. Melfred Hernandez as Co-chair.

NIH director shares journey from reluctant researcher to passionate human geneticist



which happened. I also wanted to take my PhD. I learned that PhD also meant *panghabangbuhay na dalaga* so I was ready to be that, too... but God has other plans."

The recent *Dangal ng Bayan* awardee is a true-blue *Iska* (UP female student) who has been with UP for 43 years now since her UP Integrated School days. She went to 4 years of premedical course where she took BS Biology, 5 years of medicine proper, 3 years of pediatric residency, a

the PGH and I referred to the genetics subspecialty service. That was my first encounter with the Chancellor and the field of genetics," she continued.

What Dr. Eva initially planned for herself was to teach and practice pediatrics until Dr. Carmelita Domingo and Chancellor Padilla exposed her to other possibilities and the world of genetics. "Looking back now, I am glad that I left that door open because I found out what was important and I could be part of building something," she said.

"I really did not know about genetics at that time. I wanted to be a developmental pediatrician. So my early encounters with DNA sequences was in Kobe, Japan. I studied a disease that affects predominantly boys. The incidence is 1 in 3,000 boys. There is a defective gene on the X chromosome and these boys are born normal but when they are 13 years old, they're on a wheelchair and they die prematurely at about 20 years of age because this gene affects muscle function."

Not being able to speak Nihonggo and having no family in Japan, Dr. Eva's first six months were difficult. In 1995, she survived a 7.2 magnitude earthquake that hit Kobe. "We packed our bags and went all the way to Osaka. Most of the train lines were down so we had to walk and ride a train for short distance, and then get off

and walk again. At that time it was very difficult because we didn't have food and water. There were fires breaking out in many different places. We even had to help in putting out fires in bucket relay. What it taught me was that even if I didn't have food or water or I was away from my family, by God's grace and protection, I am alive."

Dr. Eva applied for a fellowship at the University of Toronto where she spent many days seeing patients and doing clinical work. After clinic hours, she requested her training officer more time on the bench in the molecular lab. "One of my professors allowed me to spend time in her laboratory. Those extra hours gave me opportunity to do research on two rare diseases, Costello Syndrome and Simpson-Golabi-Behmel Syndrome, syndromes my professor was working on. This resulted in two of my first publications as co-author of the paper."

By that time, Dr. Eva was determined to come home even if there was an offer for her to be a staff in SickKids. "Many of the Canadians and Filipinos who lived in Canada told me that I am the only Filipino they know who wants to come home."

Dr. Eva, indeed, came home and became part of the NIH Institute of Human Genetics, an institute that invites the community of health practitioners, researchers, and administrators, to

participate in the promotion and development of the practice of genetics in the Philippines. "I am thankful that the Chancellor has laid down the foundation for many of us in the genetics field to be able to practice our profession and be part of making a difference."

Over the years, Chancellor Padilla and Dr. Eva wrote many grants together but also had many rejections. Dr. Eva reminded that "It is important that we accept rejections. Even with these rejections and negative results, it is important to be ready to move on."

Since 2013, Dr. Eva has been visiting Roxas City, Capiz on a quarterly basis to see patients with X-linked dystonia-parkinsonism (XDP). The dilapidating disease is adult in onset and can start as a focal involuntary movement. She learned that many of the patients are concentrated in the Panay group of islands and all affected individuals are male, which means that any male in the world with a combination of dystonia and Parkinson's for sure is Filipino and for sure has maternal ancestry from Panay island.

Dr. Eva emphasized, "There is no known cure yet for this disease that is why we Filipinos must be part of global research efforts to find a cure because this affects our people. We have to be aware of the big picture. Life is too short, we all should be ready to

serve with honor and excellence." Her speech was followed by her lecture on *Genomics in Modern Medicine*.

In her message, Chancellor Padilla encouraged everyone to continue learning on their own regardless of their field. "The mere fact that you are in UP, you must be *mahusay*. But I want you to remember that without continuing education it is so easy to be old and obsolete."

She added that to be *makabuluhan*, one has to always put and find meaning in what they do, and as for being *makakapwa*, it can be done even in the smallest ways and it can start here in UP.

The Chancellor also affirmed working closely with Dr. de la Paz on many things, such as putting up the fellowship program in genetics, the master's program in genetics counselling, and setting up the molecular lab at the NIH. "She has built a name for herself, she has become a researcher of her own, and she has applied for huge grants that brought a lot of new things for the university."

Other activities for the celebration were a historical walking tour, film showing of "All Grown Up" a movie that tackles mental health, dance fitness, and a yoga session for all students and staff of the university.

Anne Marie Alto

In observance of UP's 111th founding anniversary with the theme *Mahusay, Makabuluhan, Makakapwa*, UP Manila held several activities highlighted by a lecture delivered by National Institutes of Health Executive Director Dr. Eva Cutiongco-de la Paz held on June 18, the actual founding day of UP.

Dr. de la Paz reflected on the theme in sharing how she became an accidental researcher and eventually an enthusiastic and dedicated human geneticist.

"My life plan was to be a doctor,

year of chief residency, a year of research fellowship, and 2 years of subspecialty training fellowship until finally reaching clinical practice. She spent 16 years of studying and working hard to finally becoming a doctor for babies.

"In 1990, Wonder Woman (referring to UP Manila Chancellor Padilla) came home to the Philippines. She was the only trained clinical geneticist for 70 million Filipinos at that time and I was a resident in pediatrics. I had the first case of Maple Syrup Urine Disease at

One hundred sixty Doctors to the Barrios (DTTBs) of the Department of Health (DOH) were welcomed as new students of the University during the opening ceremonies of the modular Master of Public Health program for DTTBs (MPH-DTTB) held on 6 May 2019 at the Manila Prince Hotel, Ermita, Manila.

The program was opened by a message from UP Manila Chancellor Carmencita Padilla delivered on her behalf by Vice-Chancellor for Academic Affairs Dr. Nymia Pimentel-Simbulan where the UP Manila top official expressed hope for stronger linkages with the Department of Health and for more future collaborations.

This was followed by a speech from Dr Kenneth G. Ronquillo, Director IV of the DOH Health Human Resource and Development Bureau who noted that the program is a culmination of years of

MPH modular program for DOH barrio doctors launched



UP Manila and DOH representatives pose with the Doctors to the Barrios. Photo by Ronald Verceles, CPH.

effort that was inspired by the founder of the DTTB, former DOH Secretary Dr Juan Flavier. He envisioned that the program would equip barrio doctors with skills to serve their communities that would merit a master's degree.

Following a photo opportunity, University policies were explained by CPH College Secretary Dr. Vivien Fe Fadrihan-Camacho. She emphasized that the students of the program are, indeed, UP students and are, thus, bound by the standards

and responsibilities of the university. This was echoed by CPH Associate Dean for Research Dr. Amiel Nazer Bermudez, concurrently the program chair for the Master of Public Health program, as he oriented the new students on the curriculum and program timeline.

Finally, CPH Dean Prof. Romeo Quizon delivered his closing remarks with the hope that the DTTB students, now scholars of the university, would maximize the opportunity of studying

in UP. He also emphasized that UP Manila is their home, and that in times of difficulty, students should not hesitate to get in touch with their advisers and faculty. The event was capped with the singing of the *UP Naming Mahal*. Dr. Jaifred Christian F. Lopez, CPH faculty and an alumnus of the DTTB program, served as master of ceremonies. Lectures and activities in the first module, HPAD 201, were then given that afternoon.

Also attending the opening ceremonies were Vice-

Chancellor for Administration Dr Arlene Samaniego, College of Medicine Dean Dr Charlotte Chiong, CAS Associate Dean for Academic Affairs Dr Ma. Constanca Carillo; National Graduate Office for the Health Sciences Director Arnold Hallare, University Registrar Dr. Tristan Nathaniel Ramos, Dr. Anthony Cordero of the UP Manila Community Health and Development Program, and the CPH Executive Committee, including the heads of the CPH academic departments.

Founded in 1992, the Doctors to the Barrios program is a two-year deployment program benefitting doctorless municipalities, especially in geographically isolated and disadvantaged areas. Implemented by the DOH-HHRDB, it is considered a launchpad for health system leaders in local government, as well as in the Department of Health, in clinical societies, and in the non-government sector.

The MPH-DTTB program was developed after months of planning and discussion between representatives of the DOH and UP Manila. The program faculty includes those affiliated with the CPH, CM, and CAS. The program will implement six modules of 18 days each, spread out within the two years of the DTTB deployment. It will also include field practice assessments similar to the regular MPH program, in which faculty will visit implementation sites.



Mayor Alejandro E. Gamos answers a question from panelists. Beside him are Mayors Roberto M. Matamorosa, Cielo Krisel B. Lagman-Luistro, and Maria Ahrdail G. Baldo.

Municipal Leadership Governance Program: Investing in good public health leadership

Mayors and Municipal/City Health Officers from 15 local government units (LGUs) from the Bicol Region graduated from the Municipal Leadership and Governance Program (MLGP) on 14 June 2019. The ceremony was held at the Manila Prince Hotel.

The two-day event, the MLGP Leadership Retreat and Colloquium, was the culmination of the MLGP program for the local chief executives (LCEs) and municipal health officers (MHOs) from municipalities in Region V (Bicol Region), specifically from the provinces of Catanduanes, Camarines Sur, Albay, Sorsogon, and Masbate.

The MLGP is a joint project of the Department of Health (DOH) and Zuellig Family Foundation (ZFF) with the UP College of Public Health as the academic partner. The 18-month training program consists of three four-day modules and is anchored on the Bridging Leadership Framework with focus on developing practical leadership and management skills and Primary Health Care. The purpose of the program is to have better health outcomes by improving local health systems in 609 priority municipalities. The

health outcomes referred to are lowering Infant Mortality Rates (IMR), Maternal Mortality Rates (MMR), Malnutrition Rates, and incidences of Communicable and Non-communicable Diseases.

In the retreat, candidates for graduation reflected on their experiences (struggles and victories) during the practicum course of the training program. The colloquium covered the brief history of the MLGP journey of Region V as told by Dr. Ernie V. Vera, Director IV, DOH Center for Health Development-Bicol, presentation of the candidates, graduation itself, and sharing of personal stories of transformation by four mayors.

The public narratives shared by Mayors Maria Ahrdail G. Baldo (Camalig, Albay), Cielo Krisel B. Lagman-Luistro (Tabaco City, Albay), Roberto M. Matamorosa (Lupi, Camarines Sur), and Alejandro E. Gamos (Santa Magdalena, Sorsogon) were echoes of the achievements, insights, and challenges in health presented by each of the LGUs in an accompanying exhibit.

Mayor Baldo stated that the community's preferred health reality can be achieved if

everyone—from leaders to the ordinary individuals—will own the problems their group has and are willing to initiate, innovate, and embrace change.

Mayor Matamorosa believes that it is important to have in place a functional and efficient local health system customized to your community's needs. "You also have to lead your community in coming up with long-term solutions to current health issues."

Mayor Gamos explained that a leader and his community must look into the sociocultural factors that cause their health problems. Together, they should look for workable solutions for them.

The MLGP partnership between the DOH and ZFF began in 2013. The ZFF is the resource partner for the Bridging Leadership Framework while various academic partners focus on the training and the partnership with CPH started in 2014. Aside from Region V, the CPH also takes care of the training in two other regions under the DOH Centers for Health Development, namely, Region IV-A (CALABARZON) and Region X (Northern Mindanao).

Fedelyn Jemena



UP MANILA CENTRAL ADMINISTRATION HOLDS TEAMBUILDING ACTIVITY

The teambuilding activity of UP Manila Central Administration employees was held on May 23-24, 2019 at the Chateau Royale Hotel Resort and Spa, Nasugbu, Batangas. There were 186 employees who attended the activity with 19 UP Manila officials.

This year's theme was "UPLIFT" (denoting the acronym of the university, UP, and the words LIFT to mean Live, Interact, Facilitate, and Teamwork). The activity was held to encourage and enhance the skills of the employees

to reach their highest potential, maintain life and work balance even with huge workloads, learn to effectively communicate within the organization and with clients, and perform tasks with ease through teamwork. The activities included a community dance and educational games that aimed to promote a healthy battle of wits, strategy, and teamwork. The games were Drop the Blanket; Get Your Balls; and Human Tunnel that saw the Green Team led by Ms. Cielo Carbo of the

UP Manila Creche and Development Center as the overall winner.

The evening socials were spearheaded by the Learning Resource Center, Office of Student Affairs and Creche. Several games such as Bingo Card, Relay, Picture Perfect, "Panahon Ko To," and Gummy and Get Me were participated in by the employees from the different units. During dinner, Dr. Melfred Hernandez and Dr. Jacinto Mantaring serenaded the group together with the resident band.



Convocation of the College and University Scholars for academic year 2018 held at the Emilio Yap Auditorium, College of Pharmacy.

Dr. Sandoval is keynote speaker during university and college scholars' convocation

This year's Scholar's Convocation held on May 2 recognized 2,092 students from the different colleges of UP Manila with the honorific titles of **University Scholars** and **College Scholars**.

In her welcome message, UP Manila Chancellor Carmencita Padilla acknowledged the students' good work and encouraged them to be balanced. "Balance in the sense that it cannot be all books. I need you to balance what is in the head and also what is in the heart. You have to know what's happening outside," she said. "We all know that being a UP student is a challenge and being a UP graduate is even a bigger challenge. The faculty here would testify that once you are a UP graduate, so much is expected of you," she added.

Ms. Angeline Kaye A. De Vera of the BA Development studies garnered the highest general weighted average for the school year.

Reflecting on his journey as a UP student, keynote speaker **Dr. Mark Anthony Sandoval** said that he is willing to repeat medical school all over again; that is how much he had fun in UP Manila. "I was told by a classmate that had I not been so active in extracurricular activities, I would've been the

valedictorian. I told him I have no regrets, I had the time of my life and I don't regret being just salutatorian," Dr. Sandoval said. Dr. Sandoval graduated *magna cum laude* with a BS Biology degree from the UP Manila College of Arts and Sciences. He finished Doctor of Medicine *cum laude* and was class salutatorian at the UP College of Medicine in 2003. He ranked third in the physician licensure examination. He was chief resident in Internal Medicine and chief fellow in Endocrinology at the Philippine General Hospital. He earned numerous awards for his excellence and research prowess as a medical student and intern. Two very special awards are being one of the Ten Outstanding Students of the Philippines in 2003 and one of the Ten Outstanding Young Men and Women of the Philippines in 2018.

Dr. Sandoval appealed to the students to help each other excel because they will all be serving our countrymen. "You will become pharmacists, nurses, physical therapists, teachers, physicians, etc. *at hindi dapat isa lang ang magaling. Dapat lahat kayo ay magaling.*" According to Dr. Sandoval, of the 165 graduates of his batch, only 72 stayed in the country. "I think I found my niche here because I put value in the intangible that

no amount of material wealth will ever replace." He explained that there was also no point of him working abroad if he cannot be a doctor to his own family. "*Yung isang milyong piso, hindi kayang tumbasan ang appreciation ng ibang tao dahil nandito ako.*"

Utak at Pusong were his final words for the scholars. "*Alam ko mayaman kayo sa utak. But I hope mayaman din kayo sa puso.* The little effort of calling patients by their names instead of 'Nanay' or 'Tatay' or bed or room number make an impact to your patients." Dr. Sandoval recalled an encounter with a patient who once told him, "*Doc, ikaw lang po ang tumatawag sa akin ng Mrs. Ramirez. Ako lang po ay isang nagtitinda ng isda sa palengke at para po sa akin kapag tinatawag na misis, naka-reserba po 'yun para sa mga nag-aaral at nag-opisina. Parang umaangat po ang antas ko sa buhay.*"

At present, Dr. Sandoval is an associate professor at the UPCM Department of Physiology and Department of Medicine, and is also the Director of the Research Grants Administration Office. He has a community-based Diabetes-Care program in San Juan Batangas that provides health education to the rural folks.

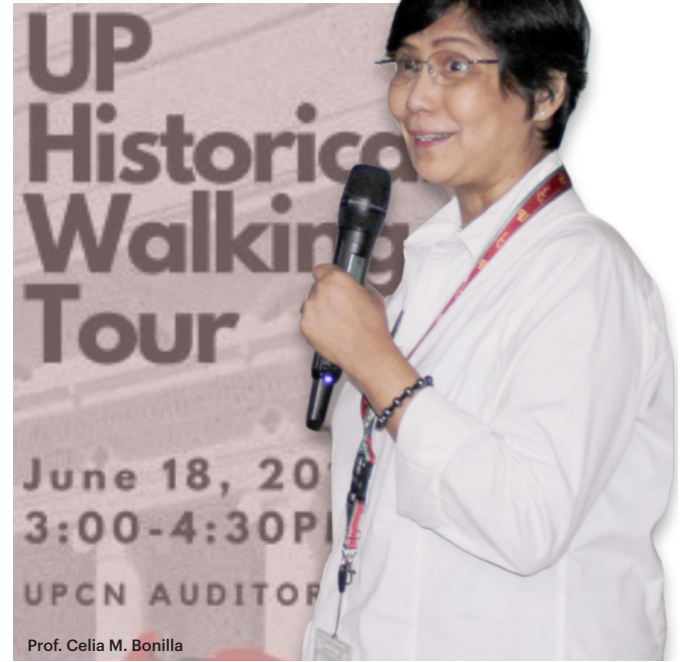
Anne Marie Alto

Lec-Tour Sets UPM History Against Backdrop of City's Evolution

A single glance at UP Manila's buildings gives insight into the long and winding history that the campus has borne witness to. These buildings, if given the power to speak, could tell more information than could ever be stored in a library.

In celebration of the campus' structural heritage, the Office of the Chancellor, in time with UP's 111th Founding Anniversary, organized a Walking Tour around the campus to give students, faculty, and staff an experiential lecture on UPM's history.

Prof. Celia M. Bonilla of the Department of Arts and Communication, in what she termed her "Lec-Tour" (being for the first part a lecture concerned with the then, and for the second part a tour around the now), talked about the evolution of Manila from being the selected capital for the Spanish colonial government to being the nation's center for education and health research, under the Americans and finally to being ravaged by the violence of war in the 1940s. All this provides the context within which unfolded the story of UP.



After the lecture, the attendees toured the UP Manila Museum of a History of Ideas and the Supreme Court. The building that is now the Museum served as the University Infirmary until it was converted, out of necessity, into the university's emergency administrative headquarters during World War II. It also housed the College of Dentistry before finally being turned into the museum. The Supreme Court was once the University Library before the changes brought about

in part by the Commonwealth Era and the war.

Through polished pillars, well-kept statues, and meticulously conserved wall carvings, the constant care given to these buildings' neoclassical features becomes apparent. The buildings' stories are thus preserved for decades to come, completing the pieces that make up the history of UP, of Manila, and of the Philippines as a whole.

Hazel Juris Domingo

DRUG LAB FROM PAGE 1...

The UP DARL is a project of UP Manila, specifically the Colleges of Pharmacy and Medicine, National Poison Management and Control Center (NPMCC), and University of California San Francisco. Its Php 100-million endowment fund from the CHED-Philippine-California Advanced Research Institutes (CHED-PCARI) program will be used for capacity-building and procurement of equipment so as to continuously meet local and international standards.

Former CP Dean and professor Dr. Monet M. Loquias leads the team as the Project Leader together with CM professor and NPMCC Head Dr. Carissa Paz C. Dioquino as Co-Project Leader. The project's Principal

Investigator is Dr. Roy Roberto L. Gerona of UCSF and CP Assistant Professor Joanna V. Toralba and CM Asst Prof. Ailyn M. Yabes are Co-Investigators.

The UP DARL envisions to be one of the confirmatory drug testing laboratories in the country and a research facility which can be tapped by government and private agencies for medico-legal information.

The government states that there are millions of illicit drug users in the country. Both traditional illegal drugs and new designer drugs are rampant but are not widely reported because screening laboratories that provide less precise results only test for methamphetamine (shabu), amphetamine, marijuana, ecstasy, opiates, and cocaine.

The UP DARL will use the state-of-the-art Liquid Chromatography Quadrupole Time-of-Flight Mass Spectrometry (LC- QTOF/MS). According to Chancellor Padilla, UP Manila is the only academic institution in the country that will use this for drugs of abuse research.

Although all of the techniques being used by the confirmatory labs are highly sensitive, the latest LC- QTOF/MS can (1) provide confirmatory testing results in less than a day compared to the one week waiting time in other labs, and (2) perform targeted and non-targeted identification of more than 100 compounds both licit and illicit. Such capabilities are useful not only in clinical and medico-legal settings but also in doing researches and routine clinical analysis on substance abuse in the Philippines.

According to Dr. Loquias, "UP-DARL will facilitate the identification of a wider class of drug compounds not presently captured by existing testing laboratories in the Philippines."

Dr. Dioquino added that the facility's initial research project will be a profile of drug abuse in the country. It will provide the necessary data to formulate a more informed national drug control policy.

In the offing as well is a locally produced, hence, cheaper drug testing kit that can identify more than a hundred illegal substances in individuals. The current kit can only detect 4-5 illicit substances.

Fedelynn Jemena

THREE CAS STUDENTS ARE 2019 BPI - DOST SCIENCE AWARDEES

Three graduating students from UP Manila's College of Arts and Sciences (CAS) have been chosen as among 30 recipients of the annual Bank of the Philippine Islands-Department of Science and Technology (BPI-DOST) Science Awards.

The three are **Christian Luke Dela Cruz Badua** (BS Biology), **Kitz Paul Degra Marco** (BS Biochemistry), and **Ma. Carmela Perez Dela Cruz**. Aside from excellent academic performance,

the BPI-DOST Science Selection Committee also chose the awardees for their research works' potential in industry and nation-building.

Mr. Badua's work is entitled, "*In vitro Cytotoxic Activity of *Pediococcus acidilactici* S3 Cell Free Supernatant Against Colorectal Cancer Cells (HCT 116)*"; Mr. Marco did "*Partial Purification of Philippine Plant M004 Components and Evaluation of Anticancer Potential Against 2 Breast*

Cancer Cell Lines"; and Ms. Dela Cruz worked on "*A Colorimetric Method for Detecting Liquid and Vapor Phase Aldehydes*".

The BPI-DOST Science Award was established in 1989 to recognize and provide incentives to budding scientists and researchers from BPI's ten partner universities in the Philippines. Awardees are selected from a pool of exceptional science and engineering students from said universities.



Speakers and advocates of anti-plastic use hold mini-placards expressing support for the removal of plastics in health care facilities.

Public Forum on the Critical Role of the Health Sector in Alleviating Plastic Pollution

The Department of Environmental and Occupational Health, College of Public Health, University of the Philippines Manila, in partnership with Healthcare Without Harm Asia, conducted a media launch and public forum entitled “*From the Wards to the Seas: A Closer Look into Medical Waste Management, Policy-making, and the Critical Role of the Health Sector in Changing the Tide on Plastic Pollution*” on June 4, 2019.

The activity aimed to contribute to the mitigation of plastic pollution and emphasize the crucial role of the healthcare community in protecting the health of the people and the environment. It brought together health professionals, government agencies, and media to heighten public awareness on the adverse health and environmental

impacts of plastic pollution and unsustainable waste management practices in hospitals.

The media launch highlighted the importance of the toolkit in the management of plastic wastes in healthcare facilities and how it has benefited Mary Johnston Hospital. The reaction from the representative of the Philippine General Hospital put emphasis on the opportunities for PGH, particularly the Pharmacy Department, to contribute to the minimization of plastic wastes in the facility. The activity culminated with the signing of a Memorandum of Understanding between UP Manila-CPH and HCWH Southeast Asia to strengthen their partnership to ensure the sustainability of activities on plastic waste management and other initiatives

to combat the effects of climate change.

The public forum focused on the sharing of experiences among the government sector, academe, and non-government organizations in plastic waste management. The speakers shared relevant inputs, such as educating health professionals to serve as agents of change, banning the use of single use plastics, conduct of waste audits in healthcare facilities, and implementation of national level policies for solid waste management at the community level.

The organizers urged all attendees to work together to bring about change in the country’s current situation and to address the growing problem related to plastic pollution.

GRADUATION FROM PAGE 1... Be good people.

“More than just allowing mastery of our respective fields, we must strive to inculcate not only knowledge but also to develop character--the conviction of what is good, right and just; to be able to do the right thing; and to resist compromising one’s ideals and values. This requires courage, perseverance, and fortitude; it also requires the strength to persist through challenges and struggles, and to choose what is right even when it is difficult, even when you stand alone and

everyone else is against you. To be able to do the right thing in the face of opposition requires courage, strength of character, and integrity,” he added.

He ended his speech by quoting a lawyer’s advice to his son after listing society’s ills to be “a great lawyer because never have our people had greater need than today for great lawyers and for young men and women determined to be great lawyers.”

“In the face of all that is going on in our world, be good people.

We do not need to become the monsters we seek to defeat. And, on top of all these, always, always, always put the people first.”

Lone summa cum laude
Lone summa cum laude graduate Georgina B. Gato (BA Political Science) responded on behalf of the graduates of which 33 are *magna cum laudes* and 171 are *cum laudes*. “Let us use our knowledge to serve the people and our passion to serve them well.”

Cynthia Villamor

PCP EXEMPLAR FROM PAGE 6...

at the Philippine Heart Center and NKTl. She was the past President of the Philippine College of Physicians, past Chair of the Philippine Specialty Board of Internal Medicine, past President of the Philippine Society of Nephrology, and Secretary of the Philippine College of Physicians. She is also an associate professor at the MCU College of Medicine.

Regina Pascua-Berba, MD, FPCP • 2019 Distinguished Researcher

This award is conferred on those with impeccable ethical reputation in the field of research; active research and/or directing research work in an institution/organization; with published work over a 5-year period as an author, co-author, in a local and/or international

publication; and research works that have been accepted for presentation – as author or co-author in local or international meetings.

Dr. Berba was honored due to her research in the field of HIV and infection control. She is the National Chair of the Philippine Coalition against Tuberculosis and Head of the PGH Hospital infectious Control Unit since 2005. Her admirable work in HIV medicine and AIDS advocacy as the Director of the I-REACT (I Am Responsible thru Early Assessment, Consultation and Treatment) Clinic at the Medical City has created a safe and nurturing space for its clients. Apart from the medical services, this support group also addresses issues faced by HIV patients holistically through education, group dynamics,

health events (art, yoga, faith-therapy), and community outreach.

Joselito R. Chavez, MD, FPCP, FPCCP, FACCPR, CESE • 2019 Distinguished Internist

This award signifies peer recognition of the awardee’s clinical excellence and ethical practice of Internal Medicine, marked by the demonstration of versatility and holistic approach as the patient’s personal doctor and healthcare manager.

Dr. Chavez is a practicing pulmonary medicine specialist at the Philippine Heart Center and Deputy Executive Director for Medical Services at NKTl. He specializes in lung infections in the immunocompromised host and transplantation medicine.

SYMPOSIUM TACKLES MODERN APPROACHES TO NON-COMMUNICABLE DISEASES PREVENTION AND MANAGEMENT IN ASIA AND THE PACIFIC

The Metro Manila Health Research and Development Consortium, in collaboration with Adamson University, this year’s host, held its 3rd International Symposium and 10th Annual Scientific Conference on May 23 to 24, 2019 at the Manila Hotel with a total of 171 participants composed of researchers, medical professionals, academicians, and students.

This year’s event focused on modern approaches to the prevention and management of noncommunicable disease (NCDs) being among the leading causes of mortality in the country despite their preventability.

In her keynote address, **Dr. Laila D. Celino**, head of the Department of Health Non-communicable Disease and Prevention Cluster National Capital Region shared the different strategies of the DOH in controlling the rising cases and NCD-related deaths.

NCDs, including heart diseases, stroke, cancer, diabetes and chronic lung diseases, are responsible for almost 70% of all deaths worldwide. Eighty two percent of the 16 million people who die before reaching the age of 70 occur in low- and middle-income countries. In the Philippines, NCDs continue to be in the top ten causes of morbidity and mortality. In the National Capital Region, cases of NCDs continue to rise based on the FHSIS reports from 2015-2017.

Under the 2015-2019 Strategic Plan for the Non-Communicable Disease Prevention and Control Program which serves as a roadmap to NCD Prevention and Control in the NCR, Dr. Celino cited the advocacies

to accelerate case detection of patients belonging to the highest risk groups that led to the early diagnosis and prompt management of patients.

She added that a total risk-approach which includes assessment, screening, risk stratification and management using the standard protocol, Philippine Package of Essential NCD Intervention (PhilPEN) is being applied to better manage patients with hypertension (HPN) and Diabetes Mellitus (DM). Also, free maintenance medicines for those afflicted with these illnesses are being provided to diagnosed patients.

Other strategies are organizing patients to join HPN/DM health clubs in the community, establishment of HPN and DM clubs in other government agencies, collaborating with the Institute of Health Policy and Development Studies of the NIH for the conduct of researches on NCDs in the region, and developing a Monitoring and Evaluation system which is central to the effective and efficient implementation of the NCD program in the region.

For the plenary sessions, international and local experts presented recent developments in the treatment and management of these diseases. The plenary speakers were Dr. Anurita Majumdar of Pfizer Inc; Dr. Fredrick Dermawan Purba of Universitas Padjadjaran, Indonesia; Dir. Aaron J. Flynn of the Emergency Management Center, Inc; Dr. Bernadette A. Tumanan-Mendoza; Dr. Frances Victoria F. Que; Prof. Maria Luisa G. Daroy; Prof. Julie Ann

A. Salido; Dr. Hilton Lam; Dr. Jennifer M. Nalies; Dr. Elizabeth Paz-Pacheco; and Dr. Corazon A. Ngelangel.

Several research competitions were held as part of the occasion. For the Oral Research Presentation Professional Category, the winners were **Procurement of Medicines of Local Government Units in the Philippines: A Pilot Study** by Mr. Allan Ulitin, Institute of Health Policy and Development Studies, UP Manila-National Institutes of Health, 1st place; **Association of Lipoprotein Lipase Gene Polymorphism with Coronary Artery Disease among Filipinos** by Mr. Elmer Casley Repotente Jr., Saint Luke’s Medical Center, 2nd place; and **The Development of Transitional Care Model for Patients with Myocardial Infarction**, Dr. Judith J. Sugay, Far Eastern University Manila, 3rd place.

For its Undergraduate Category, the winners were **Antiproliferative Activity and Apoptotic Effect of *Premna odorata* Blanco Leaves against Hepatocellular Carcinoma Cell Line (Hepg2)**, Ms. Jed Pauline C. Alvarado, Manila Central University-Filemon D. Tantioco Medical Foundation, 1st place; **Cholinergic Inhibitory Characterization of Philippine Spider Venom from *Phlogiellus bundokalbo* for Purported Applications against Alzheimer’s Diseases**, Mr. Simon Miguel M. Lopez, University of Santo Tomas, 2nd place; and **Determination of Feasible Production of Xanthone from Isolated Endophytic Fundi of *Garcinia mangostana L.* in the Philippines**, Mr. John Hermie Paul S. Cerezo, 3rd place.



Dr. Zorayda Leopando and Prof. Lydia Leonardo.

PROF EMERITI FROM PAGE 6...

Dr. Leopando is one of the prime movers of the Orientation Course in Family Medicine, Quality Assurance instruction, learning portfolio and mentoring and the Integrated Family and Community Medicine course for medical students. She is currently

one of the Editors-in-Chief of Asia Pacific Family Medicine Journal and Chair-elect of Wonca Working Party for Women and Family Medicine. Likewise, she was Wonca Regional President for Asia Pacific. During her term, she paved the way for the Family Medicine Education workshop in

the region, the Wes Fabb Oration, and the Asia Pacific Family Medicine journal. She assisted in the development of the discipline in Indonesia, Vietnam, Mongolia and Thailand.

Dr. Leonardo was a professor in Parasitology and chair of the CPH Parasitology Department and a University Scientist of the UP System. She has been working on schistosomiasis since 1993, published several papers on the disease and did schistosomiasis program reviews in the Philippines, Laos, and Cambodia. She served as the secretary of the Regional Network on Asian Schistosomiasis and Other Helminth Zoonoses.

Nine faculty members of UP Manila were among the 71 faculty members and researchers from across the UP System who received the rank of UP Scientist for the period 2018-2020. They were recognized during the UP Scientific Productivity System (SPS) awarding ceremony on May 28 at the School of Statistics Auditorium, UP Diliman.

The nine faculty from UP Manila are: **Erna Arollado** (College of Pharmacy), **Marilen Balolong and Voltaire Organo** (College of Arts and Sciences), **Charlotte Chiong** and **Agnes Estrella** (College of Medicine), **Catherine Lynn Silao** (National Institutes of Health), for UP Scientist I; and

9 UPM faculty earn UP Scientist title; CAS prof earns UP Artist title



The Scientist awardees from UP Manila with their counterparts in other UP campuses with UP Executive Vice President Teodoro Herbosa and other UP officials.

Vicente Belizario (College of Public Health), **Marie Carmela Lapitan**, and **Carmencita Padilla** (CM) for UP Scientist III.

The breakdown for other

universities is as follows: UPD, 41; UP Los Baños, 11; UP Visayas, two; UP Open University, three; UP Mindanao, one; and UP Baguio, four. The UP SPS award is valid for

three years. Apart from the rank of UP Scientist, each awardee receives a per year monetary incentive of P150,000 for UP Scientist I, P200,000 for UP Scientist II; and P250,000 for

UP Scientist III.

Named UP Artist 1 (Fine Arts) under the UP Arts Productivity System (UPAPS) was **Honey Libertine Achazar-Labor** of

the CAS Department of Arts and Communication. She is the Program Coordinator/ Chair of the BA Philippine Arts-Cultural Heritage and Arts Management Program. Dr. Labor has spearheaded cultural projects in UP Manila such as the *Calle Faura Project* and *Flores de Mayo* festivals.

The UP Arts Productivity System, is the counterpart for the arts of the UP Scientific Productivity System that aims to encourage outstanding productivity in the creative arts or in arts scholarship for national development.” (With reports from www.up.edu.ph/index.php/71-earn-rank-of-up-scientist/)

UPCN RETIRED PROF CONFERRED THE 2019 PRC OUTSTANDING PROFESSIONAL AWARD

UP Manila College of Nursing retired professor and PGH School of Nursing alumna **Prof. Carmencita M. Abaquin** was conferred the 2019 Professional Regulation Commission’s (PRC) Outstanding Professional Award in the Field of Nursing during the 4th PRC Awards held on June 20, 2019 at the Manila Hotel.

Prof. Abaquin was awarded along with 30 others from different professions. She was recognized for initiating several projects as PRC Board of Nursing Chair in 2012 such as full implementation of the Philippine Nursing Licensure Examination Competency-based Test Framework, development of the National Nursing Core Competency Standard promulgated in 2012 publication of three references for nursing publication and service, and development of Philippine Professional Nursing Practice Standards with the competencies and performance indicators.

As Commission on Higher Education Technical Committee for



Prof. Carmencita M. Abaquin

Nursing Education member for 10 years, she participated actively in the revision of the nursing curriculum and initiated development of the monitoring tool for nursing schools and hospital nursing service visitations nationwide. She made comparative analysis of the nursing curriculum and nursing competencies with Monash University of Australia, Brussels, European Union, and Japan.

As representative to the ASEAN Nursing Mutual Recognition Arrangement, she shared the developments in core competency standards and presented the

Nursing Profession Roadmap Towards Good Governance to the Institute for Solidarity in Asia forum and supported the development and alignment of the National Nursing Career Progression Pathway with the Philippine Qualifications Framework.

Prof. Abaquin served as faculty at UP Manila College of Nursing and the Philippine General Hospital School of Nursing for 42 years until her retirement in June 2006.

These activities are indicative of her commitment and professionalism in her field. Her competence, excellence, and commendable track record have earned her various awards and recognition such as JV Sotejo Medallion of Honor from the UP Nursing Alumni Association International, Outstanding Alumna in Nursing from the UP Manila Alumni Association, Professional Award in Nursing from the UP Alumni Association, and Outstanding Alumna in Nursing Education from the PGH School of Nursing Alumni Association.

2 PROFS EARN EMERITUS TITLE

Dr. Zorayda Leopando of the College of Medicine (CM) and **Prof. Lydia Leonardo** of the College of Public Health (CPH) were among the seven retired faculty members who were conferred the honorific

title of Professor Emeritus by the UP Board of Regents at its meeting held on April 29, 2019.

Based on the BOR-approved guidelines for the granting of the title (1282nd BOR meeting, September 20, 2012), a Professor Emeritus title is a recognition of productive service in teaching/ mentoring, research or creative

work, and extension service or institutions/nation building and marked distinction as a productive scholar, artist, or scientist, and as an effective and dedicated educator. He/She is acknowledged to have significant leadership in teaching/ mentoring, research or creative activity and public service to the University and the nation.

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CHANCELLOR PADILLA...

and recognition, such as Academician of the National Academy of Science and Technology, R. Rodney Howell Award for Excellence in Newborn Health, 100 Most Influential Filipina Women in the World, UPAA Distinguished Alumna Award for Health Education, Paulo Campos Award for Medical Research, Outstanding Pediatrician, Dioscoro Umali Medal for Outstanding Science Administrator Award, The Outstanding Filipino Physician, Lingkod Bayan Award, and The Outstanding Young Men (TOYM) for Medical Genetics.

As a member of the Philippine Medical Association, Philippine Pediatric Society, Asia Pacific Society for Human Genetics, International Society for Neonatal Screening and Human Genome Organization, her relentless

dedication to the organizations is a testament to her outstanding career.”

In her response, Chancellor Padilla thanked their nominators and peers on behalf of the awardees. She thanked her nominator, the Philippine Pediatric Society and Philippine Medical Association. “It means a lot to me.”

She stated that while “excellence is important for the profession and for the country, it is not merely passing the board exam but actually doing what you are doing beyond passing the board exam. As I watched the awardees go up the stage, I could feel that they spent decades of their lives dedicated to serve the country. I thank many of the awardees for deciding to stay in the country to serve. For many of the awardees here, it is the beginning of another set of challenges.”

She expressed desire and hope to network with her colleagues, with her co-awardees. “I am happy that I am in a network of passionate advocates who want to stay in the Philippines and help.”

The Outstanding Professional of the Year Award is the highest award bestowed by the PRC upon a professional as recommended by his/her peers for having sufficiently demonstrated professional competence of the highest degree and conducted himself/herself with integrity in the exercise of his/her profession; meaningfully participated in professional organizations; significantly contributed to the advancement of the profession; and effectively discharged personal and professional social responsibility through meaningful contribution/ participation in socio-related activities.



5 UPCM-PGH ALUMNI CONFERRED PCP EXEMPLAR ALUMNI AWARDS

In its 49th Annual Convention entitled “Optimizing Value in Healthcare” held on May 5-8, 2019, the Philippine College of Physicians awarded this year’s line-up of Exemplars, physicians who continually push the frontiers serving as beacons of inspiration by upholding

the mission of leading the advancement of internal medicine in the country that is grounded on service, integrity, leadership with compassion and professional excellence.

Rontgene M. Solante, MD, FPCP, FPSMID • 2019 Distinguished Healthcare Advocate

This award recognizes the awardee’s national or global impact on preventive medicine, public health and policies addressing socioeconomic healthcare inequity. Dr. Solante is currently a practicing internist and infectious disease specialist at the Adventist Medical Center. He served as past president of the Philippine Society of Microbiology and Infectious

Disease (PSMID), Chairman of Adult Infectious Diseases and Tropical Medicine Section, San Lazaro Hospital, and member of MEDSCAPE Steering Committee on Global Pneumococcal Disease Education. His advocacies include antimicrobial stewardship and vaccination. Under his leadership, PSMID subcommittees have been created to battle with influenza, invasive fungal disease, HIV, tetanus and typhoid fever and helped formulate clinical practice guidelines on these.

Gloria R. Lahoz, MD, FPCP • 2019 Distinguished Community Leader

This award honors the member’s impact in public health or preventive medicine in the

grassroots level that empowers the community, especially the medically underserved. Dr. Lahoz was awarded with the Presidential Citation from the Philippine Heart Association (PHA) in 2008. She served as the past president of the PHA Northern Luzon Chapter; Foundation for Lay Education on Heart Disease Inc. - Ilocos Sur; and Philippine Society of Echocardiography. Her notable commitments include the promotion of the healthy lifestyle (PHA 52100 daily campaign) and CPR-Ready Philippines campaign, and hypertension awareness and management. She is a practicing cardiologist and an active health advocate in promoting CPR, healthy lifestyle and hypertension awareness in the far-flung

communities of Ilocos.

Nenita Avena-Collantes, MD, FPCP • 2019 Distinguished Teacher

This award represents peer recognition of the member’s effectiveness as a teacher in the transfer of information, evaluation, role modeling, her depth and breadth of knowledge, and dedication to teach and nurture students and peers.

Dr. Collantes is a practicing nephrologist and member of the Educational Council Committee of Adult Nephrology at the National Kidney and Transplant Institute (NKTi) and Chief of Renal and Metabolic Division

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