

MULA KAY

Tsangelor...

Binabati ko ang mga 158 na mag-aaral ng medisina na nagsipagtapos nuong 26 Hulyo 2020. Sila ang pinakabagong mga manggagamot sa panahong ito ng COVID-19 na nagpakita ng lakas ng loob at galing upang makamitan ang mithiin nila kahit na mayroong pandemya. Makakasama natin sila sa pakikibaka at pagpupunyagi upang talunin ang COVID. Sa pagbubuo ng Bayanihan Na! Operations Center, nakasama ko ang ilan sa kanila – Nick Tan, Mitch Eala, RA Pangan and Ino Villacastin. Maraming Salamat!

Nagpapasalamat din ako sa mga sumulat ng Ageing and Longevity eBook. Ito ay mainam na babasahin na puno ng kaalaman para maging malusog kahit sa pagtanda.

Hindi tumitigil ang ating komunidad sa pagtuklas ng mabisang lunas sa COVID. Inumpisahan na ang pag-aaral ng lagundi na posibleng makatulong sa pagpapagaling ng mga sintomas ng sakit na dulot ng *virus* na ito.

Dito sa isyu ng Healthscape, mababasa ang tungkol sa mga *webinars* na tumutukoy sa ibat-ibang aspeto ng medisina at kalusugan; nang sa gayon ay pati ibang sakit ay mabigyan din ng kaukulang pansin, tulad ng Congenital Childhood Diseases, Breast and Ovarian Cancers, at Heart Diseases.

Panghuli, patuloy pa rin ang pagbibigay diin at pag-ulit ng mga habilin ng mga eksperto upang maiwasan ang pagkakasakit at makayanan ang mga problemang dulot ng COVID sa pamamagitan ng kanilang *webinar*, Heeding the Socio-behavioral Factors and Biocultural Norms in the COVID-19 Response.

Habang abala tayo sa paghahanda patungo sa “New Normal” sa panahon ng pandemyang ito, marami tayong dapat ikatuwa at ipagpasalamat sa ating Panginoon. May makakasama tayong mga bagong manggagamot at iba pang nagsipagtapos ng ibang espesyalidad. Sila ay puno ng lakas, talino, at kakayanan at handang humarap sa COVID dahil nakikita nila na puspusan ang mga ginagawa ng UP Manila upang talunin ang sakit na ito. Kapit-bisig tayong lahat, kasama ang Maykapal, makakarating din tayo sa “Better Normal”!



UPCM grads urged to be excellent docs and nation's conscience

This year, 2020, marks the UP College of Medicine's (UPCM) 115th year of educating doctors committed to a life of service, honor, and excellence; and first time to graduate a class who rose through a pandemic not only with their academic competence but with their imagination and creativity.

The UPCM Class of 2020, whom UPCM Dean Charlotte Chiong, referred to as the Hiraya Class composed of 158 graduates, will go down in history as the first UP medical graduating class under the COVID-19 pandemic whose internship was put on hold; but who channeled their creative energies serving and learning in other ways. The members helped organize and run a call center called the UPPGH COVID-19 Bayanihan Operations Center, helped repurpose the Philippine General Hospital (PGH) as a COVID referral hospital, and organized and extended assistance to health workers and patients in different ways; all the while treating these also as opportunities to continue learning and preparing themselves as the country's future doctors.

Speaking to the graduates, Atty. Jose Manuel Diokno, founding Dean of the De La Salle University College of Law and Free Legal Assistance Group Chair, reminded them of the people's high expectations for them

to be not only excellent health care practitioners but to help pave the way for a better, more equitable, and a more just healthcare system.

“We look to you to treat and heal our physical ailments and keep our society alive and well. We want you to be not just doctors but doctors serving the Filipinos, communities who need help the most, families with the least access, and individuals who are often left behind and forgotten.”

The son of the late senator and nationalist Jose W. Diokno, he recalled his father's advice to him years ago but is still appropriate today. It is the importance of having a nationalist conscience that will prevent one from doing what can hurt the people as a whole even though it may help one's business, one's families, or oneself; and a conscience that may make one condemn whoever puts personal interests ahead of the people's interests.

“If there is anything COVID has taught us, it is that we're only as healthy as the weakest of us. And the same thing goes with our society, a country is only as rich as the poorest of us, only as strong as the most vulnerable. And for better or worse in very much the same way, your work as doctors

TURN TO PAGE 5

2nd Telegenetics webinar tackles breast and ovarian cancers

Breast and ovarian cancers remain to be the leading cancers in the Philippines with breast cancer making up 31% and ovarian cancers making up 6% of all cancers in Filipino women in 2018. While majority of cancer cases are sporadic, there is a subset of cases that is familial and inherited.

These two kinds of cancer were tackled in the second telegenetics webinar held by the National Institutes of Health- Institute of Human Genetics on 20 July 2020 entitled, “Telegenetics Cancer Counseling: Hereditary Breast & Ovarian Cancer - Patient Cases.” The main speaker was Dr. Mercy Laurino, a Clinical Assistant Professor at the UP College of Medicine and a certified genetic counselor from Seattle, Washington, USA. A distinguished panel of experts composed of Dr. Rodney Dofitas (surgical oncologist), Dr. Jean

UNIVERSITY OF THE PHILIPPINES MANILA
THE NATIONAL INSTITUTES OF HEALTH - INSTITUTE OF HUMAN GENETICS
PRESENTS

THE 2nd TELEGNETICS CANCER COUNSELING WEBINAR SERIES
HEREDITARY BREAST AND OVARIAN CANCER - PATIENT CASES
20 July 2020 (Monday), 9AM - 11AM, Via Zoom Webinar

MERCY Y. LAURINO, MS CGC PhD
Associate Director, Cancer Genetics and Prevention Program
Seattle Cancer Care Alliance, USA
Clinical Associate Professor
UP College of Medicine

REACTORS
RODNEY B. DOFITAS, MD, MS
Chief, Division of Surgical Oncology Surgery
Department of Surgery, Philippine General Hospital
JEAN ANNE B. TORAL, MD, MS
Chief, Expanded Hospital Research Office, Philippine General Hospital
EVA C. CUTIONGCO-DE LA PAZ, MD
Executive Director, National Institutes of Health

Anne Toral (gynecologic oncologist), and Dr. Eva Maria Cutiongco-De la Paz (clinical geneticist) gave their insights on the value of hereditary breast and ovarian cancer genetic counseling.

It was emphasized that oncology

physicians, nurses, and other health care providers have the essential role to identify red flags in patients that could indicate heritable breast and ovarian cancer; provide patients and their families an opportunity to seek genetic counseling; provide targeted therapies; and engage in earlier screening and surveillance along with other interventions that would lead to better outcomes. Telegenetics as a modality in providing genetic risk assessment and genetic counseling services given the current pandemic situation was also presented.

There were 155 attendees, mostly physicians, nurses, and other health workers with a few lay persons. The webinar was sponsored by the Clinical Genetics and Genomics Counseling Care Services Inc., a group of medical geneticists and genetic counselors in the Philippines. The group was formed to support individuals and families in navigating the complexities of genetic and genomic testing methodologies and to translate relevant genetic information necessary for their care. For further information about their services, please feel free to visit their website: cggccs.com or send an email to: info@cggccs.com.

The next webinar in this series on the topic of prenatal genetics will be on 24 August 2020.

MA-AM JOY R. TUMULAK MD AND PETER JAMES ABAD, RN, MSc



PHOTO: DOST

Research on lagundi for COVID-19 patients to start soon

The search for supplementary cures for COVID-19 continues with the approval by the Department of Science and Technology (DOST) of clinical trials for the local herb, *lagundi*. This will be spearheaded by the UP Manila National Institutes of Health Institute of Herbal Medicine (IHM). The project will determine if *lagundi*, as adjuvant therapy, can provide symptomatic relief for mild COVID-19 patients without co-morbidities. It will also determine if the medicinal plant can significantly prevent patients from progressing into moderate or severe state of the illness.

Some of the common symptoms of COVID-19 are fever, cough, sore throat, myalgia, and fatigue. *Lagundi* tablet or syrup is a proven bronchodilator with its registered indication as treatment for cough. With several studies attesting to its antipyretic, analgesic, anti-inflammatory, and anti-viral properties, *lagundi* seems a suitable choice for the symptomatic treatment of COVID-19 patients.

Once given Food and Drug Administration (FDA) approval, the project would run for five months and would be led by IHM Director Dr. Cecilia Maramba. The target date of implementation is on August 1, as soon as clearance is granted by FDA.

Lagundi is one of several medicinal plants studied by the National Integrated Research Program on Medicinal Plants and found to be an effective cure for cough and asthma. It has been commercialized into tablet and syrup forms that are now available in the market. *With reports from the DOST website.*

RELEASED 19 JULY 2020 19AMM

WE CANNOT SEE THE ENEMY.

WE CANNOT TELL WHO HAS THE VIRUS.

BUT WE CAN LOOK OUT FOR ONE ANOTHER.

If for some unforeseen circumstance, you find yourself in the presence of someone who has COVID-19, you will not get infected if you:

- Always wear a mask.
- Insist that everyone else is wearing a mask.
- Maintain a safe physical distance from each other.
- Limit close encounters to less than 15 minutes.
- Practice hand hygiene as often as possible.

Infection is **AVOIDABLE**. Let us please all do our share in this fight against COVID-19.

BAYANIHAN NA! TATUNIN NATIN ANG COVID-19!

Logos: Department of Health, DOST, UP, and others.



Heeding the socio-behavioral factors and biocultural norms in the COVID-19 response

A webinar that tackled the socio-behavioral and biocultural aspects of the Philippine's COVID-19 response was hosted by the National Academy of Science and Technology (NAST) on July 22 with two UP experts as speakers.

Dr. Nina Castillo-Carandang, UP College of Medicine's Department of Clinical Epidemiology professor, expounded on the Filipinos' penchant for societal metaphors for illnesses that affects health behaviors; and how words matter in the way viruses and the diseases they cause are named differently. People's behavior in fighting this virus was affected by familiarity with the word "virus" in computer viruses and viral videos in social media. This has affected the ability to see viruses as potentially dangerous or even as lethal biological phenomena; and may have kept them from observing the standards of care and health practices needed to prevent contracting and spreading COVID-19.

Noting the abundance of disinformation regarding COVID-19, she scored the ill advises being given that made discerning the truth increasingly difficult. Adding to the confusion were press releases given out by hyper-partisan media.

She emphasized that the mental health repercussions of COVID will long outlive the pandemic itself. Thus, there is need to pivot the paradigm from anxiety to self-efficacy. She noted that the short and long-term effects of the crisis such as anxiety and depression are already starting to show. While the UP System and UP Manila are offering telepsychiatry services, there is need for scientists to look at natural language processing to examine de-identified text from online therapy sessions. This is being done

now by psychologists, epidemiologists, and computer scientists.

She urged everyone to avoid touching MEN referring to the Mouth, Eyes, and Nose to stop the spread of COVID-19; and to practice WOMEN referring to Washing hands well with soap and water; Observing physical distance but keeping socially connected; Mask and tissue papers' proper disposal after use and avoidance of unnecessary movements outside the home; Eating of nutritious food and exercising regularly; and Never ignoring evidence-based health advice, government directives, and never taking things and people for granted; and most importantly, nurturing one's faith.

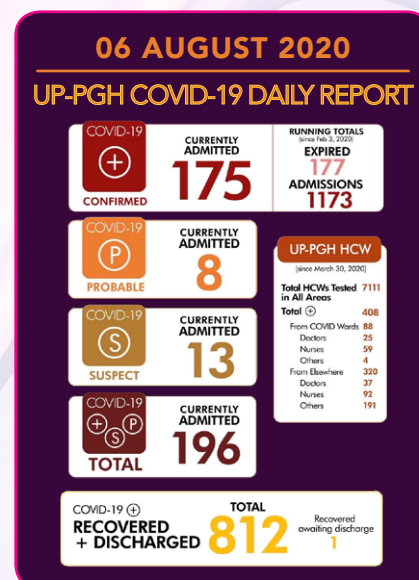
Stating that COVID-19 is not just a virus but a zoonosis, NAST Academician and medical anthropologist Dr. Michael L. Tan, delved on the concept of One Health; the linkage of human health, veterinary health, and environmental health. He added that we need to integrate all three into a biocultural perspective because humans are products of biological evolution with behaviors that favor survival of the species.

"Our battle is not just against the virus but our own powerful biological instincts and cultural norms that are becoming hindrances. We need to challenge old behaviors. We in the Philippines like close social interaction which is becoming a disadvantage in relation to COVID-19," the former UP Diliman chancellor stated. He pointed out the wrong use of words; such as social distancing for physical distancing and urge us to be careful in using the word "airborne" because in Filipino culture, when we're afraid

of illnesses, we close the windows but now, this aggravates the risks for COVID-19. We are compelled now to avoid the three Cs - crowds, confined places, and close distances.

Dr. Tan shared integrating principles as guides during this period: 1. "*Pakiusap lang, magpaliwanag.*" We must say no to fear and coercion as psychologists have found that fear is short-lived as a motivation and people will actually become "*pasaway*" and resist when constantly threatened and scolded; 2. To ask not just why, but how or what alternatives we can offer. We found ways during the lockdown by using cell phones and internet to keep in touch; 3. To give priority to the vulnerable such as children, elderly people with depression and anxiety disorders, and the poor; and 4. To tap into our sense of loss aversion or fear of losing what we have gained, since our country had the world's longest lockdown.

CHARMAINE LINGDAS



Dr. Salvacion R. Gatchalian Memorial Webinar inaugural lecture focuses on congenital childhood diseases



CONGENITAL CHILDHOOD DISEASES: Role of Newborn Screening

JULY 14, 2020: Tuesday
12-1 PM Manila Time

Registration is free at bit.ly/muwebinars2020

Join through <http://livestream.upm.edu.ph>
facebook.com/AgeingWebinars

For the benefit of the Philippine General Hospital Department of Pediatrics



Speaker:
Carmencita D. Padilla, MD MAHPS
Pediatrician and Clinical Geneticist
Philippine General Hospital

Moderator:
Ma-Am Joy R. Tumalak, MD, MSGC
Genetic Counselor
Institute of Human Genetics, UPM-NIH

Welcoming Remarks:
Lorna R. Abad, MD, MSc
Chairperson, Dept. of Pediatrics
Philippine General Hospital

Eduardo R. Gatchalian, MD
Urologist
Manila Doctors Hospital

The webinar series was launched last July 14, 2020 with no less than UP Manila Chancellor Carmencita Padilla as the inaugural webinar speaker on the topic: Congenital Childhood Diseases: Role of Newborn Screening. An engaging lecture attended by more than 700 physicians, nurses, students, and lay persons, Dr. Padilla imparted three important key points:

1. Congenital disease, also called a birth defect, is a major cause of infant morbidity and mortality.
2. The goal of newborn screening is to screen all Filipino newborns for common and rare congenital diseases to reduce preventable deaths.
3. The COVID-19 pandemic greatly affected the newborn screening performance in the country but efforts were made to continue the service for the newborns.

This webinar was sponsored by the Newborn Screening Society of the Philippines, Inc. Dr. Ma-Am Joy Tumalak, genetic counselor at the UP Manila National Institutes of Health, moderated the interactive question and answer portion. A testimonial video featured a patient with congenital hypothyroidism who was screened at birth and went on to get a college degree.

The year-long pediatric webinar series aims to honor the memory of Dr. Salvacion R. Gatchalian, a renowned pediatric infectious disease specialist, President of the Philippine Pediatric Society, alumna of the UP College of Medicine, and member of the Mu Sigma Phi Sorority, whose untimely passing shook UP Manila

and the medical community. The series tackles relevant and timely medical topics on the care of children – immunization, diabetes, hearing loss, nutrition, developmental growth, pneumonia, red eye, among others. Through interactive lectures, prominent specialists in the forefront of their respective medical fields, here and abroad, discuss salient points to provide evidence-based guidelines for timely and appropriate medical care and improve the quality of life of the pediatric population.

Registration to the webinars is FREE through bit.ly/muwebinars2020. The target participants include physicians (general practitioners, occupational and industrial physicians, family and community medicine physicians, school physicians, preventive and wellness medicine practitioners, doctors to the barrios), other healthcare professionals (nurses, pharmacists), and medical and paramedical students, here and abroad. The webinars will be held on selected Tuesdays, 12 noon -1 pm, Manila time from July 2020 to June 2021, through livestream.upm.edu.ph, and FB @AgeingWebinars.

This webinar series is organized by the Mu Sigma Phi Sorority of the UP College of Medicine in cooperation with the Postgraduate Institute of Medicine and the Mu Sigma Phi Foundation, Inc, to raise funds for the PGH Department of Pediatrics. For more inquiries, please contact muwebinars2020@gmail.com. **DR. ROWENA F. GENUINO**

Beat COVID-19 Advisory #2:

Our PPEs are effective! According to our data in the COVID areas, there are very few COVID-19 infections. Our PPEs provide >99% protection to our frontliners! So we need to ensure our PPE supply.

SAVE OUR N95 MASKS PROGRAM

Since June 24, we have started storing used but re-usable N95 masks in brown bags. Thank you for your cooperation.

But we noticed that some masks do not have a name on the mask. Although we regret it, we cannot recycle those masks without user-identifiers.

Remember: In the Donning area just write your name and Ward or Department on the mask with a ballpen. In the Doffing area, if the N95 mask is still okay, put it in the brown bag and put your name and Ward or Department on the bag.

5/8

The COVID team will take care of the collection and disinfection of the masks so that we still have something to use in the event that we run out of N95 masks.

BAYANIHAN NA!
TALUNIN NATIN ANG COVID-19!

Beat COVID-19 Advisory #3:

Be vigilant on your way going home! The PGH Property and Supply Division will distribute a bag for each PGH employee that contains: 1. Face shield, 2. Cloth masks and alcohol that you can use on your way home from PGH and back. This is for your added protection.

LAKBAY ALALAY PROGRAM

Wash the cloth mask daily with soap and water. The face shield is wiped with alcohol after use. Return to the brown bag when dry to keep clean. Use these when you are outside of PGH.

It is good to wear a face shield in addition to the face mask when going to crowded places, as well as in places outside the PGH grounds.

6/8

BAYANIHAN NA!
TALUNIN NATIN ANG COVID-19!



CONGRATULATIONS!



Six Feet Apart
Overhang
@OverhangBand

OVERHANG won 3RD PLACE in the Association of Pacific Rim Universities Quarantunes Music Competition for the song, "SIX FEET APART."

Overhang, composed of Alicia Bracamonte, Victor Ablan, and Kyle Delfin from the UP College of Dentistry, is the only band from the Philippines to win in the competition.

Ageing and Longevity Webinars e-book now available online

Officially launched on June 20, 2020, the AGEING AND LONGEVITY MEDICAL WEBINARS HANDBOOK is a quick reference e-companion to the year-long webinar series on common geriatric conditions held in 2019 through the UP Manila Livestream and Facebook Live @AgeingWebinars.

In 23 concise and jam-packed chapters are contained practical pearls on screening, diagnosis, and treatment from prominent medical experts. The ebook can be used as a review for medical and allied medical students and healthcare professionals in primary care. The questions and



answers from the interactive sessions are also provided, and quiz items give a quick feedback on how well the reader comprehends the subject matter.

Three sections of the ebook cover the care of the geriatric patient from head to toe. Section 1 on head and neck topics deals with dementia, depression, perioperative stroke, dry eye disease, hearing loss, head and neck

cancer, and ageing skin. Section 2 on cardiopulmonary, renal, and endocrine systems discusses hypertension, asthma and COPD, pneumonia, lung cancer, ageing kidneys, type 2 diabetes, diabetic nephropathy, and osteoporosis. Section 3 consists of miscellaneous topics such as anemia, arthritis, menopause, intimate feminine care, vaccination, wellness in the workplace, and spirituality in aging.

[The ebook may be downloaded here for FREE.](#) It is best viewed with a PDF viewer such as Adobe Reader and one can click on bookmarks to navigate easily through the chapters. This ebook is a labor of love by the authors, editors, and editorial staff and is shared for free to the medical community in celebration of 85 luminous years of the Mu Sigma Phi Medical Sorority of the University of the Philippines Manila-College of Medicine. **Webinar Team, Ageing and Longevity Webinars, Mu Sigma Phi Sorority**

UPCM CLASS 2020 GRADS...

often for the nation, will be judged not by looking at the healthiest, strongest Filipinos, but by the most vulnerable ones. You will be judged not where healthcare system is the most robust, but where it breaks down and is the worst."

He told the graduates what they signed up for when they entered the UPCM — that honor comes before excellence, that compassion and competence are two sides of the same coin, and that service is the epitome of success. "One hundred fifty eight good doctors like you would be enough to serve as the clearest, strongest voice of conscience this country has ever had especially in trying times like this; and you have the power to change this country, if not the world, for the better as I am sure you will, someday, very soon."

Atty. Diokno was introduced by Chancellor Carmencita Padilla as a human rights lawyer, litigator, candidate for Supreme Court Associate Justice which he later served in several committees, and 2019 senatorial candidate. He has written training manuals and

trained journalists, law enforcers, and human rights defenders.

Responding on behalf of the graduates, Dr. Uriel C. Cachero recalled their painstaking journey and the lessons learned and realizations made along the way; of going beyond and above their duties to get things done; and of seeing patients' socio-economic context, not only their health conditions. Recounting his inability to attend his grandfather's funeral due to

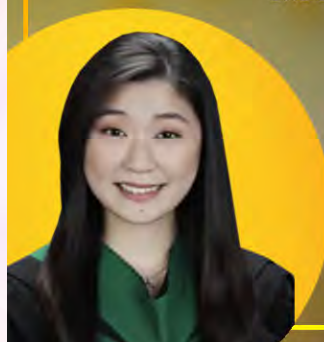
clerkship duties, he stated that what they went through was more than just difficult. "These hardships were enough to last us a lifetime. These experiences will be our weapon. While we did not come out unscathed, we are now stronger, we can make things better for those who will come after us. To be a doctor is to join in the people's struggles. Our fight is just beginning."

Watch the replay of the ceremony [here](#). **CYNTHIA VILLAMOR**

TIFFANY UY GRADUATES AS UPCM CLASS 2020 VALEDICTORIAN

In June 2015, Tiffany Uy made history when she graduated *summa cum laude* with a degree in BS Biology in UP Diliman with a general weighted average of a near perfect 1.004 — the highest ever recorded grade in UP since World War II.

She showed her academic prowess once again by graduating *magna cum laude* and class valedictorian of the UP College of Medicine Class 2020. She received the Faculty Gold Medal during the 111th Commencement Exercises of the College last July 26, 2020.



We are proud of you!



BRAVE HEART:

Taking Care of Our Hearts in the Midst of a Pandemic



KALUSUGAN AY KARAPATAN

Heart health and heart diseases explained

Taking matters to the heart, Episode 17 of the TVUP series *Kalusugan ay Karapatan* shed light on heart diseases and how to keep the most important muscle of our body pumping and healthy. Hosted by UP Manila Chancellor Dr. Carmencita Padilla, the “Brave Heart” episode featured Dr. Eugene Reyes, Philippine General Hospital Division of Cardiovascular Medicine Chief and Dr. Adrian Manapat, Chair of the Philippine Board of Thoracic and Cardiovascular Surgery as resource persons.

The heart on its own is a system that works tirelessly, day and night, to supply vital organs with oxygen and blood. Hence, there are several factors that decrease its optimal function which are generally labelled as heart disease.

Dr. Reyes clarified that ‘heart disease’ is an umbrella term for the disorders in the heart. The most common among Filipinos are *myocarditis*, inflammation of the heart muscle that reduces the heart’s ability to pump properly; *pericarditis*, inflammation of the sac that surrounds the heart; *pericardial effusion*, build-up of fluids around the heart caused by an infection, inflammation, or cancer that spread from other organs to the heart; and *congenital heart diseases* or defects in the heart present from birth.

On the other hand, stroke being a heart disease is a misconception. Dr. Reyes explained that stroke technically happens in the brain and not in the heart, and that the more proper term for stroke should be ‘brain attack’.

Risk Factors

Individuals with hypertension and diabetes are at higher risk for heart disease. While some risk factors cannot be avoided such as age and family history, majority of the risks are lifestyle-related. Lack of physical activity, smoking, excessive alcohol intake, high cholesterol, obesity, and non-consumption of fruits

and vegetables increase the chances of having a heart disease.

“We have 70 million deaths worldwide due to cardiovascular disease. This is a pandemic due to the poor lifestyle which has been with us since the beginning of the 20th century,” Dr. Reyes remarked.

Symptoms of heart problems range from mild, to severe, to unstable. It can be mild at first which includes chest pain, shortness of breath, and/or getting tired easily. If symptoms progress to severe, the person gets tired easily with just mild exertion, chest pain lasts up to 15 minutes, and that pain climbs to the neck and sometimes to other parts of the body. During the unstable stage, the symptoms can lead to a heart attack if uncontrolled.

Prevention is Cure

Majority of heart diseases can still be managed through medication. However, when surgery is necessary, some procedures help restore blood flow for the healthy muscle to function again such as *angioplasty* and *stenting* which open up the clogged coronary arteries, and *coronary artery bypass grafting* where a healthy vein from the body is grafted to create a new passage around the blocked coronary artery to provide adequate blood supply to the heart muscle.

Dr. Manapat made it clear that lifestyle change prevents and cures heart disease and not these treatments. Both doctors could not emphasize enough the importance of maintaining a well-balanced diet and regular exercise especially when reaching the age of 40. Parents are encouraged to be models to their children so that active lifestyle and good eating habits start young.

Heart health in the time of COVID-19

Dr. Manapat noted that home quarantine generally poses negative

effects on health as people tend to overeat and have insufficient physical activity. It is now, more than ever, that staying active and choosing healthier options are vital to maintain a healthy heart. He reminded patients who are at risk or already diagnosed with a heart disease that they should not delay consulting a doctor, especially if experiencing symptoms.

Dr. Reyes mentioned how important it is to know and listen to one’s body. Because heart disease can be inherited, it is also necessary to know whether your parents developed a heart condition before. In this case, risks can be lowered by avoiding smoking and heavy drinking, checking blood pressure and blood sugar, losing weight, and eating fruits and vegetables which all contribute to a healthier heart.

The proceedings of the talk show can be viewed [here](#). **ANNE MARIE ALTO**

Published 19 May 2020 (10 am)

BAYANIHAN NA!

TALUNIN NATIN ANG COVID-19!

BLOOD DONORS NEEDED

To donate, please fill-up form:
<https://tinyurl.com/pghbdcscreen>
 For any questions, please contact:
0947 488 2817

Logos of various organizations including BAYANIHAN NA!, UP Manila, and others.

EDITORIAL BOX

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